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**Guy Hobbs**

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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 and above: Guy Hobbs

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**5 Guy Hobbs**  
Award winning Creston artist uses his multi-talents to share his emotional connection to his furry and feathery subjects.

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## From the editor



Story by: Kris Dickeson

**M**arch is upon us, as is the milder weather (I hope). It's a fairly low key month, not much happening... except MY BIRTHDAY! I've always enjoyed the day that we celebrate the fact I'm here and I have loads of fond childhood memories of some great parties. My Ma is to thank for these. Always made sure we did something fun like taking a station wagon full of kids to the hot springs, followed by a wiener roast and one of her homemade cakes that she decorated. I smile just thinking about it.

Ma is from Scotland and I basically feel I was raised as a Scot. Phrases like, "Ach, my wee pet" and "That's rare" are engrained in my memory and I know all the words to, "Donald Where's Your Troosers". This past January I had the pleasure of taking Ma to Burns Night Supper at Real Food Cafe. Thanks to the amazing staff, not only did we get in on very short notice, they put on a first class evening of everything Scottish. Let it be known, I not only tried the haggis, but ate every bit that was on my plate. Ma and I wore tartan scarves to make it as genuine as we could and we were so impressed with the ambiance,



Photos by Kris Dickeson

(Above) Ma and me dressed in our tartan scarves. (Below) Oatcakes, salmon pate and haggis.

food, service and entertainment. And there was an added bonus for me... watching Ma enjoying the celebration of Burns Night and listening to her talk with such pride about where she is from, hearing her sing along to the traditional Scottish songs and best of all, her near perfect narration of "Address to a Haggis". Tams off to you Real Food Cafe, thank you for helping create this memory.

We have a fully packed issue this month. You will meet award-winning artist, Guy Hobbs and learn about his unique way of painting. From the wildlife files, info on the upcoming Creston Valley Bird Fest and an interesting look at beavers.

The Mayor grades this year's snow removal, the Lower Kootenay Band Chief talks about on being "neighborly", we hear about potential impact the construction of a dam in the Peace River Valley will have on the Creston Valley and our financial advisor has information on long term care.

If you're looking for something to do, an update from both the Farmers' Market and Community Arts Council of Creston may give you an option. Or if sports are more your style, a preview of the Men's Butterfly Bonspiel and the latest from the Thunder Cats.

And in health and wellness, a holistic look at high blood pressure as well as nutrition tips. Stanley Wedge is back with the second half of his fascinating life story and our resident history guru shares her findings from military history research. Enjoy. ■




 A man with glasses and a dark shirt is shown in profile, focused on painting two birds on a canvas. He is using a pencil or fine brush. The birds are rendered with detailed feathers and are set against a blurred background. The scene is lit by a bright light source, possibly a lamp, creating a soft glow on the canvas.
 

# Layers of Expression

*Photo submitted by Guy Hobbs*

Story by: Kris Dickeson

**T**he decision to fuse together his passion for animals and art has brought success and fulfillment to a Creston Valley artist. Guy Hobbs creates stunning, photo-real wildlife images using acrylics and colored pencil, which have garnered several prestigious awards. With a background in graphic design and illustration, he always dabbled in art but only pursued it as a full time career three years ago.

“I developed my own technique using of a combination of acrylic paint,

colored pencils and transparent acrylic inks that I apply in layers,” Hobbs explained. “It was the by-product of solving an issue that arose from using pencil. I like rich, dense color and couldn’t do that with pencil. I wanted to achieve depth of field and had to create a background that would do this. It’s the same as ‘bokeh’ in photography. I couldn’t do it using a pencil; it’s great for being precise but not blurry. I can do it using an airbrush with the acrylic; it allows me to make an out of focus background. I basically found a way to cover up the fact I’m not a great photographer.”

Hobbs’ has integrated the computer into this process by using photos from his continually growing collection. He does the composition work digitally, often taking different parts from multiple photos and manipulating them. For example, Hobbs may use the background in one photo, a tree branch from another and several photos of a bird to build the subject taking the body shape and feathers of one and eyes from another. This also allows him the option of changing some of the colors improving the overall look. Once he’s perfected this reference



photo, Hobbs prints it and starts painting.

“I’m enhancing the subject,” Hobbs said. “An artist adds to an image what isn’t in a photo. I have the advantage of working with my own photos because I was actually there and I can remember what I could see outside the frame of the picture. People often say, to artists ‘you see your love in your paintings’ and I play with that so the degree of how I feel about the subject is portrayed in my piece.”

Hailing from England, Hobbs remembers always being intrigued by art and started painting when he was a kid. He enjoyed walks with his parents and quickly discovered a strong connection to wildlife, birds in particular. Hobbs’ post-secondary education focused on graphic design and illustration and his first job out of school was in the industry doing mock-ups. He went on to open his own agency in the UK but found it wasn’t enough.

*Paintings by Guy Hobbs*

(Left) All He Surveys won the BC Wildlife Federation 2014 Artist of the Year Award.

(Right) Winter’s Wolf is based on reference photos taken of McKinley – the 120 pound alpha male of the West Yellowstone Grizzly and Wolf Discovery Centre pack.

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“It was a successful business and provided an income,” Hobbs pointed out. “But it was not fulfilling. I painted once in a while but most of my creative energy was going into work. At that point my wife Kerry and I started considering relocating. We had travelled through BC before and really liked the Nelson/Kaslo area so decided to take another trip to the Kootenays.”

In 2007, the couple narrowed down their decision to Trail, Nelson or Castlegar and circumstance had them buy a house in the latter. He started working at the newspaper in Castlegar as a Production Manager and within a year was promoted to Publisher but he felt it wasn't the right fit. Hobbs had also started painting again – abstract acrylic. He ended up leaving the paper and started up his own design company, keeping it low key.

Not long after, a road trip to Yellowstone sparked a discussion in which Kerry asked him why he had never combined his love of wildlife with art. Hobbs' response was to give it a go and he walked away from his design career and starting pursuing his art.

“I had already been doing pet illustrations for gifts so this was just taking it to a different level,”



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Hobbs said. “My first piece was a pencil sketch of a wolf and it was very satisfying. Mind you wolves and ravens are my favorites to paint. I love dogs and my experience with photographing wolves is they think about you as much as you think about it. I see intelligence in a wolf’s eyes and they almost look right through you. They have a very mythical quality.”



Photo submitted by Guy Hobbs  
Guy Hobbs and his dog Mo.

I’m teaching which only helps when I am painting. The danger is to stop learning because then I wouldn’t progress and challenge myself to improve my own technique.”

Last year, Hobbs won the BC Wildlife Federation 2014 Artist of the Year Award for his painting of a bald eagle. He was also named one the Ducks Unlimited 2014 National Art Portfolio Artists after submitting his painting, Winter’s Wolf.

“I was thrilled and surprised,” Hobbs said smiling. “Especially with the BC Wildlife Federation because I finished first in a new technique and this validated it. This is the first time I’ve ever entered a competition and I won. Ducks Unlimited approached me and asked me to enter and that one has some stiff national competition. This recognition has prestige and credibility attached which will help me in promoting my work. The painting part is fun, the challenge is making it a living and I am extraordinarily lucky to such a supportive wife on every level. As an artist I need honesty and she’s my best and most useful critic. I am lucky and grateful for this.” ■

You can see more of Guy Hobbs’ art at [www.guyhobbs.com](http://www.guyhobbs.com) or follow his progress on facebook at [www.facebook.com/GuyHobbsWildlife?ref=br\\_tf](http://www.facebook.com/GuyHobbsWildlife?ref=br_tf)  
All images © Guy Hobbs 2015. Reproduced by permission.

