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The East Shore Mainstreet

KOOTENAY LAKE BC

Serving the East Shore communities of Boswell, Gray Creek, Crawford Bay, Kootenay/Pilot Bay and Riondel

INSIDE:
News, Views,
Reviews,
Hot Topics,
Current Events,
Letters & Ideas

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Do You... Samba?

SLaP (Samba Lago Profundo) Spring Carnival

by Ben Johnson

Samba Lago Profundo was formed in April of 2010. Carnival (Brazilian Portuguese spelling) is an ancient festival of Spring celebrated with costumes, feasting, dancing, music and debauchery. In modern times it has been adapted as the last feast before Lent, a month of fasting in the Catholic tradition. Carnival is also known as Mardi Gras (Fat Tuesday), and the most famous celebrations are in Rio de Janeiro and New Orleans... the biggest parties in the world!

Samba Lago Profundo is proud to present: Spring Carnival!

A Starbelly Jam fundraiser event at the Gray Creek Hall, Sun April 29.

This live music and dinner event will feature the East Shore's own Samba Lago Profundo and friends on stage performing authentic Brazilian and world music while you enjoy a Brazilian-inspired dinner menu, followed by a truly Carnival-esque outdoor parade/fireside party, with DJ Damaru and live samba drummers playing together into the night. This is a kid-friendly event. Dress for Carnival! Call Ben Johnson for details (250)225-3423.

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MS Issues

by Ingrid Baetzel,
Editor

In November 2010, we launched www.eshore.ca and it's been a weird and wonderful (not to mention steep) learning curve deciphering the gaps and needs of this community. As numerous websites emerge in our area trying to bridge that information storm that envelopes us, we here at *Mainstreet* have been trying to figure out what is most needed and best provided in a news/information website for visitors and residents alike. Through trial and error, we've discovered that less is more. The original website was full of information – too much, it appears. It was also a bit daunting and discouraging to user feedback and regular use. That is the opposite of what we want to see happen. So, with the help of Geoffroy Tremblay (ponnuki.net), a new *Mainstreet* website will be emerging in the upcoming days/weeks. We hope to have the site launched and running by the time this paper goes to print, so watch for changes. The website URL will remain the same for the time being – perhaps forever. You can still pop the address www.eshore.ca into your favourites or bookmarks (or better yet, make us your homepage), and drop by regularly to see what's shakin' on the shore.

The new site will be a simplified and more engaging version of the old site. We will have a **new, easier-to-use Google calendar** which viewers can use with ease. It is hoped that you will use the calendar to advertise you events/programs/classes and that we will all be using the calendar to structure our lives in the near future. We are dumping the blogs as well as the paid Classifieds and structured Forums.

We are creating a **newsy, pertinent site** that will have weekly (or more frequent) news of the week stories that

directly pertain to the East Shore or perhaps a bit further afield.

We will have a **FREE Classifieds** location as well as what we hope to see as a super-used **Ride Share** area.

We will offer **FREE Buy and Sell** and other local Announcements/Opportunities.

Another exciting prospect of the new site is the **online subscription** component, which will come available in the coming months. We will have downloadable pdf's of past issues as well as a paid subscription option for the current issue. This will be hugely beneficial to subscribers from further away, or even a good way to get your electronic version for those who like to buy a paper copy but may find it lost in the shuffle of life as the month goes on.

This is also a big boom for advertisers! Now your ads will be seen by a substantially greater number of readers. We'll track the subscribers and viewers as best we can and let you know how many more eyes are seeing your business' advertisements than before. As always, there will also be the option to advertise online with the new site.

There will be much more to come, but we're starting slow and easy and hoping the transition is smooth and effortless for all users. Thank you for your patience during this time of change and please always feel free to send in your feedback and ideas regarding the site and the paper itself. *Mainstreet* is what you make it and your energy is felt and appreciated.

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LETTERS TO THE EDITOR

FERRY ISSUE - IMPETUS FOR ACTION

Dear Editor,

I am writing once again about our local ferry service. The contract for this service is up for renewal as of April 2012. I would like to express my delight in all the locals who look to this idea as a great opportunity to approach our government with positive, productive input into a matter that greatly affects all of our lives.

The impetus for this action is NOT to fight against anything! The motivation is to support our government in knowing what our local needs are, and how they could be better met, with NO extra cost, just a little creativity and willingness to see things differently.

I realize there have been many people through the ages who have worked hard and long, smartly and tirelessly, and still the powers that be have not budged... but is that any reason not to express our needs and wishes?

I believe if we approach one another with respect, and give each other the opportunity to do the right thing (in most cases), we will be given respect and equal opportunity.

So here's to writing to our honored government officials (who are people too), and asking if they would consider our requests regarding re-extending our local Kootenay Lake Ferry Schedule.

Thank you,

Jai English - East Shore - Kootenay Lake

(ED: Apologies to Ashley for neglecting to print this letter in the March issue. It is printed here below with regrets for overlooking it last month.

THANK YOU TO MY COMMUNITY

Dear Editor:

Thank you to my community, and most importantly to Dustan for saving my life. There are not enough words to express my gratitude, but the fact that he held that tourniquet for more than an hour in minus six

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degree weather makes him a hero.

To Sarah and Steve, thank you for making the appropriate calls. Thanks for the calming puffs, Steve.

To Cory and Lance, the first responders – at first I thought, “What the “H” are firemen doing here? I was cutting firewood and lost control, not burning firewood and lost control!” However, Cory, you don't know how reassuring it was to hear you say that I had a pulse and it was holding steady, because I remember fading in and out. If I had no pulse, I might have let go. Sorry for refusing to let go of my arm, but I was afraid of what might happen. Thank you to Lance for setting up the helipad.

Thank you to the paramedics who arrived off the boat from Nelson, including Carl for prying my grip loose and bandaging my arm properly to get me to Trail and the other one, who's name I have forgotten, but he kept me calm and checked my vitals on the chopper ride. I remember him telling me to stop kicking my legs or I will cause a crash which would not have been a good thing. Thank you to the pilot for the smooth ride; I'm glad he did not take the scenic route.

Once I arrived in the Trail Hospital, a host of trauma team people and nurses and doctors took over. I have already thanked most if not all, but I must give thanks here to Dr. Laverty. This lady, and she is one, performed something just short of a miracle. I have been told by those in the know that Dr. Laverty is the only doctor hereabouts who could have done this.

Everything that I needed after the accident was there without having to ask for it. If that is not serendipity, then I don't know the meaning of the word.

Lastly, but definitely not least, I wish to thank my many friends, especially Mark and Lois. They took a load of stress off of me and Lois' cookies gave me strength. Thank you, everyone.

P.S. My children, Jessica and Andrew, wish to extend their profound gratitude to everyone involved, especially Dustan. You saved their dad and for that they are eternally grateful.

Ashley Draper, Crawford Bay



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The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in May 2012 issue items by:

Next Deadline: Wed, April 25, 2012

ROBOCALL -

OCCUPY YOUR NEWSPAPERS!

Dear Editor,

I am very concerned about the robocall election fraud. My understanding is that illegal calls were made in dozens of key swing ridings all across Canada. This would appear to be a serious, systematic campaign which would cost considerable money and involve using major phone number databases and other information to target non-Conservative voters in key ridings.

Prime Minister Harper and his cabinet dismiss this as “normal” election hijinks. I believe we need a full public inquiry to find out: who paid? where did the lists come from? who decided? We need to know the whole truth. Election fraud is a crime, and this is crime on a major scale. If the party in government is found to be responsible, then there must be new elections. How can we have any confidence in a democratic Canada if this is allowed to be swept under the carpet?

I urge everyone who reads this to write to editors of local newspapers and cc. your Member of Parliament, and insist on a public inquiry. (for Columbia-Kootenay, it's David Wilks, david.wilks@parl.gc.ca. Occupy the newspapers!

Yours truly,

Lorna Robin, Crawford Bay, BC

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RDCK Area "A" Update

by Garry Jackman, Director, Area "A"

Budget 2012

I will start with a summary of the budget which we finally passed at our March 22 board meeting. As predicted in my earlier articles, the overall taxation changes for east shore residents are minimal and will be primarily offset by growth in the tax base. That said, of the 34 services which apply to various portions of Area A some services have significant increases while others have decreases which will result in variations in different communities. For Area A, the average increase in taxation is about 1.1% while the area growth in the tax base is 1.4%. Across the regional district as a whole the average tax increase is somewhat higher at 1.5%.

Taxation is only one source of income for the regional district, with additional funding coming from user fees (such as the charge per bag of garbage), borrowing for major capital projects and transfers from the province. Overall, the 2012 RDCK budget is \$57.9 M, up from \$50.7 M in 2011. Taxation makes up just under 40% of the 2012 budget. The majority of the budget increase this year is capital borrowing for major works such as recreation facility expansion/renovation and to upgrade the regional waste landfills.

Hospital Boards

As your director I sit in an unusual position of being a member of two hospital boards, the Kootenay East Regional Hospital District which runs from the Alberta border to West Creston and the US border to Golden in the East Kootenays and to Mountain Shores in Area A. The balance of Area A is in the West Kootenay Boundary Regional Hospital District which extends from north of Rock Creek across to Nakusp and down to the US border below Salmo, Trail, Grand Forks and Greenwood.

Interior Health Authority (IHA) makes an annual request for the hospital districts to contribute towards the purchase of capital equipment and for major renovations or expansions of hospital facilities. The IHA traditionally picks up 60% of these costs (through their funding from the province) and the local hospital district picks up 40% through the hospital tax on your property tax notice.

Over the past two years, the number of major projects approved for funding by the province in the Kootenays has declined so our share of funding is also declining. The taxation in the Kootenay East district has been significantly decreased at the decision of the board while the taxation in the West Kootenay has been maintained at the same level in order to build capital reserves for potential future projects.

CBT Community Initiatives

April 16 is set for reviewing the grant applications for the funding which Columbia Basin Trust (CBT) allocates through local government under their Community Initiatives Program. This year Area A will have a decreased allocation due to a decision by our board to allocate the funds based on population rather than tax assessment. I took some exception to the decision, since the motion to change our formula was introduced by a community which stood to gain several thousands of dollars each year with the change. When I suggested that if 'rewards' such as grant funding are more 'fairly'

distributed by population then the 'penalty' of paying taxes should also be more fair if based on population. Such change would cut our tax rates to less than half, since we have many vacant properties along the east shore and we have a relatively sparse population with relatively high valued lakefront. Not surprisingly, the directors looking to increase their allocation of grants did not want to take my lead and discuss 'fairness' on a larger scale.

The unfortunate outcome of the decrease in CBT funds to Area A is that the community reps who have volunteered to evaluate the applications may tend to be less generous to applications from outside of Area A. In the past, we have supported a number of initiatives which have shared participation between neighbouring rural areas and municipalities. An example would be our significant contribution a few years ago to help Nelson Search and Rescue buy a heat sensing camera for their rescue boat, which is a good resource for any community along the lake. This year it may be more difficult to support that type of initiative due to limited funding.

AKBLG

Say what?? The Association of Kootenay Boundary Local Government will hold its annual conference in Trail this year on April 19, 20 and 21. We will discuss a wide range of topics, largely in preparation for meeting with provincial staff and ministers in the fall to advocate on a number of issues. This year we will have continuing discussions on some of the troubling areas of provincial legislation, such as the cost to meet the current drinking water standards or the push by the province to download the responsibility for maintenance of dikes to local government.

New discussions will include recent changes by the province to their previously "unconditional" transfer of funds to reduce property taxation plus the changes the province has made to funding for mitigation of wildfire risks on crown land. Over the past few years local government has contributed staff time to coordinate the determination of high risk areas within crown land forest and to coordinate work to thin the high risk areas. The province has now asked the local (private) property tax base to pay for a percentage of the work on crown land. I feel that in small rural communities the program as a whole is at risk due to this move by the province.

If you have a question please contact me by calling 250-223-8463 or e-mail gjackman@kootenay.com.

**Next Deadline:
April 25, 2012**

LETTERS TO THE EDITOR

\$100 Reward for Information in Local Crimes

by Carolyn VanR

I am offering a \$100 reward for any information shining light on who is killing our dogs. Both The Dude and Rocco were struck down hard without a drop of blood 100 feet from each other (with only nine months separating the two deaths) at the end of my laneway on Hedstrom Road. Rocco hadn't even reached a year old yet.

Both deaths happened between 3pm and 4pm and my children discovered both dogs.

What compounds the heartbreak is the fact no one took responsibility. I can understand that accidents happen; however, when someone can hit a dog and drive away the anger stagnates the hoped for acceptance of their deaths.

I try to teach my kids about responsibility and the gift of community and this behaviour confounds me.

I have notified the police and they are planning surveillance of this road by means of technology and physical presence. Photos have been submitted of the regular skid marks and donut tracks decorating this road.

If the culprit is reading this I warn you that your habitual bad driving will indeed lead to further tragedy.



Above: The Dude and to the right his son Rocco at about five or six months old, just three months before he was killed.



Birth Announcement

Pleased Grandparents, Einar and Roswitha Strom are very happy to announce the birth of twins to Kevin and Jacquie Strom of Calgary, AB. Avery Lynne and Elizabeth Anne arrived on March 7, 2012 to the delight of their parents and all the family.



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Next Deadline: April 25, 2012

mainstreet@theeastshore.net

Jumbo Glacier Park to Become Ski Resort?

Mainstreet press release

Way back in the early 1990's, Mike Harcourt (then NDP Premier) cautiously endorsed a proposal to develop a special area outside of Invermere, BC known as Jumbo Glacier Park. The development is expected to run over the one billion dollar mark and is located about 60 kilometers from Invermere. The proposal has been going through the steps towards final approval of this project for nearly twenty years and on Tuesday, March 20 Minister of Forests, Lands and Natural Resource Operations Steve Thomson announced that the final obstacle had been cleared and the resort was approved by the province.

The province swayed to the side of approval based, no doubt in large part, on some impressive numbers... 900 million dollars in investment and over 750 new jobs in the region. According to sources, the site will have up to 23 lifts, a 3,000-metre-high gondola and a ski village with more than 6,000 units. The resort will be comparable in size to Silver Star in Vernon, B.C. — or about 1/10th the size of Whistler Blackcomb. Architects hope to have the first phase up and running in two years.

This project has long been very controversial and a source of extensive lobbying and protesting by a large number of Kootenay residents. A 2008 poll showed that the project seriously lacked public support, but supporters of the project are looking forward to the jobs and opportunities the resort will bring to the region. On the protesters side, there have long been some powerhouse voices decrying the development. NDP leader Adrian Dix has been quoted as saying, "The government has made its decision presumably to try and gain political benefit but the economic, environmental and community interest is being abandoned here."

Wildsight executive director John Bergenske has expressed some extreme frustrations with the apparent blatant oversight of the government to the loud voices of protesters over the development. He stated, "It is very unfortunate that the provincial government has ignored the overwhelming opposition to this project from the people in the Kootenays, the clear scientific argument against the development by North America's leading grizzly bear experts and the Ktunaxa Nation's spiritual values."

From cbc.ca: The B.C. government said Tuesday the Ministry of Forests, Lands and Natural Resource Operations will establish a wildlife management area to protect the Grizzly bear habitat. Despite the province giving the Jumbo resort the green light, funding for the development still isn't in place. In February, a business delegation flew to France to pitch the project to possible investors. Those investors are expected to make a trip back to B.C. to visit the Jumbo site in the months to come.

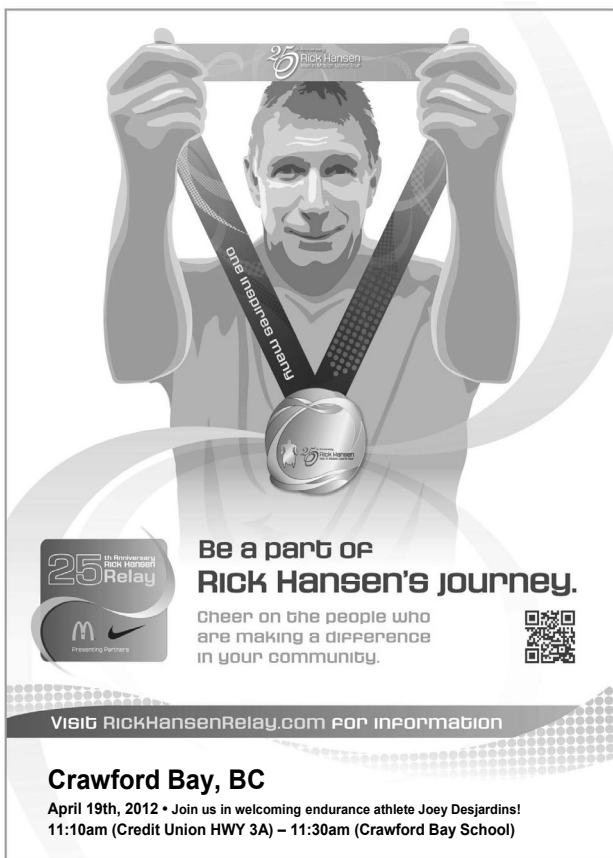
For more information regarding the development and groups of people trying to stop it, visit jumboglacierresort.com, the Facebook page "Jumbo Wild" or www.jumbowild.com.

Rick Hansen Relay comes to the East Shore

press release

"If one person can inspire many, imagine what 7,000 can do." -Rick Hansen, on his 25th Anniversary Relay

Invitation to the public - line the highway and give the local heros a wave!



Be a part of Rick Hansen's Journey.
Cheer on the people who are making a difference in your community.

Visit RickHansenRelay.com FOR INFORMATION

Crawford Bay, BC
April 19th, 2012 • Join us in welcoming endurance athlete Joey Desjardins!
11:10am (Credit Union HWY 3A) – 11:30am (Crawford Bay School)

The Rick Hansen Relay is celebrating 25 years. Seven thousand local hero participants are running, walking, wheeling or biking while passing a singular medal made by the Canadian Mint, from hero to hero across the country, sharing their hope and inspirations with a message of injury prevention and the need for more research, rehabilitation and care.

APRIL 19, 2012 (11:10am) it comes to the East Shore of Kootenay Lake.

EAST SHORE, show your support and greet the endurance paraplegic athlete Joey Desjardins who will pass the medal to the first of our local hero's at the Credit Union at exactly 11:10am (precisely) on April 19th.

7,000 participants will pass the specially made medal, with 2,000 of these being B.C. residents, and 4 of these are here on the East Shore. Thursday April 19, 2012.

This is a call to action to all residents, bring out your lawn chairs and noise makers, and show your support by being there. For it is much more exciting to be the medal bearer running your 250 meters in Canadian history while friends, family, and neighbors cheer you on, instead of the silent stillness that our lonely highway usually offers up. Then we make way like a parade with the touring motor home blasting music and making a spectacle of itself - to the Crawford Bay School for a special 15 minute presentation and photo opportunity.

More opportunity to mingle is found at the Kootenay Bay Ferry landing as the relay will be catching the 12:20 boat.

BE PART OF SOMETHING AMAZING AND GIVE OUR HEROS A WAVE!

For more information: www.rickhansen.com.

Calling for Gray Creek Hall Memories

by Frances Roback, Gray Creek Historical Society

To everyone who has ever experienced the Gray Creek Hall, we are seeking your stories, pictures, posters, news clippings and other mementoes of the Hall for a feature display at the Hall (where else?) during Museum Days July 27 – 30, 2012, 12 – 6 PM.

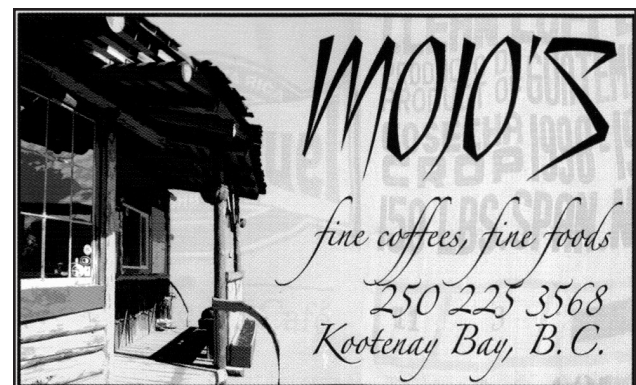
The old log hall on the lake at Gray Creek turns 100 this year. Help us to create a permanent memory bank for this iconic public place. Do you have something with a Hall connection - an event poster, public notice, photo, artwork, or news clipping of an event? Would you consider loaning or donating it to the Gray Creek Historical Society for our Hall display? What about sending us your story of a memorable time at the Hall to add to the Hall display binder? Email Frances Roback catranch@theeastshore.net; phone (250) 227 – 9282; or write to Box 93, Gray Creek, BC, V0B 1S0. And please share this invitation with someone who has moved away from the East Shore, and may want to know about the Hall's 100th. We'd love to get in touch.



The Gray Creek Hall, in an unsigned drawing from an invitation to the 70th Hall anniversary, 1982. Courtesy of Elmer Monk

The Gray Creek Hall has seen it all in the past 100 years. It's been the school, a place for religious services, anniversaries and homecomings, even for packing fruit. Hall fundraisers from the Nickle Swindle Club to giant rummage sales. Work bees, potlucks, nudie sunbathing on the beach, and meetings, meetings, meetings. Hot community debates over logging. Brainstorming our future. A groundbreaking environmental conference in 1986. A tearful community reconciliation with two young vandals who had hit on the cemetery. Children's day camps, men's and women's groups, Go tournaments, and wondrous, wild performances. The old log walls pulsate with life of the East Shore.

As John Oliver said the other day, "The Hall is part of the family. The Hall and the community are inter-married. You can't have one without the other." As the community grows and evolves, so the Gray Creek Hall stands witness to a constantly changing scene. But through its 100 years one thing remains constant – the small band of volunteers who ensure the best care possible for the hall and grounds, steer it through changes, and chart its course for the future.



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He/she/it is back! Unbe-frickin' lievable! With all the a-peel of a truly enlightened fruit... Mainstreet is proud (well, maybe) to present:

An Exclusive Interview with Swami Banana

Mainstreet Reporter: Um, Swami Banana, it's nice to see you again... I guess. Last time you were in the area was '98, I believe... actually in a former century. Where have you been?

Swami Banana: Uranus. I attended the U. of U. there for three months. Of course that was nine years, seven months, eighteen days and four hours, Earth time. The rest of the time I was on holiday, surfing Black Holes. That is crazy fun, man, you never know which Universe you're going to pop out into.

M.R. : You were studying? What subjects?

S.B. : No, actually I was teaching. The U. of U. was offering a new degree in Terrestrial Studies, and they hired me as an expert in Understanding Human Motivation. Very complex subject, as you can imagine. But I had to cut it short and come back with the others for the show.

M.R. What show?

S.B. The Greatest Earth on Show.

M.R. Wha...aaaaa???? What do you mean?

S.B. Jumpin' jellybeans, M.R., you can't tell me you don't know! The light has been turned on. The vibrations are amped up. Time has accelerated. Aliens are visiting from several star systems and a few different dimensions as well, to see the show. It's kind of like Graduation for Human Beans. You can't say you haven't noticed!

M.R. Well, I have often suspected Prime Minister Harper of being an alien... but no, not seriously.

S.B. Well, wake up Dear One. You didn't think things could go along as they have been for the past 10,000 years forever, did you? Human Beans have, after all, been evolving.

M.R. Come on, Swami! The news is full of the same old crap. Wars, murders, human suffering, poverty, pollution, corruption... everything is the same. Only worse.

S.B. You should watch who you hang with, lovey. Get on the other side of the teeter-totter. You know, the side that is focusing on the positive, on love vibes, on meditation, creative visualization, laughter, compassion, oneness, the Force. There are enough Beans on that end now that it's starting to tip. And every child knows how teeter-totters work. You might be the tipping Bean. So scoot on over, dearest, join the bunch. Actually, you don't even need to. The Tipping Point has been reached. It's official. That's why everyone is here. To PARTY!

M.R. So ... what about the news? Why isn't all this stuff in the news?

S.B. What are you reading right now?

M.R. Okay, you just flipped me. I'm not the reader, I'm the reporter. But alright, I'll play along. I am, or will be, reading a newspaper "right now". If only to look for grammar and spelling mistakes I might have missed.

S.B. So this is the news, right? I rest my case. And I like the way you flipped yourself between past, present and future in that statement. You'll get the hang of the fourth dimension in no time, LOL.

M.R. Swami B., I can't believe you just did that.

S.B. What?

M.R. Quit pretending you don't know what I mean, because I know you do. I've met your kind before.

S.B. Okay, it was the LOL, you can't believe I would LOL. How could I be enlightened and yet LOL, right?

M.R. Well, that wraps it up for now. Stay tuned folks. Jeez.

Kootenay Lake Chamber Of Commerce

Minding Your Business

by Gina Medhurst

April is here, spring flowers are blooming, the gardens are being planted and the Credit Card Processing companies are calling every 3rd day. Part of the conversations at some point of our monthly meetings is the lack of knowledge businesses have about Credit Card Processing Companies and their rules of conduct, fees etc. Below is an explanation of some of these codes (in my mind the most important). I have provided a link for you to view and print the code of conduct in its entirety.

Knowing the Federal Code of Conduct for the Credit & Debit Card Industry is imperative at this time of year. This code of conduct was instilled in 2010 and not very many businesses know about it. There are 10 codes of conduct and ALL Canadian Credit Card processing companies have to adhere to it. The three most important and easy to remember codes are #1, #2 & #3. For the complete code of conduct refer to www.fin.gc.ca/n10/data/10-049_1-eng.asp I have paraphrased the descriptions of the below codes, for the full description please refer to the link I have provided.

1) Increased Transparency & Disclosure by Payment Card Networks & Acquirers to Merchants

a. Basically – you as a business understand the agreement that you are signing with the card processing company and you also are able to easily understand the fees/transactions statement you receive from them.

2) Payment card network rules will ensure that merchants will receive a minimum of 90 days notice of any fee increases or the introduction of a new fee related to any credit or debit card transactions. Payment card networks will provide at least 90 days notice to acquirers for rate and/or fee changes and at least 180 days notice for structural changes

a. Note* notification is not required for fee changes made in accordance with the pre-determined fee schedules, such as those based on merchant (you the business) sales volume, provided that the schedules are included in the merchants contract.

3) Payment card network rules will ensure that following the notification of a fee increase of the introduction of a new fee, merchants will be allowed to cancel their contacts without penalty.

a. Basically – you as a business have the right to cancel with one credit card processing company within the 90 days to get a better rate from another, providing that the agreement that you signed doesn't have a pre-determined fee schedule in place.

Something that I do every month is carefully read my statement; ensuring that I understand the all of charges and that fees haven't been increased without my knowledge. If I have any questions about the statement I call right away and have it clearly explained to me. I also use a processing company that is linked and supported by a strong business association, BC Chamber Of Commerce for example.

There are a couple of exciting events coming up in April and May.

The Annual Chamber Of Commerce Highway Clean Up Day is being planned for around Earth Day. This annual event co-ordinates community members, school students, business members with the Chamber Of Commerce to clean up garbage from the ditches along the highway and other roads in our communities. This year we would like to invite all participants to a BBQ lunch at the Crawford Bay Community Park after your hard work!

Keep your eyes open for what we are currently calling a **"Business After Hours" Event** in Mid-May. This event will be a networking and information event that will include a couple of guest speakers, information about the Kootenay Lake Chamber Of Commerce, and hopefully the EDC and Community Connections will be also a part of it. We are encouraging local businesses to bring their staff along for tips and ideas about

providing excellent customer service.

Next meeting date: April 17 at 7:00pm, location TBA. For more information you can contact Jamie Cox: by email jcox@theeastshore.net, by phone 250-505-8286 or Gina Medhurst: by email kootenayforge@theeastshore.net, by phone 250-354-7390

Acupuncture
Christine Peel,
Registered Acupuncturist

**Now also offering:
Facial Rejuvenation Treatments**

For an appointment, call 250.505.8130

Gala Dinner Fundraiser

Hot Lunch Fundraiser - Gala Dinner in May
This years theme is... Greek

Tickets: \$60 each Table of 8: \$420

Raffle tickets will also be available
Dinner for 2 tickets \$15 each (50 printed)
Table of 8 tickets \$50 each (20 printed)

Date to be announced soon!



LifeShift seminars **Healing at the Deepest Level**

~A One Day Family & Systemic Constellation Workshop~
Systemic Constellation work is both a psychological and spiritual process - a powerful tool which initiates healing at a soul level and allows us to experience the fullness of our human potential.

May 5, Gray Creek Hall Cost: \$50 preregistered
9:30 AM until 5 PM 250-227-6877 to register.



Pictured here, EASEY Coordinator, Laverne Booth, Rockwood Cafe's Venus and Ben as well as Susan Tesoriere from the NDCU. Not pictured, Black Salt Cafe's Terry Fiddick and Todd Halfnight.

FAMILY FRIENDLY Business Awards go to Rockwood Café, Nelson and District Credit Union, East Shore Branch and the Black Salt Café. EASEY coordinator Laverne Booth says families of young children on the East Shore appreciate the personalized service by Venus and Ben at the Rockwood Café, the toy corner and book exchange at the East Shore Branch, and the baby change area and unisex bathrooms at the Black Salt Café. East Shore Alliance Supporting the Early Years hopes to make this an annual award, to see the criteria for family friendly business see the bulletin board at the Family Place at Crawford Bay School or email: laverne@theeastshore.net.

Dr. M. Frances Savory Birthing Hut a Reality

submitted by Jan Brooks

Recent correspondence from CAUSE Canada proved that the residents of the East Shore of Kootenay Lake have good hearts. The initial monies raised during the Baby Showers for Africa which were held in 2010, were enough to build a central birthing centre in rural Sierra Leone, West Africa. Now because of the additional funds that were raised, the Dr. M. Frances Savory Birthing Hut has been built and furnished. As the picture shows, there are many happy mothers with babies who have been accommodated in this medical centre. Thank you to all who have contributed to this very worthwhile endeavour.

The Birthing Hut project is an ongoing venture in which CAUSE Canada partners with the local residents. Mothers can stay at the birthing centres for pre and post-natal care provided by local midwives. This helps to ensure the health of the mother and the baby. Information and the latest reports can be found at cause.ca



Cathy Smith, receptionist at the East Shore Community Health Centre in Crawford Bay, accepts a framed picture of the Dr. M. Frances Savory Birthing Hut from Alanna Thompson, CAUSE Canada volunteer and former employee.