Looking again for a change, the couple moved to Creston in 2012 and quickly settled in, calling it the most like where they are from in England. When Hobbs isn’t busy in his home studio painting, he and Kerry go on walks and hikes throughout the Creston Valley to stay connected with nature and snap pictures. They also regularly travel to wildlife parks to photograph the birds and animals. Hobbs also runs a class at the College of the Rockies Creston Campus, Expressions in Wildlife teaches pencil techniques used to draw wildlife pictures and hopes to offer more down the road.

“It is hugely rewarding,” Hobbs said. “I learn about my own technique as



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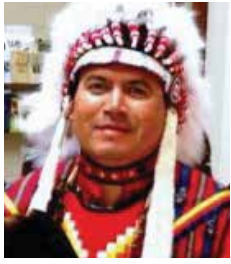
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# Message from the chief

Story by: Jason Louie, Chief, Lower Kootenay Band

## Working Together, Helping Each Other

**K**i'suk kyukyit (greetings). In any neighbourhood in the world our hope is to have good relations with those who live upstairs, next door, or even down the street. The Lower Kootenay Band is no different. We will always be neighbours to the residents of the Creston Valley. There was a time not so long ago where we may not have been on the best of terms. The fragile relationship could have been due to a lack of understanding of the aboriginal community. The reality is my neighbourhood probably isn't much different from yours. I have an elderly couple who live next door, up the hill from me is an older lady and a couple of houses down is a single man. In the spring and summer the sounds of lawn mowers can be heard. The elderly man next door is up first thing in the morning tending to his yard. In the fall, the sounds of wood being chopped for fire wood can be heard. Yes, there are social issues and substance abuse issues. But the bottom line is Lower Kootenay is a community with a unique history. There was a time where there was a genuine fear of the Reserve. There were horrifying stories of the "Rez" that instilled fear. A few years ago, a childhood friend of mine and my hunting buddy gave me a phone call about a local farmer who was having an elk problem. The farmer stated that a bull elk charged her horse

and she was forced to put the horse down. The elk were eating the hay that was meant for her livestock. We went out to the farm and harvested two elk. We have three community freezers that we try our best to stock with wild game. There are residents from the community who can have access to elk meat. Those that are on a limited budget may not be able to afford meat from the grocery store so the community freezers assist when possible. Another freezer is located at the Band Operated School. Having worked in the school I have witnessed students who would come to school with no lunch or a lunch that is not nutritious. Unfortunately,

### “neighbours helping neighbours in the spirit of humanity”

the school does not have a lunch program but days were scheduled where there would be elk stew and fry bread for staff and students.

At another ranch the owner asked me to stop by as elk were eating his hay. On that particular morning the elk were not there but in speaking with the rancher I gained an understanding and appreciation for what farmers do. He explained the hay process begins in the spring right through to harvesting in the fall. If the elk eat and destroy his hay he cannot sell it to sustain himself

and his family. Following another visit to his farm we did harvest an elk which was donated to the Ktunaxa Kinbasket Child and Family Service freezer.

Assisting with the elk problems on the farms does not stop the elk from coming but it does slow them down. The hunts are never taking more than we need. The hunts are people helping people, neighbours helping neighbours in the spirit of humanity. The farmers will have more hay to sell and there are adults and children who have healthy food.

The Creston Valley is an agriculture community. These individuals are hard working men, women and sometimes it's a family affair. I commend these farmers for their courage in picking up the phone and reaching out. We helped each other out. Isn't that what neighbours do? The bridging of communities needs to be an ongoing process. To live and operate in isolation is not beneficial for anyone. Ignorance is not bliss. Ignorance impedes the progress of humanity. There are so many forward thinking people in this valley who have become great friends and allies of the Lower Kootenay Band. Thank you Creston! ■

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).

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## From the Mayor's desk

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

# Snow, Snow, Snow

**A**nother season of SNOW will soon be coming to an end. As with any passing season or event, I tend to reflect on how we did and how we can do better.

For a few days in January, we found ourselves having to dig out from under a significant snow fall. So how did Town staff determine how to deal with such an unpredictable event? They followed the plan detailed in the Town's "Snow and Ice Control Policy":

Priority #1: is clearing all MAJOR COLLECTORS, then STEEP GRADES, then EMERGENCY ROUTES for fire and hospital access, then TRANSIT routes, then SCHOOL ZONES. This phase is to be completed within 12 hours of the end of a storm event.

Priority #2: is clearing the remainder of all collector routes. This phase is to be completed within 24 hours of the end of a storm event.

Priority #3: is clearing the remainder of all roads in the Town including: alleys, sidewalks, parking lots and paved trails.

Then a plan was developed to REMOVE accumulated snow from the downtown streets and parking areas. Town crews worked through the night to pull this feat off. Anyone who walked past the huge piles of snow at Millennium Park saw evidence of where the snow went.

**"our staff did an exceptional job in getting and keeping our streets passable"**

Public comment on how the snow clearing was handled was mixed – some people expressed concern that the process took too long to complete while others were sending out messages of thanks and admiration for our hard working crews. My personal opinion is that our staff did an exceptional job in getting and keeping our streets passable after the significant storm event – over 47 kilometers of roads and that doesn't include the laneways, trails, sidewalks and parking lots!

While adding manpower and new equipment would certainly improve the Town's ability to remove snow more quickly, it would also equate to more taxes – an approach that is largely considered undesirable. However, within a limited budget, there have been many improvements made over the past 6 years:

- Staffing - The Town implemented a seven day work week for Town crews. This means that some staff regularly works on the weekends. As such,

manpower is readily available on Saturdays and Sundays. Additionally, our staff is trained to operate numerous pieces of equipment which also improves service levels. On the rare occurrences when it is required, our dedicated crews work long hours, sometimes even through the night, to get our roads cleared.

- Equipment - Our Town equipment has been upgraded to provide more units with ploughs and sanders. Also a "snow gate" has been installed on the snow blade of our loader. This piece of equipment allows the operator to close the gate when crossing a "driveway" which keeps the resulting snow berm at a minimum. Interestingly, the snow gate was added to our equipment inventory as a result of input provided to me from a local citizen. A great example of how important it is for citizens to communicate ideas and opportunities to Town Hall.

- Volunteerism - The "SnowCats" is a volunteer snow clearing exercise involving the Creston Valley Thunder Cats hockey players. Our "SnowCats" have offered this program for the past four seasons for seniors and physically challenged home owners within the Town of Creston. This year the program has been expanded to include a few residents in Erickson as well. Please don't hesitate to contact me for more information on this program.

Town crews work diligently year round to take care of our roads and other infrastructure. Remember to also do your part to keep our sidewalks clear. Hey, and while you're out there why not clear the neighbor's driveway or sidewalk? Just a thought. Wishing each of you a wonderful spring – I'm sure it's just around the corner. ■

Ron Toyota can be reached by phone at 250-428-2214, e-mail at [Ron.Toyota@creston.ca](mailto:Ron.Toyota@creston.ca) or on the Web at [www.creston.ca](http://www.creston.ca).