Guiding Hands Recreation Society's Tipi Camp Nature Retreat Announces The YA! PROGRAM for Young Adults

by Peter Duryea

Crawford Bay, BC, Canada (March 22, 2012): Guiding Hands Recreation Society announces the launch of a new YA! Program for Young Adults from August 21-31, 2012. The YA! (Young Adult) Program is an 11-day wilderness experience for youth 17-21 years of age. With an in-camp and mountain adventure component, this transformative nature program leads young people to discover who they really are and provides them with the tools to express this new sense of self in effective ways.

The YA! Program began as a collective vision of instructors and participants in the Tipi Camp's wilderness programs for teens and children. Everyone agreed we needed more. In 2011, the first-ever YA camp took place. The program was a huge success, and has opened the way for an even more transformative and empowering experience in 2012.

"This program has altered the course of my life in a hugely positive direction. I am happier and healthier for the time I've spent here." - Kyoko, YA participant 2011

This year's YA! Program puts greater emphasis on nature immersion, inviting participants to connect to the powerful elements of the mountains, forest, and pure waters of Kootenay Lake through a variety of individual and group activities.

We have seen over the years that the power of wilderness immersion gives young people space to uncover their own individuality in ways that are unique to each person. Absorbing the power from wilderness, with supportive mentoring from the staff and elders, each person receives the necessary self-awareness, confidence, inspiration and passion to fan the flame of personal leadership in their field of choice.

"The program has pushed all our true selves to the surface so we can really see each other." - Rosie, YA participant 2011

Insights from First Nation perspectives and ceremonies are woven into the learning experience. In the first four days, traditional purification lodge ceremonies help set the tone for the journeying to come.

"Safe spaces are rare these days, especially for young people. This place, that is so free from judgment and selfish thought, is a huge blessing." - Kyoko

Participants have the opportunity to sleep in a tipi, backpack and camp in the high alpine, and summit a major mountain peak. The young adults explore nature journaling, create an action plan, join in food prep in the community kitchen, connect with mentors and elders, and participate in lots of fun & games. At the heart of the program are the enduring friendships and camaraderie amongst an inspired group of young adults.

"You have given us a place where we can learn to trust people again." - Kyoko

To give youth the quality of experience they deserve, and to fulfill the mandate for low-impact mountain trekking, the program will only be open to 15 participants each year. To show their commitment to the program, those who wish to take part must participate in a challenging admission process and involve themselves in community-based preparatory activities for 2 months before the camp begins.



The cost to the participant for this 11 day adventure is only \$300 CDN, which covers individual food costs. The remainder of the tuition is paid by grants and donations from people and groups that understand what we are doing. The real payment comes from the commitment and enthusiasm of each young person.

Attention Youth 17-19 years: All program attendees between the ages of 17 and 19 need to enroll with Self Design High here: <http://planner.selfdesign.org/registration/sdlc/start.seam?cid=372>

And register in the YA! 12 Youth Leadership Course here: <https://docs.google.com/a/selfdesign.org/spreadsheet/viewform?formkey=dF9mQlYwMkgU0pmeXZ6WHZ4RzVlVmc6MQ#gid=0>

That is how the youth will receive high school credits and we will receive funding to support the program.

Guiding Hands Recreation Society has educated people about the value of nature and outdoor recreation for 24 years, and taught individual responsibility for conservation, ecological awareness and sustainability. Under this man-

date, the society operates the secluded lakeside Tipi Camp on Kootenay Lake BC, the base camp for the YA! experience. Partnering in this offering is the Self Design High School of Nelson, BC. Self Design is an innovative alternative to public school education.

Anyone interested in the YA! Program can go to www.tipicamp.bc.ca

The Tipi Camp is also on FaceBook. Applications must also be made at: <http://www.tipicamp.bc.ca/events/ya/ya-application-form>. Deadline is June 1. Applicants will be invited to participate in

the YA! Program based on a process which includes a statement of interest and intention, and recommendations from the members of the applicant's home community.

Assistance Sought: Riondel Community Centre Roof Project

by Muriel Crowe

I'm sure that over the years most residents have heard about the roof leaking in the Riondel Community Centre and have known that it required patching.

The time for patching is past and we are to a point where the roof has to be replaced. The permanent renters and individuals have made contributions to a roof fund which now amounts to just over \$12,000. A Government of BC Grant for Recreation has been applied for but it is highly unlikely that will bring sufficient funds to replace the roof if we do qualify. We are asking the public to step forward to add some financial backing to the project.

The request is that each person buys one square inch of the roof for a toonie or if possible many square inches. A display board will be set up in the Community Centre to chart the progress of the fund raising. The library and commission offices will be the first places to donate money and others will be announced in the near future. All donors will have their names posted unless they wish to remain anonymous. If you have ideas for fund raising and are willing to organize them we would be happy to hear about and support them.

There are many activities taking place in this building for all ages, this helps keep our community healthy and united. Please consider donating and keeping this important piece of our community available.

Silent Auction Fundraiser!

Keep Tipi Camp Vibrant

Please donate quality new or used items for a fun filled silent auction. We are looking for your support to raise funds for many projects at Tipi Camp... new boat motor, replacing the roof of the Alice Bruce historical cabin, YA Program 17-21, WISE Camp, etc... All money raised will go directly into the program and various projects. By donating items and or attending the silent auction, you are giving in the most valuable way to this wonderful place, and helping keep Tipi Camp vibrant.

The Silent Auction will be held sometime in May at the Crawford Bay Hall. Watch for signs.

Call Sandra at 250.505.3173

w/ donations or for more info.





From the Principal's Desk

by Dan Rude

Each year the National Congress on Rural Education in Canada hosts a conference that draws educators, school trustees, superintendents, university faculty, and others

interested in rural education to Saskatoon for three days of big thinking, sharing responses to challenges, and celebrating successes. I had the fortune of giving a presentation about some of the work we are doing in our school and community, entitled 'Reframing Challenges: 21st Century Opportunities in a Small, Rural School'. A few highlights for me from this conference include:

- Listening to the story and actions of young activist, Craig Kielburger, co-founder of the organizations 'Free the Children' and 'Me to We'. As a 14 year old (in 1996) he was invited by the Dalai Lama to participate in a week long conversation with 29 others from around the world, and of mixed age, about the question "What is the biggest issue today in the world?" At the end of the week the Dalai Lama announced his thinking that the biggest issue in the world was that we were raising a generation of bystanders. From the impact of this experience, Craig became more determined to effect change by involving and motivating young people to get active. For some demonstrations of the work of his organizations, please have a look at the links <http://www.metowe.com/trips/schools> and <http://www.weday.com/> (I will be contacting them about a potential international trip for our students...)

- Participating in a presentation by researchers from the University of Alberta who study 'The Teaching Principal'. This presentation gave me quite a charge, and many smiles, as I was in the room with other principals from K-12 schools of sizes such as 31 students, 70 students, 86 students, and 104 students.

- Engaging others in a discussion about the challenges and opportunities that exist in our small communities and how we can work towards thriving, based on our brilliance, rather than surviving, based on our smallness. I emphasized my ever-growing belief in the value of the school, students, parents, and community developing partnerships that support our children and youth and appreciate and promote learning through everything. A group of teachers from a small, rural school in Quebec now want to come visit us next year. (I also asked them about the possibility of us bringing some students there...)

Thank you to all of you who have taken the time to contribute to our THOUGHTstream process. Through this new collaborative technology, I have put out the following questions to approximately 200 people, and have already received very thoughtful responses from 44. The closing date for this first phase is April 11.

From your perspective, what is the purpose of education?

What do you see as the key challenges we face as a small, rural, K-12 school, now and into the future?

What do you see as the key opportunities that exist for us as a small, rural, K-12 school, now and into the future?

What are some specific suggestions you have for our school to overcome our challenges and evolve towards our opportunities?

Given that we would like this conversation to be ongoing, what is the best way to communicate with you (email, facebook, community forum, face-to-face meeting, other??)

The second phase of this will involve me organizing the responses into themes and then sending them back out for the contributors to turn into priorities that will influence our work into the future. If you, or anyone else you know, would like to be included in this process, please send an email address to me at drude@sd8.bc.ca.

As we head into the last three months of the school year, I'd like to thank our teachers for their commitment throughout this year, particularly given the complex challenges that are a part of the ongoing labour conflict. I feel very fortunate to work with such professional people who truly care about their work and our children and youth.

Good Stuff Going on for Area Youth

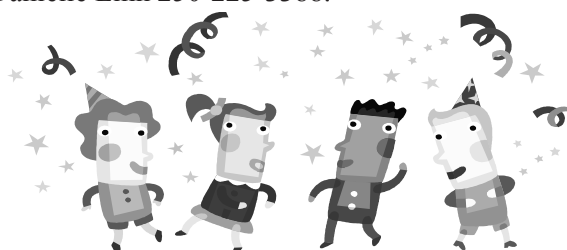
Want a place for your child to hang out? The Recreation Center in Riondel is open for fun on Tuesdays 4-6 and Fridays 4-7. James and Danielle Linn have generously offered their time and commitment to make a space available for area youth to burn off some energy, connect with peers and have fun, twice per week after school.

The program is designed for all ages and is open to all. There is everything from pool to cards and games, basketball, air hockey, floor hockey, badminton, and ping pong. The couple suggest that youth can bring their favourite game and they'll play it!

A few community members are volunteering their time to make the space available to all and a lot of fun is said to be had by all – youth are saying that it is really amazing.

There have been up to 25 people, but James and Danielle say that they've heard that many people on the East Shore are not aware that this event is happening.

If anyone has any questions or you want to participate, we'll see you there or please call James or Danielle Linn 250-225-3388.



Cha-Ching! Youth Celebration

submitted by Leah Wilson

East Shore Youth Council has officially landed, sprouted and started the hard work of getting organized.

With the Community Directed Youth Funding of \$100,000 over four years coming our way, we are working towards developing transportation, programming solutions and establishing what a Youth Hang Out means exactly. The first year starts in April 2012 when the first of the four \$25,000 awards will be received.

Careful budgets will be evaluated, programming and how activities will be facilitated will be decided, and the investigation into the Hang out Space begins.... all a bit dull at times, but important things to consider for an active and engaging youth population.

To make it all sink in with ease and to help generate realistic excitement, the First Annual CHA- CHING (Youth Celebration) is being hosted by youth for youth at the Gray Creek Hall on FRIDAY APRIL 13. Ages 18 and under are invited only. This is a drug and alcohol free event and local youth have been inviting youth from surrounding areas so mingling and socializing is optimum. Youth are selecting play lists of music they want to hear and special activities are being planned. Decorations will be stunning and the council hopes that youth will attend.

Special thanks to Will Chapman for supplying his professional sound and lighting system, to Gray Creek Hall, the volunteers who will be transporting youth to and from the Hall, the many talented Fire Spinners who will wow youth on the beach at 8pm with spectacles of tribal fire dance, to the Black Light magic of the Hoopin' Hobo from the North Shore and finally to the the Columbia Basin Trust for reason to celebrate!

APRIL 13: Cha-Ching 6pm to 10:30pm + at the Gray Creek Hall. Singing, counting, eating contests of various kinds, FIRE SPINNING at 8pm, music stops around 10:30 pm... INVITE YOUR FRIENDS if you're 18 and under. For more information call: 250-227-9330



CRAWFORD BAY TRANSFER STATION OPERATING HOURS

Effective May 1 to October 31, 2012

9:00 am to 3:00 pm Sunday, Tuesday & Thursday
CLOSED on ALL Statutory Holidays

For more information please contact the Recycling Hotline 1-800-667-4321 or Regional District of Central Kootenay 1-800-268-7325 or visit our website at www.rdck.bc.ca



East Shore Residents: Feel the Love of Golfing in Balfour!

2012 Membership only \$949 (New Member)

Includes two 18 hole guest passes & \$50 Gift Card

Osprey Mountain Grill - Now Open

Annie Bailey, our new restaurant operator, invites everyone to stop by and try out our new menu.

www.golfbalfour.com 250.229.5655 Toll free: 1.866.669.4653

Paint-A-Thon 2012

by Jacqueline Wedge

The second annual Paint-A-Thon will be held at the Crawford Bay Hall in late May (or early June) and will include twelve painters, many mediums, various collaborations, "Mandala Project" paintings, and a kid section, with lots of inspiration and artistic energy.

Public viewing is encouraged and recommended while creations are being formed. It's fun to watch the artists concentrate, with furrowed brow, as they (seemingly) organically pick colours and furiously and systematically splash paint around... cute and serious, and both awkward and miraculous.

A delicious home-made meal will be served for everyone after the artistic endeavours are accomplished, with an AUCTION held post-meal. All paintings completed during the day will be for sale (last year's auction saw many beautiful works sell for crazily affordable prices). All proceeds will go toward community music programming. Watch for raffles and contests linked to this event, and be prepared to experience some fun while supporting local culture.

Artists are invited to apply NOW! Call Jacqueline Wedge at 250-227-6803 to volunteer or to register as an (honoured) paint-a-thon painter. (P.S. all paints, brushes, canvasses, and other materials are supplied.) I thank you in advance for helping to make this day an amazingly flavourful East Shore delight.

White Star Lady Sails Into Crawford Bay

White Star Lady: A One Woman Musical Friday, April 27 @ CB School



Step aboard and back in time with Iron Mountain Theatre's production of White Star Lady: The Story of Violet Jessop. White Star Lady is one-woman musical about the life and adventures of Ms. Violet Jessop. A stewardess aboard ocean liners for 42 years, her experiences at sea are unequalled by anyone in her position. The majority of her years were spent working for the White Star Line, and she was aboard all three of the ill-fated sister ships: RMS Olympic, RMS Titanic, and HMHS Britannic. Making her truly the 'unsinkable Violet Jessop'. White Star Lady makes it's Crawford Bay debut at The Crawford Bay Elementary-Secondary School on Friday April 27th. The show begins at 7:30pm, tickets are available at The Grey Creek Store \$12/\$10.

For those who have yet to see it in other BC communities, The Rossland Telegraph wrote,

"This show was spectacular, and the music composed by Nadine Tremblay was nothing short of amazing! Haunting vocal melodies and fantastic script writing made for a very entertaining and exciting show. Jane receives my highest commendation as her soprano vocal range would impress even the most discriminating adjudicator. I must also applaud the many marvellous ways that she differentiated characters, from accent to body position. I would be hard pressed to find anyone in the audience who did not thoroughly enjoy her show!"

I.M.T. (the company who brought you, 'Ski Bum: The Musical', and 'Company Jump') is the Kootenay's hottest professional theatre company. 'White Star Lady' is a thoroughly researched account of the life and character of Violet Jessop. Set to the beautiful score composed by Nadine Tremblay, performer Jane Gaudet brings to life 11 different characters in this marathon of seamless transitions from scene to song. Meet characters like the enthusiastic 12 year William Brown, just a young cabin boy working aboard ships, or Ms. Priss, one of Violet's first class passengers and her exactitude of demands.