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Don't overload your circuits.

Turn off electrical appliances at the end of each day. Keep heat producing equipment away from anything that might burn. This includes copiers, coffee makers, computers, etc.

### In the Event of a Fire

Upon finding a fire, call 911 immediately and don't hand up with the emergency responder until told to do so.

Close doors when exiting to help limit the spread of smoke and fire throughout the building.

Never use elevators during an evacuation.

Follow the escape plan and meet at a pre-determined place outside of your building and away from danger. Conduct a headcount to ensure all of your staff has evacuated.

The best way to ensure the safety of your staff is through fire prevention and preparation. Talk with your staff about fire safety in the workplace today.

### Did You Know?

The BC Fire Code prohibits the use of drop bars, chains and even double key locking devices on exit doors at any time. These types of features are a threat to the employees, public and responders safety during an emergency. Be sure to use proper

locking mechanisms compatible with the doors in the building that you intend to secure.

Door hardware such as "panic" hardware and automatic door closures shall be maintained for the life of the door. A good rule of thumb is that a door shall remain "as is" from the date of installation in accordance with the BC Building

Code. It is common to see manual hold-open devices employed (door wedges) or self-closures removed after the installation of the door is complete. This can severely jeopardize the safety of building occupants during a fire emergency.

It is mandatory that a business keeps record of all fire and life safety system inspections, testing and maintenance on site for review by the Municipal Fire inspector or Fire Prevention Officer.

When contracting a technician to service your business' fire protection systems (alarm panel, sprinklers, fire extinguishers, standpipes, fire pump), it is required by the Town of Creston Fire Services Bylaw No. 1774, 2011 that the fire protection technician is certified by the association known as the Applied Science Technologists and Technicians of BC (ASTTBC). Alarm panels can also be inspected and tested by a technician recognized by the Canadian Fire Alarm Association (CFAA).



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# Pacific Coast Militia Rangers

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

An inquiry crossed my desk a short time ago: a military historian is attempting to compile muster rolls and photographs of the Pacific Coast Militia Rangers, and do we have any records about the company of Rangers that was in Creston?

Thanks to the research we did several years ago for an exhibit and book on Creston's military history, I knew about the Rocky Mountain Rangers, a World War II regular-army unit in which several local men enlisted. We know of lots of local soldiers who were members of the Veterans' Home Guard, which was a militia unit. We've also got some records, and one photograph - of the Air Raid Patrol, a civilian home-defence unit.



But, the Pacific Coast Militia Rangers? That was a new one to me. So I did what I always do when confronted with an aspect of local history I know nothing about: I got out the old newspapers and started digging.

Unfortunately, I haven't been able to find much. I'll tell you what I've found out, and if any of my readers can fill in the blanks, I'd sure love to hear from you.

In the spring of 1942, fears of a Japanese invasion of the west coast were running rampant. They were triggered by the attack on Pearl Harbour and fuelled by reports of Japanese submarines off Vancouver Island. These fears led directly to the designation of "restricted zones" which Japanese people were forbidden to enter, the establishment of internment camps for Japanese residents of the province, and the creation of home guard civil defense corps, the Air Raid Patrol, and auxiliary military units such as the Pacific Coast Militia Rangers (PCMR).

Despite Creston's distance from the west coast, fears of a Japanese invasion were as high here as anywhere else, at least in the first part of 1942. As early as March 1942, the local branch of the Canadian Legion "asked the village [of Creston] to use its influence ... that a platoon of men be brought into this locale to guard strategic points in the district." It certainly didn't help matters any that there actually was a local resident who had first-hand knowledge of Japanese military strength: Reverend A.A. Fulton, of Trinity United Church, who had arrived in Canada after fleeing the Japanese invasion of Manchuria, where he had spent ten years as a missionary. He gave a number of lectures – I found four separate occasions mentioned in the newspapers – in which he outlined

the probable progress of military take-over, industrial infiltration, and enslavement of the population should Japan invade British Columbia.

One such lecture was given in early April 1942, at a civil defense rally "stressing the need for precautionary measures against the enemy and the brutalities that an occupation force would have on this district if the enemy should happen to attack British Columbia."

Both the Air Raid Patrol (ARP) and the PCMR were formed within a few weeks of that lecture.

It was expected that the two groups would work closely together, and they certainly did in a mock air-raid held at the end of August, 1942. Nevertheless, they were separate entities: the ARP was a civilian unit, while the PCMR was under military control and intended to serve alongside regular military units in home-defense combat should the need arise. No one could belong to both groups, as an emergency that called out one would probably require the services of another, and each group, according to the newspapers, "must know exactly the resources upon which it has to draw."

The PCMR was considered a guerilla force – that term is used frequently in the dozen and a half articles I found on the subject. The local Company was organised into groups of nine men, including a group leader, a formation which was well-suited to their "unorthodox" fighting strategies. Their training included the use of rifles and Sten guns, scouting, signalling, and map-reading. They were expected to have a thorough knowledge of the district, presumably to better intercept any enemy troops or saboteurs.

Beyond their training drills, in which they acquitted themselves quite creditably, the PCMR seem to have

had a pretty quiet time of it. They participated in the mock air-raid in August 1942, marching “snappily” to sites where damage had been reported to guard against looting and keep civilians safe from potential dangers; these would have been among their duties had there been a real air-raid. They paraded in Armistice Day ceremonies, and of course in the V-E Day celebrations in May 1945. But they don't seem to have had to deal with any real threats. I've heard anecdotal accounts of Japanese incendiary balloons landing in the mountains along Kootenay Lake, but I haven't been able to confirm that – if the PCMR were called out to deal with anything like that, it didn't hit the newspaper headlines.

And who were the men who served their community and their country in the PCMR? The newspaper is maddeningly silent on that point. Nowhere, in those eighteen articles, is there a list of names of those who joined up, and very few names are mentioned at all. Lt.-Col. Fred Lister commanded the unit from its formation in May 1942 until his death in January 1945, and then command was taken over by Captain Roby Robinson. Corporal Veitch was appointed sergeant in May 1942, and Lance Corporals B. Neville-Smith and R.H. Stewart were both promoted to corporal at the same time. In February 1945, Rangers Maione and Merriam were presented with prizes for the best scores in a PCMR shooting competition.

That's it – seven men named, out of a Company that numbered 45 members in the spring of 1943. None of these men even appears on a list, published in January 1943, of the local men and women who enlisted in the armed services.

Interestingly, we have a long list of names of members of the ARP; as mentioned, we've identified quite a few men who enlisted with the Veterans' Home Guard; even the local army cadets got far more individual recognition in the newspapers than the PCMR. I admit to being very curious as to why that was the case.

50 Company (Creston) of the Pacific Coast Militia Rangers was disbanded in mid-October 1945. ■

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).

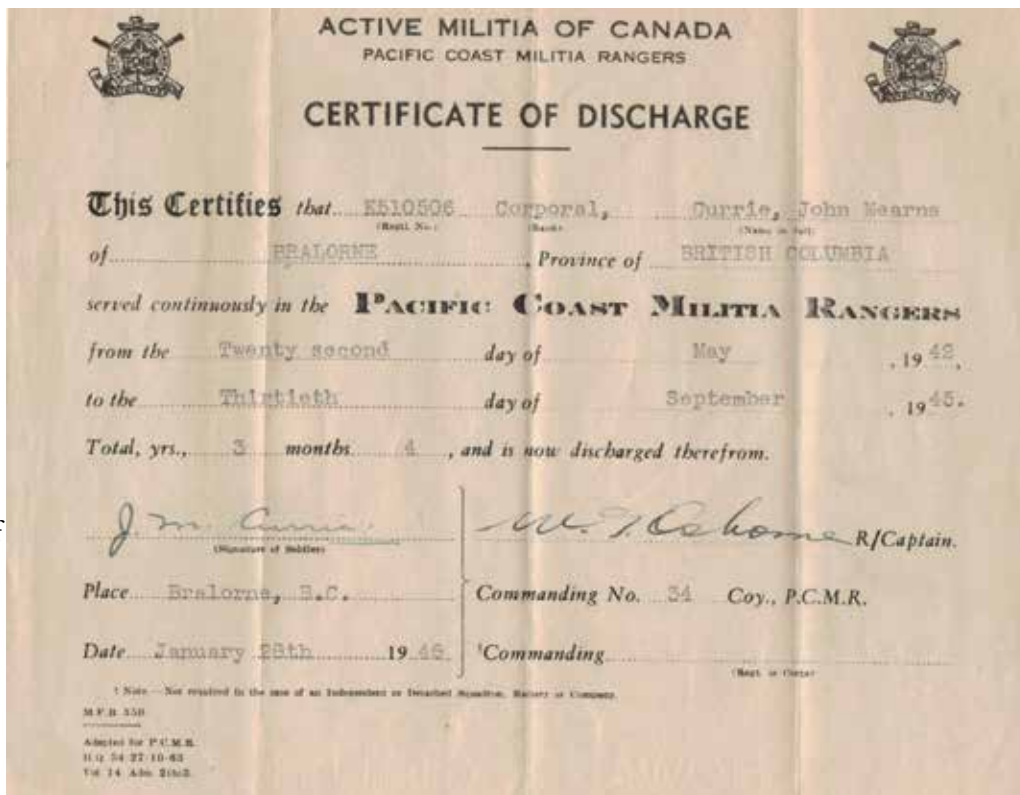


Image submitted by Tammy Hardwick

Copy of a discharge certificate for a museum volunteer's uncle, who served with the Pacific Coast Militia Rangers in Bralorne.

# Bird Fest Is Approaching

Story by: Tanna Patterson  
Chair – Creston Valley Bird Fest

Registration starts this month for the third Creston Valley Bird Fest on May 8-10 2015 promises three days of celebrating the birds, the art and the agriculture throughout the valley. The Creston Wildlife Management Area, seven thousand hectares of protected wetland, an internationally designated Ramsar site, and an “Important Bird Area” makes it all possible, providing habitats for over 300 species of migrating or resident birds. It is where the birds are.

## Schedule of Events

### Friday, May 8

11:00am-5:00pm Registration in the Sunshine Room at the Rec Centre/Cresteramics Art Show and Sale

4:00pm -5:30pm Meet and Greet at the Rec. Centre.  
Photo show by Monte Comeau

5:30pm -7:00pm Buffet dinner and presentations by Marlene Machmer and Brendan Mitchell

7:15pm Buses to

- 1) The Birds of Fox Tree Hill
- 2) Evening Bird Songs and Frog Calls at Duck Lake
- 3) Counting Bats at the Wildlife Centre

### Saturday, May 9

6:30am-11:00am Eight guided Birdwatching tours throughout the valley

11:30am-1:00pm International Migratory Bird Day Luncheon with presentations by Gary Davidson and Dr. Rick Page

Afternoon Events:

Three Canoe trips at the Wildlife Centre

Family Bird-a-Thon at the Wildlife Centre

Photography workshop with Jim Lawrence at the Wildlife Centre

Art Studio Tour with Alison Bjorkman

Tour to Swan Valley Honey

Birds of Australia presentation at Rec Centre

Tour to Kootenay Meadows Organic Dairy Farm

Becoming a Backyard Herbalist

7:00pm Keynote Presentation by Dick Cannings: Birds of British Columbia

### Sunday, May 10

6:30am- 11:00am Five guided birdwatching tours throughout the valley

6:00am-11:00am A series of four custom-designed 45 minute appointments with a Biologist in Your Neighborhood identifying birds by sight and sound

Registration opens March 2, 2015 and people can register three ways.

On-line at [www.crestonvalleybirds.ca](http://www.crestonvalleybirds.ca)

College of the Rockies – in person

Friday, May 8 in the morning at the Rec Centre

Early registration guarantees your spot. Many of the events are limited in size to ensure a quality birding experience. ■

# It's All About the Fans

Story submitted by: Jeff Dubois  
Coach/GM - Creston Valley Thunder Cats

**A** trio of veteran Thunder Cats players will see their junior hockey careers come to an end at the conclusion of this season, putting a cap on a trio of highly successful stays in the Creston Valley.

20-year old captain, Marcel Fuchs and assistants Connor Ward and Connor Kidd have combined to play over 300 games in the blue and white, and all will leave the Kootenays with fond memories of their time as T-Cats, both on and off the ice.

“Coming here from my hometown team in Mission when I was 18, the first thing I liked was just the change from practicing twice a week to every day,” said Fuchs. “I’ve been lucky to have a great billet family (the Taylors) and teammates, and the incredible support we get from the town and fans has made these last three years in Creston the best of my life.”

As they describe it, the Creston Valley provides all the amenities you need for a first-class junior hockey experience. But the key to their enjoyment has been tremendous support the Thunder Cats receive.

“Playing in Creston has been special for a few reasons,” said Kidd. “The rink and the rest of the facility at the Community Complex are probably the best in the league. And what really stands out is the amazing fan support, especially considering how small of a town we’re in compared to some other places in the league.”

“The people that you get to meet playing hockey here, both at the rink and around town, it’s just a very nice and welcoming community,” said Ward, who has felt at home in the valley since he moved all the way

from Rapid City, South Dakota at the start of the 2013/14 season. “The atmosphere that you get to play in is great because we have one of the best fan bases in the league.”

As they look back on their time in Creston and hope to finish their careers with a KIJHL championship, all three are able to quickly identify their most enduring memory as Thunder Cats – the team’s come-from-behind Game 7 win over the Kimberley Dynamiters in front of a packed home crowd last March.

“We were trailing 4-1 going in to the third period,” Fuchs explained.

“The support we had to come back and win that series was incredible,” Kidd added.

The team would go on to be eliminated by Beaver Valley in the conference finals last season, but Fuchs, Kidd and Ward were all a part of a successful playoff run and division title that marked Creston’s best season since joining the KIJHL.



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# Men With Brooms... Again

Story submitted by: Men's Butterfly Bonspiel

The 70th Annual Men's Butterfly Bonspiel gets underway March 5-8, 2015 at the Creston Curling Centre. Chair, Vern Ronmark took time out his busy schedule on and off the ice to answer a few questions about the event:

## 1) What communities are the teams from?

Creston, Trail, Castlegar Calgary, Lethbridge, Kimberley, Cranbrook, Pincher Creek, Coeur d'Alene, Nelson and Post Falls Idaho.