2012 will mark the 100th anniversary of the sinking of Titanic, join us for this glimpse of what life was like for both women and crew to be working aboard shipping lines at the turn of the century. White Star Lady was born out of performer Jane Gaudet's portrayal of Violet Jessop the Royal British Columbia Museum's Titanic Artifact Exhibit.

White Star Lady is written by Mark Pollard & Jane Gaudet, with music by Nadine Tremblay, and directed by RJ Peters. This creation is made possible by the generous support of The Columbia Basin Trust and The Kootenay Columbia Cultural Alliance.

For more information please visit: www.ironmountaintheatre.ca

Yasodhara Ashram Book Launch

Come celebrate the much anticipated release of Swami Radhananda's second book.

We will offer a reading and group discussion followed by tea.

Sunday April 29, 2pm
250.227.9224

LIVING THE PRACTICE

Collected Writings on the Transformative Potential of Yoga
By Swami Radhananda

Angus MacDonald, Reiki Master

Over 25 years experience...

Reiki is a mental, physical & spiritual healing process in which you learn through applying it to yourself and others.

- Reiki classes (Levels I & II and Master)
- Classes for groups of 3 or more.

For more information, call 250-227-6874.

Call to Artists!

The Community Arts Council of Creston is gearing up for Arts and Culture Week April 22 to April 28, 2012. This year's theme is Old Roots - New Shoots

In view of our theme, we are looking for submissions of new work from artists of all mediums for a visual arts exhibit at the future home of the Ingham Arts and Cultural Centre.

We are also looking for individuals interested in providing interactive art actions and interactive art installations during the exhibit. Come help us grow.

Interested artists can contact Lori Wikdahl at 250-428-0557 or loriwikdahl@gmail.com

8 Mainstreet April 2012



**RDCK
Recreation
Commission No. 9**

**Schedule for Rec #9
Meetings for 2012**

April 30: Meeting to allocate recreation grants
June 11: General meeting
October 1: Meeting to allocate recreation grants

All meetings are open to the public.

Time and place of meetings will be posted on bulletin boards in the East Shore communities.



**RDCK
Recreation
Commission No. 9**

**Call for Grant
Applications**

Non-profit groups can submit Recreation grant-in-aid applications to the Rec 9 commission by **Friday April 20th 2012.** Applications can be downloaded from the RDCK website or picked up at the Credit Union East Shore branch. The Rec 9 meeting to review the applications is scheduled for April 30th at the Gray Creek Hall @7:00 and is open to the public.



**RDCK Resource Recovery Facilities
EASTER HOLIDAY SEASON
HOURS OF OPERATION**

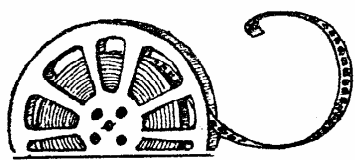


ALL Resource Recovery facilities will be CLOSED on:

**April 6, 2012-Good Friday and
April 8, 2012-Easter Sunday**

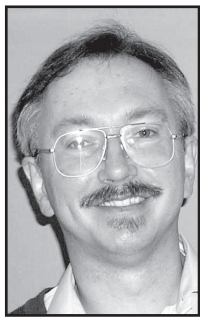
**Crawford Bay Transfer Station will be open on Saturday, April 8, 2012
9:00am to 3:00pm (alternate day of opening)**

**For more information, contact the
Recycling Council of BC Hotline at 1-800-667-4321 or
RDCK at 1-800-268-7325**



Seldom Scene

by Gerald Panio



Will of Mrs. Nawal Marwan... To Notary Jean Lebel: Bury me with no casket, no prayers, naked, face down, away from the world. Stone and epitaph. I want no gravestone, nor my name engraved anywhere. No epitaph for those who don't keep their promises. To Jeanne and Simon: Childhood is a knife stuck in your throat.

How can these things be? For anyone living in a country which is not a war zone and whose heart and eyes are open to the hunters and the hunted on the world's battlegrounds, this must be the question that's born anew as each day's headlines unfurl to tell the story of some new atrocity, some new abomination. At the time that I write this review, our neighbours to the south are asking that question as U.S. Army Staff Sergeant Robert Bales is charged with murdering 17 Afghans, including nine children, in a night-time assault on two sleeping villages in Kandahar. In France, the question is asked of Mohamed Merah, who murdered seven people, including three children, in a 10-day rampage in the city of Toulouse. In both cases, at least one of the victims was a very young girl who was held by her killer as she was executed. The quick, easy answer to the question is that the killers are monsters. If one is a propagandist or a zealot or a hater, it's the only answer needed. The only answer, that is, until the killer comes from one's own ranks and it suddenly becomes necessary to ask: *How do people become monsters?*

These grim reflections are occasioned by my recent viewing of Denis Villeneuve's *Incendies* (2010), one of the most successful recent Canadian films and the winner of multiple awards, including eight Genies, nine Jutras, and an Oscar nomination for Best Foreign Language Film. It is a deeply disturbing film because its monsters are our neighbours and our own children. The acts of violence in *Incendies* are all the more brutal because they are not on an epic scale—death and violation are the expectations of daily life, not its exceptions. At first it seems as if we enter a world where nothing is forgotten and nothing is forgiven. But by the film's end there is blinding revelation and, perhaps, amazing grace. There may also be lives in ruins and one more act of cruelty to add to the never-ending chain. A nihilist could watch *Incendies* and see his or her worst fears about the hopelessness of the human condition confirmed, while a believer might see the triumph of love and redemption. For myself, I'm not sure what I saw.

Watching *Incendies* reminded me of watching Oedipus in Sophocles' great play, *Oedipus the King*. As an audience member who knows how the story will turn out, I want to yell at the king and tell him to stop looking for the truth. It will most definitely not set him free. But how do you convince someone that

some questions are best left unanswered? The worm's already in the apple. So Oedipus is unstoppable in his quest for truth and his reward is the utter destruction of everyone he loves. Truth and Reconciliation? No. Horror and damnation. Ignorance would truly have been bliss. Becoming a byword for great tragedy and a treasure trove for future psychoanalysts might be well and good in the eyes of history, but I'd bet that given a little hindsight Oedipus might have preferred to turn a blind eye and die a happy old man surrounded by his grandchildren.

The mother in *Incendies* sets her twin children off on another quest for truth that turns out to be as appalling as anything Oedipus faced. I have no idea if Nawal (Lubna Azabal) does this because she is a saint, a martyr, or a lunatic. The circumstances are as follows: Nawal Marwan, a woman of Middle Eastern descent, now living in Montreal, suffers a sudden, fatal stroke while at a public swimming pool. Her former boss, notary Jean Lebel (Rémy Girard), whom she makes executor of her estate, gives each of her children an envelope. Jeanne Marwan (Mélessa Désormeaux-Poulin), a young mathematics student, is to deliver hers to the father she'd believed to be dead. Simon Marwan (Maxim Gaudette), as rootless as his sister is driven, is to deliver his letter to the brother he never knew existed. Simon is willing to dismiss the whole business as further proof of his mother's embarrassing eccentricities; he wants to chuck the letters and get on with his life, such as it is. But Jeanne gets the truth bug, and insists on trying to solve the two unexpected mysteries in their lives. Even if she herself had issues with her mother, she's not about to ignore her dying request. By the end of *Incendies*, one wonders if she was as misguided as Oedipus.

The trail takes Jeanne from Montreal to an unnamed Middle Eastern country, one strongly resembling—in its recent history of civil war between a Muslim north and a Christian south—Lebanon during the years 1975 to 1990.

Her travels through the war-scarred landscape unravel a story of sectarian hatred and shattered lives that repeated itself endlessly during the course of the war. The film's point of view shifts effortlessly from Jeanne in the present to the experiences of Narwan twenty years in the past. Based on a play by Wajdi Mouawad, *Incendies* is an amazingly successful translation from theatre to film. Credit must go to the entire cast and crew, including director of photography André Turpin, composer Grégoire Hetzel, and production designer André-Line Beauparlant.

As Jeanne closes in on the truth, she convinces Simon and Jean Lebel to join her in the Middle East. Further investigation puts them in contact with shadowy figures from the war years—men with a lot of blood on their hands and little motivation to unbury the past. Nawal is revealed to be both an agent of murderous retribution as well as one of its most tragic victims. The mysteries of missing brother and father are solved.

But a second, equally profound mystery—why the dying Nawal would have wanted her children to descend into the hell of her past—is not. As a Christian, she may have seen her sufferings as leading through crucifixion to resurrection and salvation. Her children will suffer to be reborn. As a mother, she may



have wanted to heal the wounds of a lost child. Or Simon might have been right in his first reaction to the will—this was the act of a woman whose past had rendered her incapable of judging the consequences of her actions. Will the sins of one generation become the tragedy of the next?

The film ends before we can know if Simon's new knowledge reconciles him with the mother he's never understood, or sets him even more adrift. Can Jeanne simply go back to her university world of pure mathematics, or has that world been rendered irrelevant? It's as if *Oedipus the King* had ended at the moment the shepherd open Oedipus's eyes to the fact that he's actually killed his own father and married his mother, and the audience could only speculate on the course of his life thereafter.

The French title of Villeneuve's film can be translated as "Conflagration." What happens when only the ashes are left? Does he forest rise anew? Are the homes are rebuilt? What, exactly, has been destroyed? What can never be replaced? Do the flames retreat below the soil, to reignite tomorrow, or next year?

PUBLIC INPUT MEETING

Columbia Basin Trust Community Initiatives and Affected Areas Program

Project applicants for Columbia Basin Trust's Community Initiatives and Affected Areas Program are presenting their proposals to the public on the following dates:

| | | |
|----------------|---------------------|--|
| Area A | April 16, 7:00 p.m. | Gray Creek Hall |
| Area B | April 16, 7:00 p.m. | Creston Airport, Emergency Response Building |
| Area C | April 16, 7:00 p.m. | West Creston Millennium Hall |
| Creston | April 10, 4:00 p.m. | Creston Town Hall |

Administered and Managed by:
Regional District of Central Kootenay
Box 590, 202 Lakeside Drive,
Nelson BC V1L 5R4
Ph: 250.352.6665 Fax: 250.352.9300
www.rdck.bc.ca

Boccalino

Restaurant Motel Cabins

www.boccalino.ca
on highway 3A, just 100 meters above the ferry landing in Kootenay Bay

We are excited to open for the season on Saturday, April 7, 2012 with a delicious, seasonally inspired Easter menu and live music by Howlin' Dan!

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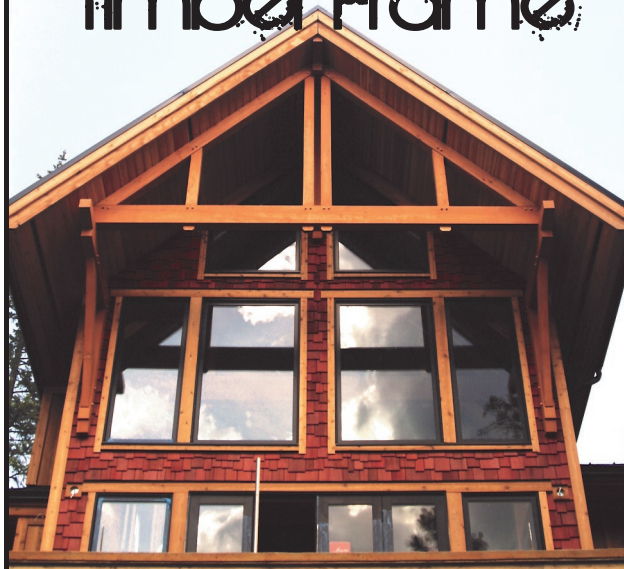
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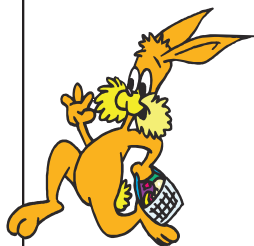
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Thought For Food

by Farley Curzons

How many North Americans would you guess eat French fries in fast food chain restaurants every year? After all “billions of burgers sold” surely translates to an equal number of french fry orders consumed. Originally, the delicious fingers of deep-fried potato, which have been blamed on the famed French chefs, were cooked in, horror of horrors, old-fashioned beef tallow.

In the early 1980’s the public relations conscious food giants were pressured intensely by well-meaning advocacy groups, especially the Center for Science in the Public Interest (CSPI) (who obviously knew nothing about trans fats) to make their french fries “more healthy”. This meant that the famous french fry had to be cooked in “partially hardened vegetable shortening” cooking oil rather than a saturated animal fat. Never mind that a potato deep-fried in lard may be cooked in less time at a higher temperature thereby leaving less total fat imbedded in the finished, more thoroughly cooked, less soggy, less floppy, less rancid food product.

According to Dr. Mary Enig, research Associate in the Lipids Research Group, Department of Chemistry and Biochemistry, University of Maryland, the United States leading authority on the amount of trans fats in foods, the new fast food french fries were loaded with molecular misfits, the trans fatty acids. The fat in a fast food french fry cooked with partially hardened vegetable shortening can have as high as 46% trans fat. Old-fashioned beef tallow has 0% trans fat. This means that almost half the fat in the french fries were the worst kind of human nutrition for a whole generation. But hey we got to have the worlds first successful heart transplant. And a lot of funding went to the medical/pharmaceutical community to try and “figure out” why so many people were having heart attacks and strokes and suffering from heart disease.

Up here in Canada our interior health authority has recognized that the consumption of high amounts of trans fat leads to a litany of health problems. That’s right folks. Margarine “BAD” Butter “GOOD”. During my last visit by the Public Health Officer he provided me with the information to enable a self-audit of our schools hot lunch menu and inventory and I’m pleased to say we arrived at 0%. It wasn’t that difficult. Cooking with whole foods enables us to use the best ingredients. You can skip all the new fangled, pre-fabricated, freezer to fryer, crispy mystery spiced nonsense and make your own fast food if you really want to. Oh and vegetarians should know they now make most vegetable oil with no trans fats...in fact it’s easier than finding beef tallow. But it’s still important to read the nutrition label and look for 0% trans fat.

These are just the reminiscent wonderings by a local “Foody” Its my hope to convey the reality that our general population is the guinea pig in many out of control experiments not just with our diet, but even microwaves or cell phones. The real science cannot be stifled any longer. We are beginning to see legitimate evidence that the dazzling array of trinkets and convenience foods are making us sick. They call us “consumers”. The U.S. medical system is making some serious cake off some very ill people who will pay anything to stay with their loving families for awhile more.

In Canada the wave of baby boomers is beginning a retirement party we won’t soon forget. Of course our medical system with all its faults and staffing problems will pay for their major surgery and medication, but they are a lot of baby boomers. Will the same health service be available to my generation? Should we choose to not be part of this cycle of poor health/nutrition and our dependency on an already quivering medical system, we can.

Responsibility can be very rewarding. Taking responsibility for our personal health and the health

of our community has social and economic benefits way beyond the sacrifice of a few changes in our lifestyle. Be the change you want to see in the world.

Often when people hear of scientific information that justifies radical shift in diet, they can’t believe their ears. If it’s true then why haven’t they heard it before? In fact it seems that they usually hear the opposite of what the scientific radicals are saying. They are hearing that milk is good for us, that meat is the only way to get protein and that cancer and heart disease are all in the genes. Why is that? In order to get to these answers it is essential for us to know how information is created and how it reaches the public consciousness.

As we have seen quite recently by our government allowing a tourist resort to be built in our beloved Jumbo pass, much is governed by the golden rule: he who has the gold makes the rules. There are powerful, influential and enormously wealthy industries that stand to lose a lot of money if we shift to a locally grown whole food diet. Their financial health depends on controlling what the public knows about nutrition and health. Like any good business enterprise, these industries do everything in their power to protect their profits and their shareholders.

We might be inclined to think that the industry pays scientists under the table to cook the data or bribe government officials to conduct illegal activities. But the powerful interests that maintain the status quo do not usually conduct illegal business. The situation is much worse. The entire system-government, science, medicine, industry and media-promotes profits over health, technology over food and confusion over clarity. Most, but not all, of the confusion about nutrition is created in legal, fully disclosed ways and is disseminated by unsuspecting, well intentioned people, whether they are researchers, politicians or journalists. The most damaging aspect of the system is not sensational, nor is it likely to create much of a stir upon its discovery. It is a silent enemy that few people see and understand.

Close your eyes for a minute and imagine what your dream garden would look like. Don’t let reality intrude-forget about frustrating limitations like poor soil, cramped space, and uncooperative weather. Let your mind wander and put together the garden you’ve always longed for. For many people it would probably look something like this: a lush area spilling over with brightly colored flowers, mounds of fragrant herbs, and vigorous, healthy vegetables like the ones in the pages of seed catalogs. All the plants would be grouped in beds intersected by neatly mulched walkways. The whole garden would be an artful harmony of colors and so attractive that it could serve as the centerpiece of the landscape. The soil would be soft and fluffy and free of rocks that it would take no effort to slide in a shovel. Excess water from heavy rainfalls would drain away quickly, but the humus rich soil would hold moisture for roots during dry spells. This dream garden would of course need little maintenance and require little if any time hunched over pulling weeds.

Don’t dismiss this garden as mere fantasy. There is a way to make this dream come to life in your own backyard. A very special set of techniques, known as high yield or intensive gardening, can overcome the limitations and harsh realities that interfere with the pleasure of having a garden. The truth is that we can grow a lot of food in a very small space and you can have 3 or more succession crops in the same area. It will take some time and planning but the reward is a big step toward the development of a plan to nutritionally sustain our community in the unlikely chance international freight shuts down. Next months column will dig deep into the world of gardens.

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Motorcycle Diaries - BAJA REVISITED

by Paul Hindson

I paced my San Diego motel room, flipping a coin. My Moto Guzzi 1200 Norge motorcycle sat in the parking lot. I had left Crawford Bay two and a half weeks ago, in mid February. Ditching the truck in Medford, Oregon, I had taken a meandering route through northern California, the PCH, Napa, Yosemite, and Death Valley. I was a little road weary, but I knew one of the best motorcycle playgrounds in the world was directly south of me: the Baja. I had some friends camped on the Pacific ocean near La Paz, about 1500 km away.

I had worries. Mexico now averages over 50 murders a day. My Spanish, bad to begin with, was rusty. I was alone. And I was worried about the beating my road going Guzzi would take on the rough Baja roads, more suited to a GS bike.

Muttering various expletives, I bought Mexican insurance and headed for Tecate, about 30 miles east of San Diego. I had no appetite for the Tijuana cops and their aggressive quest for "mordida" (bribes).

Tecate is a tiny pueblo, easy to get in and out. My border crossing consisted of riding down a lane labelled "nothing to declare". A gate opened and I was in. I spoke to no one. I stopped at inmigracion and \$25US later I had my tourist pass.

Heading south toward Ensenada, the road instantly becomes rough, potholes, construction, topes, (speed bumps). My GPS dies, the little car going off the road.

A short drive and I'm in Ensenada, a beautiful little town on the Pacific. I stay at the Motel Bahia, right on the Malecon, easy to find with 3 goofy concrete donkies on the front lawn. At \$40-50 US, it's more than some others, but they have guarded security. Bikes park around a lit gazebo, and I can see my bike from my room.

I stay two nights. I stroll the shipyard area, with its massive Mexican flag on a 100ft. tower overhead. I have my first tacos pescado (fish tacos) the best and cheapest anywhere. At night I hit the nightclubs and Karaoke bars. You can have lots and lots of fun in Ensenada. There's this bar called Anthony's...

Relaxed and rested, I head south on Hwy 1, the only pavement road that goes the entire Baja. A long urban run out through Manadearo gives way to a fun road, twisting through coastline hills. Things get boring for a bit until El Rosario, the beginning of the desert run. Gassing here is a must, the ultimo (last) Pemex until Villa Jesus Maria, 315 km away. The Guzzi easily makes it, taking only 18 of its 23 litres. The desert run is stunning, the road twisting through massive boulders studded with 10 metre high cactus. Stop and feel the desolation, the wind whistling. You'll think you're on the moon. At Catavina, where the dirt road comes in from San Felipe, there's the classic Baja scene of a pickup truck with a 45 gallon drum selling gas.

With a fresh tank, I head south to Guerrero Negro (Black Warrior) the border to Baja Sur. Usually they ask for my tourist pass, but this time they wave me through. My goal tonight is Mulege on the Sea of Cortez. One thing that's cool about the Baja is you can drive from sea to sea in a couple of hours. Waylaid at a lengthy military checkpoint, I am forced to ride almost an hour in total darkness to reach Santa Rosalia. At the edge of town, the road makes a winding descent from the hills. In the distance the Sea of Cortez shimmers under a full moon while three huge trucks snake their way down the hill. The first puts his left signal on and I gingerly pass, scared of cattle in the darkness. Once past, I blink my 4 ways at him. Obviously talking on the radio, the trucks gently guide me down the hill.

Unwilling to drive another 70k to Mulege in darkness, I look for a hotel room. Mexicans live at night and the town is bustling. Caught in slow traffic, two

dogs attack my legs. Curling my leg up on the tank I blast by traffic in the oncoming lane. Tired and desperate I finally settle for a bizarre room on the roof of a hotel. I have to ride down a concrete ramp to park the Guzzi outside my door. The price is 300 pesos \$24.

But the room is tiny, no toilet seat and the shower head is hooked to the light socket. Hmmm... Sure enough I get a mild electric shock and quickly settle for a sponge bath. Unable to find an open restaurant, I hit a taco stand, all Spanish. After pointing and mumbling words like 'res' and 'cerdo' I wind up with 3 beautiful tacos and wash them down with beer in my room. The hazy TV has Two and a Half Men on, and I howl at Jon Cryer's whining antics dubbed over in Spanish.

Next morning I reluctantly leave my deluxe accommodation, and hightail it to Mulege (moo-le-hay).

Absolutely starving, I walk into a restaurant and instantly get the feeling that I'm the only Gringo in here. They're staring at me. Exuding shiny feigned confidence, I ask the old senora, "Buenos dias. Cafe por favor. Tiene desayuno?" I am soon swilling coffee and devouring a plate of Huevos Rancheros topped with tomato and fresh avocado, joking with the senora about being a 'Gordo' (fat guy). A young couple comes up, straining with broken English to ask me where I'm from. "Yo soy Canadiense". We talk about talk minutes, reaching for the other's language, a delight for all of us.

The ride to Loreto through Concepcion Bay is gorgeous. Islands dot the deep blue Sea of Cortez as the road winds along the shoreline. Then the road turns inland for another crossing to the Pacific.

Throughout my trip, there have been horses and cows grazing on the roadside. South of Ciudad Constitucion, passing slower traffic, three young becerros (calves) step on the road. Screeching on my brakes, I stop to confront them. Two run off, but I get in a ridiculous slow motion game of chicken with the last one. Trying to dodge one way, he freaks out, bumping my bike. I pull over and run back on the road to retrieve my signal light lens while the silly beasts stare at me blankly.

I find the mile marker and have to do 16 km on the pisada (dirt road), a real challenge on my heavily loaded street bike. Battered and filthy from 1500 km of Baja roads, the Guzzi comes to rest in deep sand 200 feet from the Pacific.

For the next several days I am forced to endure the tortures of fishing and swimming in the ocean, eating fresh fish, choking it down with mucho cerveza y tequila, and watching the sunset.

One thing I find fascinating near the equator is the high speed of the planet. Near the center of the spinning ball, the sun crashes into the ocean. Darkness is instant. Minutes later the full moon pops up from the hills behind us, climbing so fast I can see its motion.

Finally, when I can't take one more Margarita or tortilla, I pack up the bike, get a push onto solid road, and head home.

On the way north, I stop at Guerrero Negro and go whale watching. Sounds touristy, but the experience is incredible. At one point we had four of the massive beasts beside our ponga, clearly playing with us, bumping the boat and spraying us with their blowholes.

Mexico's reputation has taken a beating recently. Drug and gang violence hits the news almost daily, especially when tourists are involved. But this activity seems concentrated in the northeastern/border regions. Mexico remains an extremely popular holiday destination, with over 1.5 million Canadian visits a year

(CBC News).

Baja, cut off from the mainland, est muy tranquilo. I'll admit being scared coming in, but soon relaxed and never felt in danger at any time. Mexico is always a unique experience, different for everybody. I hope to be back soon

DRIVING IN MEXICO

Driving anywhere in Mexico requires Mexican insurance. There's loads of websites and offices near the border. If you are in Mexico more than 30 days, you can apply for a rebate from your Canadian insurance. The Baja is a US protectorate and no vehicle permits are required. Permits are required on the mainland.

Gas is at Pemex and the price is uniform throughout Mexico. March 2012 about 80c cdn/litre. Every Pemex is numbered and they are often used as a point of reference.

Mexican cops don't give a sh** how fast you drive. They don't care if you die either. If they want you to slow down, they use speed bumps. First, there are vibradores, thin raised strips about 10 meters

apart, then the tope, a wide pavement hump that will send your rear wheel to the sky. In the towns, there's a lot to watch for, especially on a motocicleta. Mexican drivers are good, but aggressive. There are lots of stop signs, and the Mexicans do this kind of sliding stop halfway through, if they bother at all. I soon do the same, or get rear ended. Stuff gets slopped on the road. Suddenly there's a patch of diesel fuel, detergent, pig vomit, whatever and your traction's gone.

There are lots of old cars. On the highway, it's very common for a car to be travelling half speed. There are lots of pickup trucks carrying cattle. Throughout Mexico livestock is beside the road. Most know to stay off the road, but every so often... Truckers are great. I consider them my friends. They look out for you and help if you need it. Double line or not, if it's safe to pass they put their left signal on. If it's not they will cut you off.

I become so used to breaking traffic laws, I have to force myself to smarten up when I re-enter the US.

Throughout the Baja and all Mexico, there are military checkpoints. They haul you in, ask in broken English where you're going, and may want to search your bags. I smile and cooperate, even joke with them. I'm usually let go almost immediately.

Mexico is arid, especially the Baja. Desert rules apply. Always carry food and water. Hasta luego!

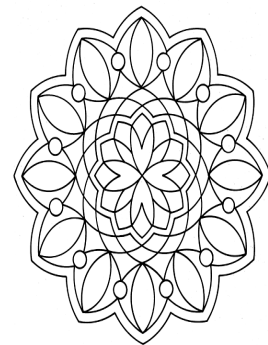


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TOM SEZ

by Tom Lymbery

Further to last month's article on coconut trees, I saw a sawmill that cuts only coconut, with a large pile of these logs. Cabinetmaker Bill Pletch tells me that only once he tried sanding this wood, and as it has no grain it was like sanding a porcupine!

Mexican President Felipe Calderon has been able to add to his country's constitution the requirement that all students be required to complete high school.

Alliteration is so important for book titles, and is "B" the best letter? *Bushpilot with a Briefcase*, *Boys*, *Bombs and Brusselsprouts*, even *Boswell Beginnings*.

MORELS - those exotic delectable springtime mushrooms - can you ever find enough? They dry beautifully, but I can only find so few.

1949 - George Oliver shot the first elk seen, up the Gray Creek Pass. It was a long shot and he thought that it was a mule deer. He phoned the game warden in Creston about this unusual animal. The warden, George Lyons, was very strict and required that George pack the head and meat out to go to Creston. This required several heavy packboards down George's trapline trail.

Does a helicopter measure the site that George Oliver set up about 1947, with snow depth and water content? He and Johnny laboriously snowshoed in for several years until West Kootenay Power's Tucker Sno-Cat made access easier. Don Derbyshire contributed the early record book to the Gray Creek Historical Society.

Some guys don't need to drink Bours Light to be obnoxious

Nineteen Mountain Caribou have been moved from Dease Lake to the East Kootenay and have been fitted with GPS radio collars. They will bolster the Purcell South herd, estimated to have fewer than 15 animals.

The Grey Cup inserted 188 million into the BC economy. With no riots, doesn't this make football better than hockey?

Phone Books... Please forget those ineffective Yellow ones. The BETTER BOOK'S list all of the Best Shore in both editions, with no need to know which exchange lists the person you want.

I had never heard of Drive Through Convenience Stores, until I saw one in a Mexican city recently, but Google tells us that they have been around since 2006.

The Columbia River Treaty (signed in 1964) includes the Duncan, Castlegar, Mica and Libby dams. The CRT recently held an information session in New Denver. Will we see one on our Lake?

Pacific Coastal Air is increasing its service to Trail, to three flights daily, effective April 10.

An article in the *Valley Voice* about the new ferry to be built for 2014, between Galena Bay - Shelter Bay on the upper Arrow Lake, compares this to the Osprey 2000. This says that the Osprey runs to Crawford Bay, and is capable of between 50 to 60 knots! See our ferry ready for lift off! When is the landing to be built in the Bay?

Will this be an earlier or later spring? The pink cherry on the corner by the store was in bloom April 20, 2010.



pebbles by Wendy Scott Riondel's Fiona

Hospitals are places where sick people go. Sick people are not happy folk and, sometimes, they complain.

Except for the ambient sounds of feet walking, and wheels rolling, hospital corridors are essentially quiet.

But in Nelson Hospital something has happened at the end of the third floor corridor. For three days in a row the sound of music and poetry has issued from the mini suite that is well known as Palliative Care. A string quartet played in there, and there was the sound of a flute; the following day, a singer with his guitar, then - trumpet and woodwind. Just yesterday melodies created by violins, guitar and voices floated out of that door and into the ward. But perhaps stranger than all these melodic presentations was the sound of frequent, joyous laughter.

What's happening here? Isn't it true that there's only one way out of this ward? Yes, but it is true as well that laughter is glorious medicine. Many of you know the lady who is the cause of this melodious laughter. She is our own Fiona McLaren. She is the person who has, for the past fourteen years, brought, not only music to her community but her own crafts, her dedication and her compassion for others. She is the caregiver who now, in the last days of her life, still shows more concern for others than she does for herself.

The giving of love, care, and devotion is a reciprocal act witnessed now as Fiona's friends and her pastors and ministers come to be by her at this time, to play their music, to show their own love and concern, and to join her in prayer. They find her in a hospital room crowded with flowers, greeting cards, photos and a special painting of an Indian angel created by a special child in Fiona's life. At the time of this writing, Fiona is most happy to receive mementos brought to her with love from her many dear friends.