## 2) How many teams participate?

48 Teams.

## 3) How many Creston teams?

We try to have 24 local and 24 from other communities, this year we have 26 local and 22 from

out of town although some of the teams have local and out of town players on them including the defending champions, the Haberstock Team which, has two of Harry Haberstock's sons - one from Penticton and one from Calgary along with two local curlers.

## 4) What level of curling is this event?

We have all levels from novices to very experienced competitive curlers.

## 5) Why should folks go watch?

There will be a number of very good teams here and spectators will see some very good curling, especially in the "A Event".

## 6) How has the event changed over the years?

This year is the 70th anniversary of the Butterfly Bonspiel, the bonspiel grew to 96 teams over a period of years. In those years curling took place in the curling rink and the hockey arena. The number of teams participating began to decline about 20 years ago and we now have a limit of 48 teams which allows us to host all of the games in the Curling rink.

## 7) Teams to watch?

The returning champions are the Haberstock rink as mentioned above, we also have the Myron Nichol rink from Castlegar, the Scott Peet rink from Creston and the Dave Parker rink from Kimberley coming and they're also former champions.

## 8) Dinner/Dance/Entertainment?

We have a beer and chilli social on the



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**Good luck to all in the Men's Butterfly Bonspiel**



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Photos by Dave Dyck

Fun and games on and off the ice at the Men's Butterfly Bonspiel

Friday afternoon, and a steak barbeque on Saturday. Other events include an elimination draw with \$1000 in cash prizes and a \$500 draw to the button sponsored by the Cavell Street Dental Clinic, we have a DJ playing on Friday and Saturday evening.

9) Anything to add?

The Butterfly Bonspiel is a benefit to the community has it brings in many out of town curlers, we are one of the largest open bonspiels in BC and certainly the largest for a community our size. On behalf of the Town of Creston and the Creston Curling club I would like to welcome the participants to the Butterfly Bonspiel and wish them good curling. ■

70th Annual Men's Butterfly Bonspiel

March 5 to 8, 2015

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# Artistic Visions

Story by: Val van der Poel, Creston Arts Council

In January of 2011, a few members of the Creston Art Club wanted to find a way to sell their art during the up-coming summer, and the Artistic Visions Summer Art Market was born.

The first year the Art Market set up in the recreation building at the Pair-a-Dice RV Park. The display was a bit of a hodgepodge with stands and plinths borrowed from the Creston Arts Council and a variety of easels.

“We wanted to create a market, not a gallery – we wanted a customer friendly atmosphere that would make people feel comfortable,” said Lori Wikdahl, one of the founding members. “We also wanted a variety of art to offer our visitors so we invited other artists to join us. Although we started the summer with nine artists, we ended up with eleven, and offered a wide selection that included watercolours, acrylic, oils, encaustic, photography, pottery, painted fabric and Christmas decorations.”

Following a moderately successful year, the Summer Art Market forged ahead and was fortunate to use the display space at the Chamber of Commerce for the next three summers. This venue is perfect for an art display and the Chamber staff has always been very supportive. At least one



Photo by: Audrey Oroaz

member of Artistic Visions was on site most days, working at their art and interacting with visitors to the valley. As a cooperative we tried to be business-like: we had fees, a business license, insurance, a web page and meetings.

The Artistic Visions group has changed and grown as members moved away, dropped out or took a sabbatical and new members were added to increase the variety of art available.

The core members of the group are Grace Tyler, with her unique style of acrylic painting; Carol Huscroft and her variety of subjects painted in acrylic; Val van der Poel with her eclectic range of multi-media pieces; Carolyn Stone and her vibrant watercolours; fascinating bark carvings by Harry Miller; metal sculptures by Aaron Weitman; and Jeff Banman and his wonderful photos.

The newest core members are Emmie Roelofse and her exciting painted fabrics; Jenny Steenkamp with her vibrant oils; Gloria Elliott and her charming acrylics; Cherie Rensing with her unique glass jewellery. This past summer we invited special guest artists Rosamond Moore and Janet Schofer from the Mudders Pottery group; Guy Hobbs and his incredible wildlife paintings; Linda Bullock and her exquisite silk scarves.

The success of the Artistic Visions Summer Markets would not have been possible without the support of the Creston Arts Council, the Creston Art Club for the use of their grids and easels, the Town of Creston and Area C grants-in-aid, the Creston and District Credit Union for funding when our signs were run over by cars, the Creston Chamber of Commerce and the BC Arts Council.

We are not sure what is happening with our group this summer as the policy for displaying at the Chamber is under review and there is no other venue with such a good location. However the Artistic Visions group will be sharing the display at the Chamber during the months of September and October so we hope that people will stop in and check it out. ■

Info: [www.artisticvisions.ca](http://www.artisticvisions.ca)

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# Nomadic and Adventurous: Part II

Story by: Maureen Cameron - TAPS Community Development Liaison Coordinator

Stanley Wedge's story continues from February. When WW II was declared, he hired on as a stoker on a salvage vessel.

"It was one of the worst things I have ever done," he said. "Locked down below in the stokehole during a four hour watch, you had to wheelbarrow your own coal from the bunkers, keep all fires clean of clinker, see to all water levels on the boilers, shovel fourtons of coal per watch, clean one fire, then haul your own ashes up after every watch. It certainly took away all fear of Jerry's torpedoes being all around us in the North Sea."

Quitting that, he returned home and was conscripted into the army, serving for 6 ½ years and that, he says, is another story. Postwar, he and his wife, Bessie started a successful home decorating business. With relatives in South Africa and Australia they had contemplated emigrating eventually, but when their son Michael decided on Canada, that became the long-term goal.



Photo submitted by Maureen Cameron  
Stanley and Bessie Wedge celebrating in style.

Meanwhile, Wedge's work life took a new direction swept along by changes in society and suiting his creativity and love of challenge. He

found himself in the entertainment world and part of the beginning of television. Happy years rolled by, utilizing his talents as an artist in

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this new world, working with every department, setting up shows.

“I went days without going home to get it right, meeting stars, pop groups such as the Beatles, Petula Clark, Tom Jones and more,” he said. “There was film production to be considered, and

having to organize with my department skilled personnel and materials for interior and exterior sets and decoration. It was certainly a mad mad world. Yet I loved every moment of it for 25 years.”

The photo accompanying this article shows Wedge and Bessie on a trip he won for a slogan he submitted for an English food company. Wined, dined and entertained on the island of Minorca in 1950, it is one of his many surprising adventures.

way of life was the necessary medicine to keep active and keep young.”

Bessie his wife of 68 years passed away in Calgary in 2004.

He’s aware of the inequities, puzzling bureaucracies and seemingly unfair laws during his life encompassing world wars, two countries, and a world sorting itself out amidst changes on every front. Reflecting on his life now though, he finds peace and said,

“I love living here, people care and it is so beautiful.”

About their move to Canada Wedge writes: I have come to a country that is humane and understanding.