But more important than all of this is the presence in that room and in Fiona's life of her sister and three brothers. These rediscovered family members have been the uplifting and sustaining force in what has turned out to be the last two years of her life.

Riondel Church will continue to reap the benefit of Fiona's creative and sometimes insistent influence. Decorations, crafted by her will grace the windows at the correct time of the year; carefully marked hymn books will remain as will the specific directions found on shelves and in cupboards. But most of all it will be her care and her devotion; these will remain for a long time in this, her church and her community.

Spring has arrived early in Fiona's hospital room and will presently be appearing in the church garden and in the Remembrance Garden. There is a clearing in the woods between the church and the store; it is in this chosen place that Fiona planted a small patch of primulas. These clumps of bright flowers will continue to grow and bloom for many years - tiny memorials to Riondel's own Fiona McLaren.



Bible Talk

by Pastor Doug Middlebrook

Eph. 6:13 Therefore take up the whole armor of God that you may be able to resist in the evil day and having done everything to stand firm.

This month's scripture is about not giving in. Not appeasing the world or the people around us so that we will be accepted or even liked. Now we all want those things, to be accepted and to be liked. But at what cost, what are we willing to pay? What are we willing to give up to get them?

There's a story in the bible about King Ahaz. It tells how he gave gifts to his enemy in an attempt to appease them so that they would not attack. The story in 2 Chron. 28 tells us that it did not work, but in fact it was his ruin. How often do we compromise or try to appease those around us in hopes of doing the same. Gaining their favor or just buying them off so they would leave us alone. It is the same with sin. I think sometimes we give into it, thinking it will then leave us alone. OK I did it, now leave me alone so I can move on.

The thing about sin is that it is from Satan and once he gets a foothold, like the king of Assyria he wants more and when you're not willing to give more, then he really attacks. The scripture above shows us what we need to do to avoid these attacks. Simply put, we need to stand firm and not give in. Now that's easy to say. But God tells us that with his help, His protection, and through Him we can do this. Our nature is to want to make people happy with us, again to appease them.

The pain of being rejected is hard to take. It does not matter if it is one's belief (religion), set of values or morals. Each time we give up a little of them to satisfy what someone else wants we give up a piece of who we are. The hardest thing a person may have to do, is to stand up for what they believe. So it is with the word of God. Often we may water it down so it is more acceptable more palatable to others. To take a stand is to not give in, no matter what. I myself have found that rather than get into an argument with someone over beliefs, I'll appease their view with a tone of agreement or maybe remain quiet.

It is not the work of a Christian to convince others of what we believe, but to speak it. I found that non-believers speak out very well on what they believe and because they do, many listen. They gather and rally; they hold demonstrations and are heard. They stand firm in what they are doing so they draw attention to their cause. I believe that God is asking the same of us who believe. Not that we have demonstrations and rallies, (not saying we should not), but to stand up, stand firm. Speak our opinion, which is God's word on the matter and hold to it.

Jesus did not give into the temptation of the devil, nor try and talk his way out of the crucifixion. He held fast, spoke when he had to. He did not try and appease the Pharisees with an answer they would accept He told it like it is, what the word of God said and left it at that.

It is my hope that we will learn this lesson, yes we must hear what they have to say. but we must then speak what we know to be the truth, so that the word of God is heard and people then can make their choice. Amen.

At this time I would like to let you all know that this will be the last edition of Bible Talk. With the arrival of Pastor Bill Gooding, who happens to be my old school teacher, rugby coach, colleague and friend, I felt to give way to him and look forward to reading his articles. Thank you to the *Mainstreet* and readers. I have enjoyed sharing the Word with you. May the Lord bless each one and His Grace and Mercy be with you all.

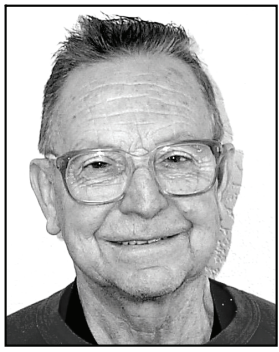
**Did you colour outside the lines as a child?
Do people call you stubborn?
Did you drop out of school?**

Congratulations! These are common traits found among successful entrepreneurs. If you want to find out if you have what it takes to be an entrepreneur call Community Futures for more information.

Unemployed? Ask about the self-employment program.

Call Erika at 250 254-1967 to book a free appointment in Crawford Bay
www.futures.bc.ca

Community Futures Central Kootenay
Growing communities one idea at a time.



Tom's Corner

by Tom Lybery
Monarch Butterflies

How can these butterflies fly from Canada so many thousands of miles, overwinter in Mexico, then fly north again the next spring? It is still a great mystery how they navigate, as it takes two generations for these amazing insects to return all the way. Can we raise some milkweed for them to lay their eggs, become caterpillars, go through a chrysalis phase, and then emerge ten days later as butterflies?

What we have always called milkweed on the lake is actually a plant called dogbane. This carries a similar milky substance when you break a stem, but apparently it doesn't have the toxicity needed for Monarch caterpillars. That ingredient makes them unattractive to birds and other hungry organisms.

In February this year, Sharon and I signed up for the butterfly tour. We travelled with about forty others in a comfortable ITOUR bus with a very competent driver. We first went to Patzcuaro in the Mexican state of Michoacan, where we stayed at a hotel whose building dated to the 1700s, but was comfortably furnished to today's standards. It did have an open wood fireplace, burning in the evening.

The next day, after breakfast in the hotel courtyard, the same bus took us to the ruins of Tzintzuntzan in a parklike setting with large eucalyptus and cedar trees, the latter full of springtime pollen. Our knowledgeable Mexican guide, speaking clearly in English, told us what is known of this pre-Spanish site. Then to the small town of Tzintzuntzan, where we found a church bedecked inside and out with live flowers. It also had a recently built double confession booth, so that the priest, standing between, could open small doors into the penitents' compartments.

Next we bussed to Santa Clara del Cobre, a famous copper mining town, and watched a demonstration on forging recycled copper into everything from bathtubs to tiny souvenirs. The mine no longer operates, but the recycled copper is melted into five pound blocks. They are then heated in a charcoal forge until red hot, hammered flat by a three man team, then reheated; they keep working the metal to produce a vase, or many other shapes and finishes.

On the bus again to Morelia, Michoacan's large state capital of 750,000 dating back to 1541, where our most skilled driver had to navigate narrow streets that aren't designed for super coaches. Hotel Casa del Anticuario is again a very old stone building that has modern plumbing and beds installed. We walked

up to a large square to see jugglers, clowns, and folkloric dancers. On one side of this square is the impressive Palace of Justice building. Then to Museo de la Mascara, a mask museum where Sharon bought a hand embroidered bag that she loves. We had dinner under the arches outside a hotel, where well dressed couples were coming to the hotel, perhaps to a political dinner, with the valet parking in front of us. A TV camera was there, and the ladies all had at least four inch heels. Back to our own hotel, where we appreciated a warm quilt, for it was a cold evening as we were at about 6000 feet elevation.

Next morning we bussed onward toward the butterflies, traveling for many miles through pine forests. We saw many of these pines tapped near the

base for pitch, which is distilled to make turpentine. We climbed higher and higher, with the final fifteen miles on stone pavement that had cement wheel tracks. We came to the parking area with about twenty tour buses ahead of us. Aside from our own bus load, it seemed that all the rest of the butterfly seekers were Mexicans. There was a nasty cold wind, so we were glad to find a booth that sold us two pairs of hand knit wool gloves and one toque for Sharon, for 200 pesos total (less than twenty dollars). Before we reached the gate to the sanctuary, we walked uphill for half an hour, with sales booths on both side selling all sorts of souvenirs. Because of the

short season, these are temporary shacks, some with woodstove restaurants, which are put together with an assortment of pine boards, vaguely similar to the 1898 start of the Chilkoot Pass, the Trail of '98. Everywhere there were walking stick sellers, everyone bought one, but we saw no one taking theirs home, so presumably they are recycled / resold.

Ruth, our guide, had told some of the less agile that we would need to ride horses up the very steep hillside. It was a first for Sharon, as she had never been on one before. Because of my woolly gloves, I missed that photo! We both had to hang on to the pommel of the saddle for dear life, as the horse had to take big steps (it felt like jumps) to get over roots in the steep trail. We each paid the man leading our horses seventy pesos for that ride. He then rode back down an even steeper route to bring more up. We had a further half mile hike up to 9000 feet, where the butterflies winter by clustering together on the pine trees to keep warm. This was a bit disappointing as we could see only a few flying, so we started the downward trek.

The return route, different from the horses', turned out to be almost entirely cement steps, interspersed with trail. As we descended the sun came out warmly, and so did the Monarchs, with more and more in flight. In about a half hour we and many Mexicans were surrounded by thousands and thousands of butterflies. They were lighting on bushes, the ground, and right

on people. Those magical moments in the midst of Monarchs! They were still flying all around us as we got back to the sales booths where we had some badly needed lunch, cooked on a woodstove, as it was 3.30 pm.

Those butterflies, hatched in Canada, overwintered in Mexico, will soon fly north. Some go as far as Texas, there to lay eggs which hatch relatively soon, and again head northward, with one more life cycle to go through before they reach their destination back in Canada. Then the final hatch, which somehow is hardy enough to make it all the way back to the pine forests of Michoacan, there to winter and regenerate with the stamina for a springtime migration. Hard to explain, and hard to understand how one generation can live so long and fly so far.

When our bus returned to the city of Morelia, our tour guide Antonio showed we were driving alongside a three kilometer long stone viaduct built in 1647, no longer carrying water. We came to a fountain where three brides were having their photos taken, after being married in a church that was completed in 1744. It was also interesting to see that many of the narrow streets in this city have steel edges to protect the stone and cement curbs.

On the eight hour trip in the bus back to Barra de Navidad, we passed through much of Mexico that was new to us. We saw miles of scrub trees, wishing that Mexico had a forest policy to grow some useful trees on this land, since wood is in short supply, with all building of brick or cement.



The flower-decorated entrance to the church, with more flowers inside.
Photo: Tom Lybery



A Monarch butterfly lights on Sharon's hand.
Photo: Tom Lybery

The PAC Box

Your Parent Advisory Council is working hard as a liaison between school and families and would like to take a moment to let you know about what's going on...

PAC MEETING: Our next PAC meeting will be held on Tuesday, April 10, 2012. Please join us. Call Ingrid at 227-9246 or email mainstreet@theeastshore.net to be put on the agenda.

HOT LUNCH PROGRAM: We are on a three-week Hot Lunch menu for Spring 2012. We are offering occasional meat alternatives on the menu due to demand. Our beef is free range, antibiotic and hormone-free. The chicken is also free range and organic.

GALA FUNDRAISER: Watch for dates for our next Gala Dinner Fundraiser for the Hot Lunch Program. Details to be found in an ad in this issue. Stay tuned!

Kokanee Springs Ladies Club

by Shelley Bumanis, Club Captain

Kokanee Springs 2012 golf season is only weeks away and for those of you that didn't get a chance to play this winter I'm sure you're looking forward to getting out, swinging your clubs and chasing that little white (or colored) ball around the course.

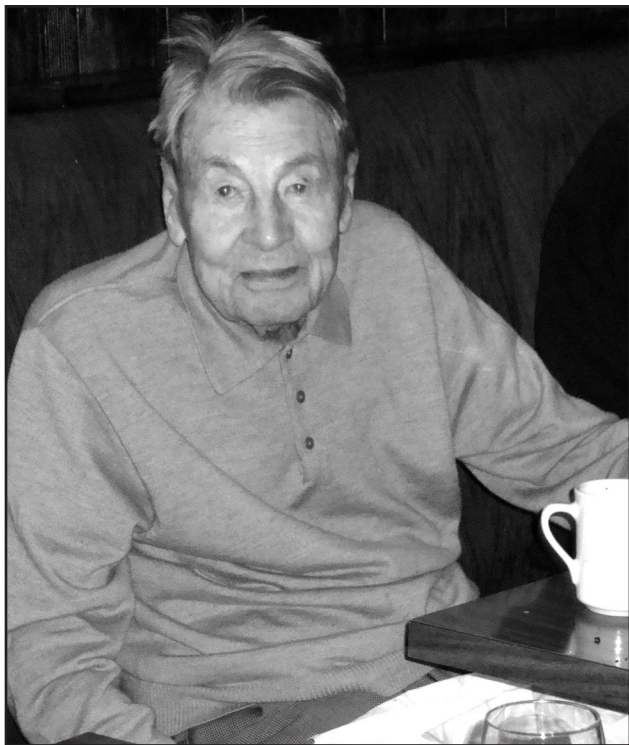
Ladies Day starts Tuesday, April 24 this year and runs straight through until October 2. Members and non-members alike are welcome to join us. We have weekly games, prizes as well as laughs, giggles and the occasional grunt. All levels of golfers are welcome.

This year the tee times start at 10:54 and we'll be meeting up at the Pro Shop prior to 10:30. If you are a non-member and plan to join us please call Shelley Bumanis at 250-227-6836 or email sbumanis@hotmail.com to let us know you'll be joining us. Please feel free to call with any questions as well.

Notice of Passing

Edward Burnett DONALD

February 19, 1915 - February 25, 2012



Ed celebrated his 97th birthday on February 19, 2012 on Riondel Road, then passed away peacefully at home, with his family present, on February 25, 2012.

Survived by his loving children Judy (Lou) Davidson and Jim (Mary) Donald. Papa to grandchildren Tamarea Liddell, Nikki Davidson, Katie (Dave) Attwood, Jocelyn (Joel) Schurman and Sandy Donald; great grandfather to Gabriella Liddell and Marshall Schurman; sister-in-law Peg (Gordon) Harrison and numerous nieces, nephews and friends.

Ed was predeceased by his wonderful life partner and wife Hope Christine; sister Dorothy (Alec) McSporran and parents Edward and Mitchell Donald.

Edward was a proud *Edmonton Journal* newspaper carrier and an accomplished athlete, playing junior hockey and competitive swimming throughout his life. He won the Edmonton Journal Cup at Sylvan Lake and even competed in the Masters at 90 "with the young bucks" winning medals. Ed carved out a successful career during the early construction days in Edmonton, building homes privately and later working with larger builders. He and Hope moved to Gray Creek for 8 years in the 1970's and 1980's and he was famous for the great fish he landed. He always loved his Kootenays and was happy to return here for his final years.

Our beloved Ed taught us how to live simply and naturally by example. He loved nature. Ed lived every day with strength, wisdom and passion. He had the gift of the gab and knew how to put people at ease with his wonderful smile and calmness. Ed's lessons, inspiration and spirit will live on in our hearts with a smile on our faces. He always said "keep moving!"

A family Celebration of Edward's life will be held on April 29, 2012 in Riondel, in the Community Centre at 1:00 pm, with a Service of Remembrance at a later date at Evergreen Funeral Chapel, Edmonton, Alberta.

East Shore Hospice News:

by Alexis Phillips, Coordinator East Shore Hospice

Our deaths are as unique as our fingerprints. Dying people can teach us how to live well, to see what is important and genuine. It is in times of loss, that the innate underlying structure of who we are may emerge most clearly. Rachel Naomi Remem, M.D.

Hike for Hospice MAY 6 2012!