He is part of a faith community, is a TAPS participant and keeps his memories alive by recalling and writing and connecting through the Internet with people around the world. September this year marks Wedge’s 100th year, and it’s clear he’s got more stories to tell. To his delight, his granddaughter Diana Wedge, (Creston) who urged him to move from Calgary in 2010, is now working with him to document his life.

Note: TAPS has a new home in the lower level of the RotaCrest Building and will be having an Open House on March 25th. ■



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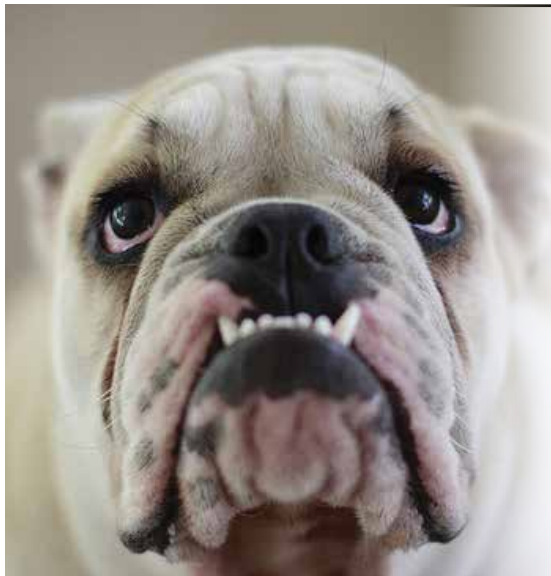
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## “I have come to a country that is humane and understanding”

Retiring at 65, they sold up and joined their son Michael and his family in Canada in 1980, leaving their English families behind. Alberta was their home and Stanley has many more stories about those years.

True to his personality, Wedge countered the fears of those who were concerned that they were ‘crazy to do this at their age’, that they would just ‘fade away’.

“This wasn’t going to happen to us,” he said. “A change of scene and a different



## Dragon's Breath?

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# The Beaver

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

**T**he ability of animals to physically adapt to their surroundings in order to survive, to adapt to pretty well any condition on earth, is an amazing feat to say the least.

When I think about our local wetland and the myriad of creatures that have fine-tuned their abilities to live and thrive in this wet environment, the one animal that stands out to me, that is well adapted to live here, is the beaver.

The beaver not only has the ability to adapt to life in a wetland, they actually have the ability to alter their environment, to create habitat that suits their needs. They actually can create wetlands! No other creature on earth, except the human, makes such large-scale changes to manipulate and change their environment.

The beaver is the largest rodent in North America (and the second largest in the world next to the capybara of South America). The beaver is an amphibious rodent that can live on land and in the water although the beaver on land appears fat, humpbacked, awkward and slow moving (don't tell the beaver this, it might get a complex).

If you look back three million years, the prehistoric beaver was the size of today's black bear. It is believed that the modern beaver's ancestors were land-based mammals and adapted to an amphibious habitat over thousands of years.

The modern beaver is streamlined to be in the water, moving swiftly and gracefully (the beaver will be happy to hear this). Beavers are excellent swimmers and divers with the ability to slow their heartbeat and conserve oxygen, allowing them to hold their breath and remained submerged for up to 15 minutes.

Beavers live in colder northern climates with frigid waters, so staying warm is a necessity. Their fur is thick and multi layered, allowing the larger outer guard hairs to protect the thick underfur. And the beavers waterproof their fur with oil obtained from its oil gland. They groom for hours, spreading the oil throughout their fur with their double claw on their hind foot that acts like a comb.

Beavers are pretty waterproof: valves on their ears allow them to shut out water when they are submerged; a transparent inner eye lid covers and protects their eyes; nostrils close up when they dive; and loose lips close tightly behind their front teeth allowing the beaver to gnaw underwater without getting water in their mouths.

The beaver constructs a lodge or house for warmth and protection against predators as well as a safe place to raise



their young. The entrances are underwater, safe from most predators, and the living quarters are high and dry above water level.

Every autumn, beavers in northern latitudes construct food piles for the winter. This consists of a pile of the beaver's favorite woody food items placed close to the lodge. The branches are anchored in the mud so they don't float to the top and the water keeps the bark soft and juicy.

Evidence of beavers exists throughout the CVWMA wetland – anywhere from small shrubs to large cottonwoods have been gnawed down by beavers. There is a large tree that was chewed “almost down” and then abandoned by the beaver near the viewing tower south of the Centre. We cut the tree down so it did not pose a safety hazard but we left the section that was chewed by the beaver. See if you can find it next time you are out on a walk! ■

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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# Ag Aware

Story by: Randy Meyer - Creston Valley Agriculture Society

## How Site C Dam Will Affect Us

Last month we discussed the politics of agriculture, and some of the controversial policies that governments implement that affect agriculture. This month I would like to raise one more concern, that while not "local" in nature, does, or will impact the whole province.

In December, the BC government gave its approval for construction of the BC Hydro Site C dam on the Peace River near Fort St. John. If

you're not familiar with the Peace River Valley, it is narrower and much longer than our Creston Valley, but is similar in many ways. Blessed with some very fertile ground, and a unique micro-climate for that latitude, a wide variety of crops can be grown in that valley. This power dam will erase all of this. Picture if you will, if it was our Creston Valley that was to be flooded. All the farms, buildings, homes, fields and pastures on the flats would be gone. Forever. Imagine if that was

your land or your families, friends and neighbours who will be displaced and forced to leave all behind and start over somewhere else. That is what is facing the farmers and ranchers of the Peace River Valley this year. If completed, the Site C dam will flood approximately 30,000 acres of land. Most of this is top quality farmable land.

There are pending court challenges in the works by area landowner groups, First Nations and environmental groups. Most likely there will be public protest events to come. The council from the town of Hudson's Hope, situated part way along the valley is looking for support from councils and municipalities from around the province in opposing the construction of this dam. Many communities are getting on board with this. I would encourage our local council to consider this as well.

The provincial government has been criticized on how its Joint Review Panel was held, and how certain elements were omitted from their discussions. The government even went so far as to suspend any and all ALR regulations that would impede this development. What has been "budgeted" for the compensation to landowners, is said to be about 10% of what many there feel it should be. This doesn't sound very democratic. Many questions arise. Does the province really need the power that would be generated by this dam? Will this power be for our own use, or for export to the US? Will this power be used to run the yet to be built LNG plants? Are there other alternate power sources that could be developed instead? Geo thermal, solar, and wind all have possibilities.

Will the construction of this dam affect us here? Why should we care? What will affect all of us is the estimated \$8 billion price tag. Pretty much guaranteed we all will be paying substantially more for our power to help

### YOUR IDEAS YOUR COMMUNITY Official Community Plan Review

The Town of Creston is undertaking a review of the current Official Community Plan (OCP) in 2015. Part of the year-long process will include establishing an Advisory Committee that represents a broad-spectrum of the community. Successful appointees demonstrate a commitment and interest in the future of Creston along with strong relationships with other residents, businesses, or community groups within Creston.

Members of the Advisory Committee will attend a meeting once a month over the next year and will actively promote public input opportunities.

**Applications are being accepted until  
March 20, 2015**

To learn more about the OCP Review and to apply to be a member of the Advisory Committee, visit the Town of Creston website "Official Community Plan Review" or contact Jamai Schile, Town Planner [jamai.schile@creston.ca](mailto:jamai.schile@creston.ca)

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pay for this political legacy project. Good agriculture land in this province is a finite, valuable asset and to forever flood thousands of acres of it should not be acceptable to anyone who cares about where their food comes from. Importing so much produce from California is not sustainable, and will

not always be affordable either. We can and should grow more of our own food in this province. Construction of Site C will take a large bite out of that ability. I would encourage you to do your own research on this project, and take a stand against this project. Voice your concerns with members of our

provincial government. Stand with the people of the Peace River Valley as they fight to save their homes and livelihoods. There are a number of Facebook sites from that area that show the valley and people there, and what stands to be lost. Have a look. ■

# LOTS TO DO FOR SPRING BREAK...

## at the Creston & District Community Complex!

• **Public Skating**

Monday, Wednesday & Friday  
March 16-27 1:00-3:00pm

• **Break into Spring Kids Camp**

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# The Season Never Ends at the Farmers' Market

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

second Saturdays of March and April.

**M**onthly markets throughout the late winter months and early spring keep locals stocked up on fresh bread, local meats, handmade preserves and artisanal products. Find us at the Creston and District Community Complex in the Creston Room on March 14th and April 11th from 9am - 1pm. The weekly Saturday market will begin the first weekend of May outside and continue right through until December 19th.

The entertainment for March is sure to impress - Gerhard and the Missing Links will be playing. They've got a handful of videos up on YouTube where you can listen to them playing classics like Mustang Sally and Knocking on Heaven's Door. A huge thanks to Kait Viers who is the market's Entertainment Coordinator. For folks interested in playing at the Farmers' Market during the season, you can contact her at kaitviers@outlook.com or 250-428-6027.

There will be twenty plus vendors at each of these indoor markets including regular favourites like Tarzwell Farm, Purple House Farm, The Spice Guy (who's awesome product is featured on this season's promotional materials), Kootenay Natural Meats, Roger and Pat Robichaud, Lynne's Jams and Jellies, William Tell, Alex Ewashen, Bad Duck Caramel, Debby's Healing Kitchen, Paper Garden, Swan Valley Honey and Wynndel Lavender. More vendors will be popping in, so make sure you mark your calendars for the

If you are interested in being a vendor at the market, it's easy and we are always welcoming new vendors. Our website has all the information to get new vendors set up. The only catch is your product has to be made, baked or grown locally.

Let's Grow, Let's Eat, Let's Share! ■

Info: Jen Comer: cvfarmersmarket@gmail.com or 250-254-1594

Online: www.CrestonValleyFarmersMarket.ca or www.facebook.com/CrestonValleyFarmersMarket

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# Long Term Care Insurance – Protection for Everybody

Article submitted by: Vern Gorham,  
Sun Life Financial Advisor

**W**hen most of us hear the words long term care, we automatically think of nursing homes and care for the elderly. While it's true that as we age we're more at risk for needing services to help us perform basic day-to-day activities, a debilitating accident and illness could happen at any time, to any one at any age. Illnesses such as Multiple Sclerosis and ALS are often diagnosed at younger ages.

What exactly is long term care?

Long term care can best be described as care provided to people who are unable to care for themselves because of an accident, illness, deteriorated mental abilities or simply the aging process.

Long term care provides medical, social and personal care services that can range from nursing care to help with such things as dressing, eating and bathing. These services can be provided in the home, in the community or in a long term care

facility such as a nursing home.

Does the government pay for this kind of care?

Actually, government plans pay for a portion of the costs. Accommodation costs for facility care vary widely depending on where you live, but your out-of-pocket expenses for long-term care in a facility could range from \$762 per month for ward level accommodation in a government-subsidized facility to over \$5,100 per month for a private room in a non-subsidized facility.\*

Home care services provided by the government vary according to the resources available in your community. You may receive a fixed number of hours of home care services. But if you need to purchase private care beyond what your province provides, the per hour costs for homemaking, personal care and nursing care can vary from \$14 to over \$60 per hour, depending

on the type of care you need and the costs in your area.\*

What can you do to protect yourself, your family and your savings?

Long term care insurance offers a solution. It pays a regular income that will help pay for the services you may need. The income can be used to cover the cost of any type of long term care service including care received from an informal caregiver (family member or friend).

An income plan offers you choice, flexibility and simplicity, and can be designed to meet your needs and budget.

\*Based on national averages. Costs may vary depending on where you live. ■

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Vern Gorham is a licensed representative for Sun Life Financial, and works out of his office in Creston. He can be reached by phone at 250-254-0607, or by email at vern.gorham@sunlife.com.



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# Home & Garden

## Simple Gardening Tips and Tricks

Here, the latest tips and tricks from Paul James, host of HGTV's Gardening by the Yard:

**1.** To remove the salt deposits that form on clay pots, combine equal parts white vinegar, rubbing alcohol and water in a spray bottle. Apply the mixture to the pot and scrub with a plastic brush. Let the pot dry before you plant anything in it.

**2.** To prevent accumulating dirt under your fingernails while you work in the garden, draw your fingernails across a bar of soap and you'll effectively seal the undersides of your nails so dirt can't collect beneath them. Then, after you've finished in the garden, use a nailbrush to remove the soap and your nails will be sparkling clean.

**3.** To prevent the line on your string trimmer from jamming or breaking, treat with a spray vegetable oil before installing it in the trimmer.

**4.** Turn a long-handled tool into a measuring stick! Lay a long-handled garden tool on the ground, and next to it place a tape measure. Using a permanent marker, write inch and foot marks on the handle. When you need to space plants a certain distance apart (from just an inch to several feet) you'll already have a measuring device in your hand.

**5.** To have garden twine handy when you need it, just stick a ball of twine in a small clay pot, pull the end of the twine through the drainage hole, and set the pot upside down in the garden. Do that, and you'll never go looking for twine again. ■

Source: [www.hgtv.com](http://www.hgtv.com). Find eight more tips at <http://bit.ly/1yJOWdq>

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# High Blood Pressure, Cholesterol and Arteriosclerosis Simplified

Story by: Maya Skalinska  
Master Herbalist, Registered Herbal Therapist

Lately I have been asked many questions regarding high blood pressure, cholesterol and arteriosclerosis, and how are they connected. This is not a simple answer, but I will attempt to connect the dots from a holistic perspective. I have many clients that have been “diagnosed” with high blood pressure. This always puzzles me, as high blood pressure is not a disease, it is a symptom of something else going on. Yet, high blood pressure medications are prescribed with no investigation to the root of the problem. In my clinic, I use high blood pressure as a diagnostic tool to see what’s causing it in the first place. Stress is usually the first culprit and if that’s the case, relaxing herbs and practices, exercise and a shift in diet does the trick. This is treating the cause not the symptom. But there are many other causes of high blood pressure, and arteriosclerosis is one you cannot overlook.

Arteriosclerosis is hardening of the arteries due to cholesterol building up in the arteries, restricting the blood flow to your

organs and tissues. If your blood has to move through a smaller vessel, the pressure will build up, just as it would in a garden hose blocked by your finger. So now, you have high blood pressure due to cholesterol that clogs up your arteries. The typical fix is statin drugs to stop the production of cholesterol in your body. Sounds great, but it’s not a fix. It’s not investigating deep enough, as there are more questions to ask like: Why are my arteries clogged up with cholesterol in the first place?

**“cholesterol is there because it’s doing what it is designed to do”**

First thing you need to know is the function of cholesterol and why it is absolutely essential to our health. Among its many functions like hormone production, building cellular membranes and supporting our brain health, cholesterol also repairs inflamed and damaged membranes such as our arteries. It is our natural band-aid that fixes damaged tissues. Statin drugs, suppress the production of this natural band-aid, taking away our ability to heal.

So, why are my arteries clogged up? Why is cholesterol, our natural band-aid, present in the arteries? The answer is simple: cholesterol is there because it’s doing what it is designed to do, patching up wounds caused by free radicals and high blood insulin levels caused by too much sugar, hydrogenated oils, packaged and fast foods, high fructose corn syrups, junk food... I think you get the picture. It’s all about our diet. It’s amazing what results my clients get by changing their diet to nutrient rich whole foods and herbal remedies that work. It’s so simple, and there’s no need for drugs with damaging side effects. The results are healthy arteries, blood pressure and cholesterol levels, as well as weight loss, increased energy, a happy heart and an overall sense of well being. I encourage you to take the path of a heart healthy diet. ■

*Maya Skalinska is a Master Herbalist, and a Registered Herbal Therapist, offering Iridology, Pulse and Tongue analysis, Herbal Medicine, Nutrition consultations and Flower Essences in Crawford Bay and at Vital Health in Creston. For more information, or to book an appointment please call (250) 225-3493.*



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# The Importance of Nutrition

Story submitted by: Jody McBlain  
Pharmacy Manager/Co-Owner - Pharmasave

## What makes up a balanced diet?

While many nutrients can be produced by the body, other nutrients – called essential nutrients – cannot. Therefore, we must supply them through our diet: the foods we eat and drink.

Essential nutrients include 9 of the 20 amino acids found in proteins, certain fatty acids found in fats and oils, and a number of minerals and vitamins. Nutrients are generally divided into two categories: macronutrients and micronutrients.

Macronutrients include fats, proteins, carbohydrates, and some minerals, and our bodies need these in large quantities on a daily basis. They make up the bulk of our diet and supply the energy and building blocks we need for growth, activity, and maintenance. When these foods are digested they are turned into their basic units, namely sugars

from carbohydrates, fatty acids and glycerol from fats, and amino acids from proteins. The energy content derived from each is measured in calories.

Typically, our individual calorie intakes vary greatly depending on the availability of food and on our physical activity, age, and sex. In general:

older adults, children, and sedentary women need roughly 1,600 calories per day

active women, older children, and sedentary men need roughly 2,000 calories per day

young men and active adolescent boys need roughly 2,400 calories per day

Macrominerals include calcium, phosphorus, sodium, chloride, potassium, and magnesium, and our bodies need roughly 1 -2 grams of each per day. Water is also a macronutrient and we need 1 mL for each calorie of energy we expend, or

about 2,500 mL (2.6 quarts) per day.

Essential fatty acids include linoleic acid, linolenic acid, arachidonic acid, eicosapentaenoic acid, and docosahexaenoic acid. Linoleic acid and linolenic acid are found in vegetable oils. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are essential for brain development and are found in fish oils.

Micronutrients include vitamins and trace minerals, and our bodies need them to metabolize the macronutrients. Micronutrients are usually required in small amounts – from milligrams to micrograms. Essential trace minerals include iron, zinc, copper, manganese, molybdenum, selenium, iodide, and fluoride. With the exception of fluoride, all these minerals activate enzymes that help our bodies metabolize food.

**Q: Why do I need fibre in my diet?**

**A:** Fibre helps to improve movement

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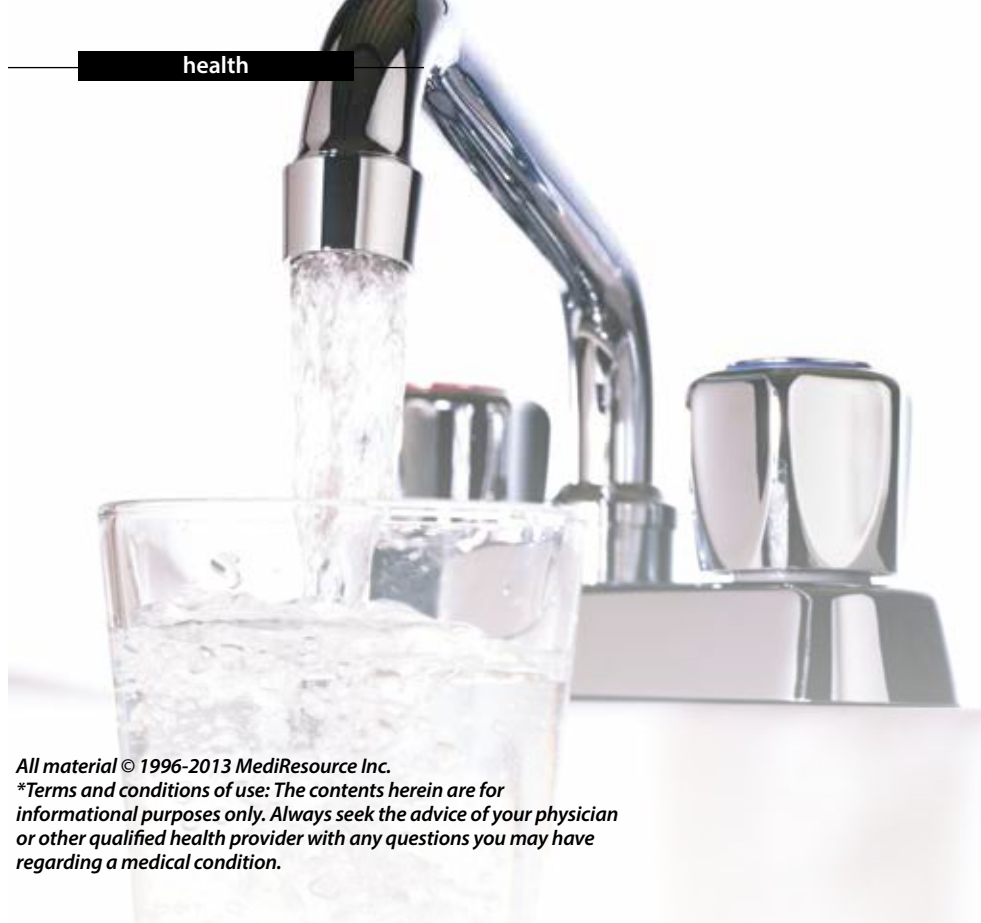
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in the gastrointestinal tract, regulate changes in blood sugar and cholesterol that occur after we've eaten, and increase the elimination of cancer-causing substances produced by the bacteria in the large intestine. Most North Americans consume only 4 -12 grams of fibre per day. The recommended daily intake should be upwards of 26 - 35 grams. If you feel you aren't getting enough fibre from your diet, there are also supplements you can take.

**Health Tip**

Adding more fibre to your diet can be easy. Go for high-fibre foods such as split peas, lentils, quinoa, oat bran muffins, ground flax seed and bananas. Try not to do too much at once, though – increasing fibre too quickly can cause gas and bloating. ■



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