In honour of Hospice Palliative Care week East Shore Hospice would like to announce the 10th anniversary of the Hike for Hospice Palliative Care. This great community event has become an East Shore tradition and this year the Hike for Hospice will take place Sunday May 6, 2012 in Riondel.

This year's hike will begin at the Riondel Community Centre. Registration begins at 9:30 am and the hike will begin at 10. After the hike a luncheon will be held in the Senior's Room at the Riondel Community Centre. There will be entertainment provided by local musicians and prizes for the team and the individual who gather the most pledges in support of East Shore Hospice. All ages are welcome and we hope you come and join us. Posters and pledge forms will be available at our local Credit Union, East Shore stores and post offices. This year East Shore Hospice has also joined the online fundraising campaign sponsored by the Canadian Hospice Palliative Care Association. You can access the online fundraising site and register as a participant at www.chpca.net/hfhpc

Hospice care stresses living fully until the very end of life with dignity and comfort, surrounded by a circle of support. East Shore Hospice volunteers provide palliative care, grief support, and family respite. As part of a care giving team of family, friends and professionals, they provide physical, emotional and spiritual support to the families they work with. These services can include visits with individuals and their families to give emotional support, help with practical day to day needs like appointments and outings, respite time to give at-home caregivers a break, bereavement support after the death of a loved one, advocacy and community awareness about end-of-life issues, and reading, audio and video resources. The volunteers are also involved in updating their training, organizing and attending our annual Hike for Hospice, organizing our annual Tree of Remembrance, maintaining and building our hospice library, and in meetings of the advisory committee.

East Shore Hospice is currently looking for new volunteers. In 2011 our hospice volunteers provided 300 hours of hospice palliative care and 100 hours of hospice bereavement support. Demand for hospice services continues to increase. If we are to sustain our current level of service we need more community members to join our team and become hospice volunteers. A volunteer training will take place October 2012. If you are interested in becoming a hospice volunteer the hike is an excellent opportunity to meet our hospice team and find out more about our organization. Please spread the word. The money raised from this year's Hike for Hospice will go towards education, resources and outreach on the East Shore.

Come and meet our volunteers and support the work they're doing!

For more information about this event please call East Shore Hospice at 250-227-9006 (ext. 29).



Answers from the Physio

by Anna Rose, Physiotherapist

Q. Do I need orthotics to help get rid of my knee problem?

A. Possibly, but I'd have to see you in person to evaluate your specific case.

What orthotics are and can do

Technically, "orthotics" refers to the making of external appliances of all sorts for upper or lower limbs. In common language, however, orthotics are customized shoe inserts that can redistribute pressure away from painful areas of the foot, re-align the foot and ankle, and improve the dynamics of the foot and thereby often the whole lower limb.

Orthotics can be made, or at least measured for, by an occupational therapist who may also make splints and braces, or by someone called a pedorthic technician, who may have entered the field more from a shoemaking background.

Questions to ask before considering orthotics

1. Is your footwear part of your problem? If your shoes don't fit your feet well, or have lost their once-perfect shape over the years, try changing them before looking to more complicated solutions.

2. Can your own muscles learn to do a better job of keeping your leg aligned? Maybe some of your hip muscles are lazy, letting your knees rotate inward, which would put more stress on them. Maybe you can strengthen the muscles of your foot so they can hold a sagging arch better. Maybe you can correct some unhelpful habits in the way you walk or run. A physiotherapist can help you look at these possibilities.

3. If you do need "outside help" for your feet, would ready-made shoe inserts, also called footbeds, in the \$40 price range as opposed to custom-made orthotics in the \$200 to \$300 price range, solve your problem? The best ready-made inserts I have seen are from a company called Superfeet. Their "green" model serves many people well who need basic support under the inner arch of the foot and a cushioning effect in the heel. A different model might meet the heavier demands of a tree-planter better.

4. What footwear do you need the support in? Most shoes with a removable insole will accommodate one of the ready-made inserts, but the support is usually more effective in a closed-back, lace-up footwear. Superfeet has various models made to fit footwear of different shapes including skates, ski boots and soccer shoes. The shoe itself should be well made for its intended activities and in good condition.

Some custom orthotics require deeper shoes than the usual, so you may need to buy a specialized pair. If your foot problem can get away with it, there are even sandals available that are made to accommodate orthotics.

Buyer beware

Years ago, orthotics were made that held the foot in good alignment, but they were of such hard material that few people liked actually walking or running in them. At the other extreme, there are low-cost inserts that feel nicely cushioned when you first stand with them in your shoes, but the cushion collapses quickly and doesn't give any support to the foot. If you are discussing custom orthotics with someone who makes them, they should be able to explain how the materials and their placement will function for you. If you are buying ready-made inserts, look for slight cushioning and a cupping shape (especially under the heel), support where you need it (usually under the arch on the inner side of the mid-foot but also possibly under the metatarsals of the forefoot), and flexibility (under the ball of the foot, to allow normal toe-off action).

A local source for both ready-made inserts and custom-made orthotics that I can recommend is Vince Devito's in Nelson. Vince is a certified pedorthic technician, the store has a good selection of products, and the staff is also quite knowledgeable about feet and their needs.

Massage Therapy
Harreson Tanner, RMT
Over 30 years clinical experience



* Knowledgeable * Skilled * Experienced
For appointments, call 227-6877/505-6166

Next Deadline:

April 25, 2012

Literacy Circle Called

by Laverne Booth

East Shore residents are invited to set some goals for literacy and lifelong learning. All are invited to the circle at the new Crawford Bay Reading Centre on Tuesday, April 17 from 3:30 to 5:00 pm with tea and treats.

Hear what has been done this last year and consider actions to promote teaching/ learning in community. What was done last year?

- community book shelves set up at the Nelson and District Credit Union and Crawford Bay School,
- an early music literacy program by Jacqueline Wedge for young learners at the Strong Start programs in Riondel and Crawford Bay,
- Christmas story telling with Lorinda English,
- refurbishing the Early Learning book bags,
- computer drop in time and courses at Crawford Bay School with Gef Tremblay
- computer courses at Riondel Reading Centre.

These programs were offered thanks to literacy funds provided by Columbia Basin Alliance for Literacy and special thanks to Linda Stewart (Coordinator).

Many other wonderful things were done by volunteers in our community. The Crawford Bay Reading Centre moved into a beautiful space and Riondel is offering free one to one computer training. There was *Village of Idiots*, Facebook page: East Shore Kootenay Lake Adult Education set up by Diana Stokes, a greenhouse set up at the school and winter crops planted by Grade 5/6 students. Riondel Park Board are cooking up some fun activities this summer. Fall Fair and the Food Roots are going strong and offered several workshops in the fall. I'm sure there are more that I apologize for not mentioning them.

Literacy and lifelong learning are the responsibility of the School Districts and the provincial government. The goals we set as a community are submitted as part of the Creston plan. What would you like to get involved in to engage residents in teaching and learning?

For more information call Laverne at 250-777-1341 or laverne@theeastshore.net.

Riondel Community Library

by Muriel Crowe

I am in Ontario feeling rather guilty that I am not there helping with the mess created by the leaking roof. I am very grateful to Chris, Sherrie, Grant and Danielle and others who have coped with the mess. This is just another reminder that we really, really need to put a new roof on the Community Centre.

On a more cheerful note I would like to remind everyone about our open house event on April 13. I think everyone enjoyed themselves last year so please make sure you are among those numbers this year.

We will have more great music, wonderful food and some contests and draws for you to take part in. The Historical Society will once again be open and there will be a quiz involving the museum. There will be more opportunities to use the computers with lots of help and of course the library itself will be open to those who wish to join, borrow books and ask questions. We hope to see you all there.

Next Deadline:

April 25, 2012

East Shore Community Library/ Reading Centre News

by David George

RE-OPENING CELEBRATION APRIL 21

Join us in celebrating the official re-opening of the East Shore Community Library.

Starting at Noon on Saturday April 21, we will be serving light refreshments and generally welcoming everyone to the new larger library. As some already know, we were not, in fact, ever closed during the Great Move from upstairs to downstairs.

We have lots of new space, with room to expand the collection as needed.

If you do not have a library card, and live anywhere along the East Shore, come in and get yourself one. Library cards are free. Inter-library loans are free. We also have many gently used books available, not free, but for sale by donation. Look them over!

We are open Tuesdays and Saturdays from noon until 3pm, and Thursday evenings from 7 to 9pm. Closed legal holidays. Phone is answered when we are open, at 250-777-1492.

Come in and enjoy all the new space in your library.

CRESTON VETERINARY CLINIC

Dr. Robert McLeod, Dr. Leanne Sackney
Dr. John Pfeffer & Dr. Emma Davis
1(250)428-9494

Mobile veterinary clinic now available in Crawford Bay. Please call Creston Veterinary Clinic to book appointment and for more details.



Mobile Clinic Dates:
April 17 and May 8, 2012 at the Crawford Bay Castle.



**AREA "A" EDC
Economic Development
Commission**

There is new funding available in August 2012, for grants to organizations for projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. All applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

**Next application deadlines:
June 1st, 2012 ; October 1, 2012
Approval/funding lag time 6 to 8 weeks**

An application form can be printed from the RDCK website following this path, or filled out online and emailed:

http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html

Email lornarobin@bluebell.ca

Or call 250-225-3333 for more information or assistance.

Volunteers are needed to serve on Area A EDC, please contact RDCK Director Garry Jackman with your expression of interest. Next meeting is at Gray Creek Hall, March 9, 3:30 PM.

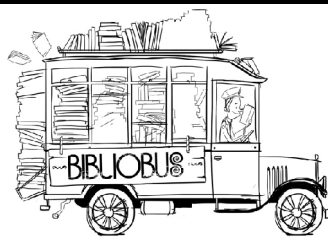
Visit InvestKootenay.com

Bibliobus on the road again!

Come borrow
French books and DVDs
and buy maple syrup!

Info: 250-352-3516

Bienvenue à tous!



Crawford Bay - April 18

In the library of the new school
4:30 PM to 6:30 PM

Next Deadline:

April 25, 2012

REWARD

\$500 reward offered for information leading to the recovery of this motorcycle.

It was stolen in Crawford Bay in mid-November. It is a 1998 Kawasaki KX250 motocross bike with the number 191 displayed on the side and front.

It is green and white and covered with decals. This is an off road bike only. It has no kickstand but the separate triangle stand was also stolen.

There is huge sentimental value attached to this item. My 2 older sons bought it for my youngest son after their father passed away when he was 14.

If you have any information please call Gerry at 780-907-6940 or anonymous tips can be left at Crimestoppers at 1-800-222-8477 or online bccrimestoppers.com.



SERVICES DIRECTORY

The Service Directory is a great way to have your business listed as a reference for those shopping for a particular professional service. Keep your phone number handy and your message clear.

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370
NORTHSTAR CRESTON - 1-800-551-9351. Full service 8-bay shop featuring Goodwrench Service - \$41.95, genuine GM & AC Delco parts. Full line of major tire brands featuring: BFGoodrich, Michelin, Uniroyal, Hankook, Goodyear and Firestone brands.

BUSINESS SERVICES

MUTUAL FIRE INSURANCE of B.C. Quotes on Homes, Mobiles, Farms & Tenants. Seniors discounts at 55. Home Protection; No Claim; New Home. ph/fax 250-428-7937, broker Virginia Harder.

CONSTRUCTION/CONTRACTORS/TRADES

HULLAND AND LARSEN CONSTRUCTION - experienced residential construction and custom finish work. 250.551.2915 or 250.505.3570.

JB (JUERGEN BAETZEL) CONSTRUCTION: Over 13 years experience, strong work ethic. Covered by Worksafe BC. Foundations to Finish (concrete, framing, roofing, drywall, siding, flooring, finish, carpentry, tile setting, some plumbing & wiring knowledge) 250.227.9246 or 250.551.7697.

MARK JOHNSTON CONSTRUCTION LTD. Ph: 250-227-9583, email: markjohnstonconstruction@gmail.com

MATTHEW SMITH BUILDER - Trained/Certified Heritage Restoration and Conservation. Carpentry and woodworking services. matthew.smith.builder@gmail.com or 250-505-2305.

TURLOCK ELECTRICAL CONTRACTING LTD. (See colour ad in this issue for more information.) 250-227-9688 or 250-551-4671

PERSONAL CARE/HEALTH

ACUPUNCTURE - Christine Peel R.Ac. Located at 16210 hwy 3A Unit 9, Crawford Bay Motel. For an appointment please call 250-505-8130.

ACUTONICS - vibrational healing with tuning forks, practitioner available. For appointments call Theresa Lee 225-3518/cell:505-4706

ALEXIS PHILLIPS, M.A., R.C.C. - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 250-509-0368.

AYURVEDIC CONSULTATIONS WITH ZORA C. DOVAL - Dietary and lifestyle recommendations. Mondays at Barefoot Handweaving Studio. To book appointment (250) 227 9434.

BLANCHE TANNER - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression. 227-6877

COUNSELLING & SUPPORT SERVICES: Free and Confidential for children, adults and families. Services include: Adult Mental Health and Addictions; Child Youth Mental Health; & Family Support. Call 1-866-774-5324 (toll-free) or 250-353-7691. North Kootenay Lake Community Services Society.

FINGER PRINTS AND HAND ANALYSIS - P. Danielle Tonossi IIHA. Over 25 years practical experience as Healing Facilitator/Readings. Discover the inner purpose of your life and what it takes to live it more fully. 250-227-9478. Info: www.crystalgardenspirit.com

FIRST CONTACT EAST SHORE MIDWIFERY - Sylke Plaumann, registered midwife. 250-227-6846.

LEA BELCOURT - TRADITIONAL THAI MASSAGE, ONE-ON-ONE YOGA THERAPY SESSIONS, REIKI & ENERGY WORK - Every Tuesday at the Barefoot Handweaving upstairs studio space. Call: (250)227-9030.

MASSAGE, SHIATSU - DEEP TISSUE - REIKI, mobile or in Crawford Bay, call James Wood, 250.227.6849 for an appointment.

REGISTERED HERBAL THERAPIST, MASTER HERBALIST - Maya Skaliniska, M.H., R.H.T. Iridology, Tongue & Pulse analysis, Nutritional consultations, individual herbal remedies, Flower Essence consultations & remedies. For appointments, please call 250-225-3493.

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct referral req'd. Call: 227-6877/cell: 505-6166.

SAPPHIRE HAIR SALON: Kate Page, hairdresser and proprietress. 16210 Hwy 3A (Crawford Bay Motel) Unit 9. Call to book an appointment: 250.505.6950.

SUSAN SNEAD - Astrological Counseling, Foot Reflexology, Traditional and Ayurvedic Massages. Call 250.225.3520.

RESTAURANTS

BOCCALINO RESTAURANT, MOTEL & CABINS - opening for the season on Saturday, April 7, 2012 with a delicious, seasonally inspired Easter menu. Open for dinner from 5-10 pm (closed on Wednesday and Thursday until mid May). Come on in and check our new menu items out. Happy Spring, Gisela & the Bocalino team!

BUNKERS GRILL AT KOKANEE SPRING - Opening for the season this month and serving breakfast, lunch and dinner. Call 227-9393 to reserve.

CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING - available for community events, wedding receptions, workshops etc. Non-smoking facilities. Call Kathy, 227-9205.

MAXX & NAMBI'S KITCHEN - Open Sundays, 9 to noon with full breakfast menu. Hwy 3A in Crawford Bay. 227-6854.

NEWKEY'S PLACE - Hwy 3A in Crawford Bay, licensed area. Open 10 am til close Monday to Sunday. Food Specials all day. 227-6911.

ROCKWOOD CAFÉ - Authentic Chinese food, great pizzas and perfect burgers. Open Tues - Sun. Hwy 3A Gray Creek. 227-6840.

YARD/LANDSCAPING/SITE PREP

TREE SERVICE, RESIDENTIAL - Limbing, Pruning, Topping, Falling. Danger Tree Assessments, Free Estimates. Fully Insured. Please Call James Linn at 250 225 3388

STEEL WHEELS - We dig. Registered on-site wastewater practitioner. Dave Hough - 227-9646.

Barefoot Handweaving
 Weaving fresh spring colour combinations
 OPEN a lot April, 10-4 at least 227-9655

CLASSIFIED SECTION

BUS. ANNOUNCEMENTS

Our lake level has hit its low point March 31 - plan your beach and dock repair now - galvanized chain, timber washers, long nails, winches, chain saw chains, peaveys, cable staples and more - Gray Creek Store 250 227-9315

Support your LOCAL store: Try a Gray Creek Store Gift Certificate for those hard to buy for folks. Available all year round, 250.227.9315

Sirdar General Store - A unique place to shop on Duck Lake. 2012/13 Fishing & Hunting Licences, Tags & Tackle. Groceries Souvenirs, Seasonal Greeting Cards-Easter Cards, Island Farms Dairy Products, Energy Bars, Drinks, Juices, Soft Drinks, Confectioneries. Locally made crafts-place mats, aprons, baby bonnets, crib & cutting boards, Bird Houses-for those spring arrivals. 8050 Hwy 3A, 250-866-5570 or Fax 250-866-6811. Happy Easter!

Insurance Certification requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

BUSINESS SERVICES

Fax service, photocopies, (with no PST/GST) Tom Lymbery - Notary Public, 250-227-9315, fax 227-9449, 250.227.9315

EMPLOYMENT OPPS

Kokanee Springs is looking for cooks and house-

keepers. Apply to brenda@kokaneesprings.com or in person at the Lodge Reception.

Web Page Help Sought: Are you willing to volunteer to help EASEY (East Shore Alliance Supporting the Early Years) set up a Word-press blog/website? Call 250-777-1341 or email laverne@theeastshore.net.

Visit InvestKootenay.com for East Shore opportunities to buy or sell a business and more.

HOME/BUILDING

Steel or copper strapping to secure your hot water tank solidly to the wall - a major earthquake may happen at any time - Gray Creek Store 250-227-9315

Door lock install kits and plumbers hole saw kits: These can certainly save you time and trouble for any project - Gray Creek Store 250-227-9315

PAINT UP - time for a fresh coat as the days get longer, Benjamin Moore Paint. Phone to be sure we have a tinting expert on before you come Gray Creek Store 250-227-9315

Aluminum Waterproofing Membrane: fix leaky roofs! House, RV, boat.. Peel and stick! Now at the Gray Creek Store, 250.227.9315

Extension cords in all sizes - from \$2.95 to \$119.95 - Gray Creek Store, 250.227.9315

At last a clean burning gas that you can leave in your chainsaw for years without deterioration. ASPEN 2 mixed

also produces no smoke or hazardous emissions - Gray Creek Store, 250.227.9315

MISCELLANEOUS FOR SALE

Summer is on the way: suntan lotion, flip-flops, bug spray, new stock of Mexican hammocks - Gray Creek Store 250-227-9315

Hurricane Tape: Wow! This surely outdoes duct tape for tough jobs - strong enough to tow a car! - Gray Creek Store 250-227-9315

New books in stock ..Here's a couple of new finds - Our very own Fred Wah's "Diamond Grill" is here! Fred has been named Poet Laureate of Canada. Also, for all the tree planting tribe we have Award winning Charlotte Gill's "Eating Dirt". Gray Creek Store 250.227.9315

36" Reach Extender - easily picks up from cigarette butts to full beer bottles - be ready for spring yard and highway cleanups - Gray Creek Store 250.227.9315

Our spring shipment of tools and equipment will be here soon - and since we ordered these last year, we can expect some surprises in new and improved tools - Gray Creek Store 250.227.9315

COLDFX and STEPSILS: When that cold strikes Strepils allow you to get to sleep by numbing that sore throat - Gray Creek Store 250.227.9315

Lakota Joint Care capsules: let Lakota defeat your rheumatism as the Lakota defeated Custer - Gray Creek Store. 250-227-9315

Ladies: She Wee - when you just have to go, while hiking or boating - at last you can pee standing up! Gray Creek Store, 250.227.9315

Stanfields: the only brand name you need for winter warmth from the traditional grey long johns to ladies wool that isn't itchy -- Gray Creek Store, 250.227.9315

Roadside Emergency Kits \$39.95: everything from jumper cables, tire sealant, to an emerg. blanket, first aid kit, and more - Gray Creek Store, 250.227.9315

Canadian Made Gumboots: these include insoles which are essential in a rubber boot - Gray Creek Store, 250.227.9315

Where else can you find a Yard Hydrant Repair Kit but Gray Creek Store

The Gun Safe: locks up yours safely, and has a separate locking drawer for ammunition and your six gun - Gray Creek Store, 250.227.9315

Hydrographic chart of the Lake. boater's necessity, hard to find anywhere but Gray Creek Store, 250.227.9315

NOTICES

Nelson Parkade - offers easy downtown parking. Just

one dollar per hour or four dollars per day. NExt door to the Hume Hotel on Vernon Street. We accept credit Cards. Call for weekly or monthly rates. 250.354.8834

Matthew Smith, Builder. Trained/Certified Heritage Restoration and Conservation. Carpentry and woodworking services. matthew.smith.builder@gmail.com or 250-505-2305.

OUTDOORS/REC

Jonsered mix oil for saws / two cycle engines has GAS STABILIZER included - save expensive carburetor cleaning to remove varnish left by lesser mix oils - Gray Creek Store - 250 227 9315

Snowmobile & ATV Helmets: Comfortable, try one on. Dave couldn't find any in Spokane at our special price! Gray Creek Store (from \$36.95), 250.227.9315

YARD & GARDEN

To help you get that firewood early, we have a great selection of axes and mauls to get that job done! Even 6lb's for the ladies! - Gray Creek Store 250 227 9315

A pitchfork is essential equipment if you are burning springtime brushpiles - so that you can push the pieces together, so that there is nothing left but ash - Gray Creek Store 250-227-9315

New stock of garden tools, rakes, hoes, shovels, fencing. April is the time to get your garden prepared - Gray Creek Store 250-227-9315

Mantis Tillers: the lightweight wonder that can even handle raised beds. 4 cycle Honda, or two cycle engines - Gray Creek Store 250-227-9315

A deer fence that really works: easy to drive steel posts with a 100 foot roll of stucco wire, topped with a higher strand of berry wire - Gray Creek Store 250-227-9315

Dormant Spray Kit - delivers a knockout punch to overwintering algae and leaf curl on your fruit trees - essential to apply before the buds open - Gray Creek Store 250.227.9315

Garden tools and handles - great selection of wheelbarrows. Tires, tubes and parts if your old wheelbarrow is repairable, or you can upgrade to the puncture - proof tire - Gray Creek Store 250.227.9315

LAIRD SEEDS Just in! - Get em while the selection is good! - it may be too early to plant seeds but the prospect lifts you spirits - Gray Creek Store 250 227 9315

WANTED

LOOKING FOR A BOOMERANG - Bead of Kindness project at Crawford Bay School requires a boomerang- yup, an authentic, wooden boomerang for an art project. Call Laverne at 250-777-1341.

BULLETIN BOARD

Community Notices, Thank You's, Not-For-Profit Announcements (all not related to business), Church Calendar & Meeting Places - free on the Bulletin Board.

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.
For further information, call Creston Health Unit at 250-428-3873.

EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

See calendar for doctor days - Doctor hours are from 9:30am to 4:30 pm. Please call 227-9006. Also in clinic: Interior Health Authority, Community Care Nursing and Home Support Services, Tues - Fri, 8:30 am to 3:00 pm. Phone: 227-9006, Fax: 227-9017.

PHYSICIAN COVERAGE FOR April 2012

Note: Please call to cancel if you can not make your appointment. We always have a wait list for patients needing to get an appointment.

Please Note: Lab hours 7:30 - 10:30, Weds Mornings.

Call to make appointments at 227-9006

on doctor days and Thursday morning.

Tuesday, Wednesday and Thursday (8:30 to 12:30)

Phone: 250-227-9006 Fax : 250-227-9017

April 3: Dr. Grymonpre

April 4: Dr. Moulson

April 5: Dr. Lee

April 10: Dr. Lee

April 11: Dr. Moulson

April 12: Dr. Lee

April 17: Dr. Lee

April 18: Dr. Moulson

April 19: Dr. Lee

April 24: Dr. Grymonpre

April 25: Dr. Moulson

April 26: Dr. Lee

NELSON & AREA ELDER ABUSE PREVENTION RESOURCE CENTRE

Wednesdays from 12 noon - 2pm,

719 Vernon St. Nelson, BC

www.nelsonelderabuseprevention.org

Or phone 250-352-600

RIONDEL READING CENTRE OPEN HOUSE

April 13, 2012, 6:30pm-9:00pm

Readings by local authors, Fishpond for kids, contests for all ages, and prizes! Refreshments will be served.

A BIG EASEY THANKS TO THOSE WHO CONTRIBUTED TO CELEBRATE THE EARLY YEARS

Kate Page (Sapphire Hair Salon), Christine Peel (Registered Acupuncturist), Lori Rhead (Flickering Goddess), Theresa Lee (Acutonics), Ted Wallace and Barefoot Handweaving, Crawford Bay Store, Mountain Baby (Nelson), *The East Shore Mainstreet*, Farley Curzons for great food, Sandy Watson for her support of young families, Arla Bennett for collaboration, Mary Jean Searle, Shelly Hauser, Dina Kastelan, Linda Stewart (CBAL), Jennifer Sebastian and Valerie Warmington (Kootenay Kids) and Sonia Tavares (West Kootenay Early Years) for bringing your resources for young children and families to the East Shore.

GOOD FRIDAY SERVICE

Kootenay Lake Community Church is having a Special Good Friday Service, April 6, 2012 @ 11:00am. Everyone Welcome

WEEKLY EVENTS AT BOSWELL HALL:

- Boswell Book Club: 2nd Thurs each month, 2pm. Contact Melody Farmer 250-223-8443
- Boswell First Responders: First Monday, 1pm. Contact Rod Stewart 250-223-8089
- Boswell Hikers: Wednesday hikes to begin soon! Contact Melody Farmer 250-223-8443
- Boswell Ladies Club: Next mtng April 16, 2pm
- Boswell Ladies Golf: Tues. 10am at Riondel Golf Course. Contact Jan 250-223-8667.
- Boswell Nifty Needlers: 3rd Tues. 1pm. Contact Diane Schaub 250-223-8273
- Boswell Vintners: Next meeting April 11, 7pm Contact Doreen Nault 250-227-9543
- Bridge Club: Mondays, 2-4pm. Contact Liz Michaud 250-223-8070
- Carpet Bowling begins again in October
- Line Dancing: Saturdays 10-11:30 (or if Hall is booked, Sundays 10-11:30) Contact Cheryl Place 250-223-8694
- Yoga with Lea: Thurs. 9:30 - 11am. \$12 / class Contact Marilyn Arms 250-223-8058

COMING EVENTS AT BOSWELL HALL

• Earth Day Highway Cleanup: April 18 at 10am. We clean highway 3A from Burden's Cut to Kooskanook. Contact Wes or Jan Brooks 250-223-8667 or email wesnjan@gmail.com to register your section. Barbeque for all registered Boswell participants at the Hall after the cleanup.

• Boswell Annual Plant Sale and Treasures Table: May 12 - 10am. There will be a lunch counter and bake sale as well as many seedlings from which to choose. Any gently used treasures accepted at the Hall on Friday evening only.

• Nifty Needlers Quilt Show and Raffle - May 5th. This is an event happening every second year that draws quilters from Creston to Riondel and beyond. The show this year features a Landscape quilt, made by the members of the Boswell Nifty Needlers and which will be raffled at 3pm. Limited tickets are available for sale and going quickly. The proceeds from the quilt raffle will be used to purchase new dining tables for the Hall. (See picture below left)

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time - Winter Schedule in effect

| Vessel Name | Balfour | Terminal | Kootenay Bay | Terminal |
|-------------|---------|----------|--------------|----------|
| | | Winter | Summer | Winter |
| Osprey 2000 | | 6:30 am | | 7:10 am |
| Osprey 2000 | | 8:10 am | | 9:00 am |
| Osprey 2000 | | 9:50 am | | 10:40 am |
| MV Balfour | | | | |
| Osprey 2000 | | 11:30 am | | 12:20 pm |
| MV Balfour | | | | |
| Osprey 2000 | | 1:10 pm | | 2:00 pm |
| MV Balfour | | | | |
| Osprey 2000 | | 2:50 pm | | 3:40 pm |
| MV Balfour | | | | |
| Osprey 2000 | | 4:30 pm | | 5:20 pm |
| MV Balfour | | | | |
| Osprey 2000 | | 6:10 pm | | 7:00 pm |
| Osprey 2000 | | 7:50 pm | | 8:40 pm |
| Osprey 2000 | | 9:40 pm | | 10:20 pm |

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH APRIL SCHEDULE

April 1: Jeff Zak, 12 noon

Music - Marie Gale

April 8: EASTER SUNDAY Bill Gooding, 1pm
Music - Deberah Shears w/ Donnie Clark & The Brass

April 15 19: Robin Celiz, 1pm

Please join us for a combined service at Rio Comm Church
Music - Deberah Shears

April 22: Bill Gooding, 1pm

Music - TBA

April 22: Brenda Panio, 11am

Music - TBA

Special music every Sunday.

Check www.riondel.ca for changes. Info at 250-225-3381

CHRIST CHURCH & EAST SHORE CONGREGATIONS ST. ANSELM'S CHURCH BOSWELL (Anglican)

For information call Christ Church Creston 428-4248

April 1: Palm Sunday - 1:30 pm Rev Robin Ruder Celiz

May 6: 1:30 - Rev Robin Ruder Celiz

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

April 15, 1pm: Rev Robin Ruder Celiz. Please join us for a joint service at Riondel Community Church.

For information call **Karen Gilbert: 227-8914**
or **Sue Philp: 227- 9140**

email: harrisonmemchurch@gmail.com

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Pastor Bill Gooding

Come & join us Sundays at 10 am. Coffee fellowship after the service. 16190 Hwy 3A, Crawford Bay
250.227.9444

TEMPLE OF DIVINE LIGHT

Dedicated to all religions. Satsang each evening 8:00 pm.
Everyone welcome - Yasodhara Ashram 227-9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Reverend Thomas Kakkaniyil Phone: 428-2300 Fax: 428-4811

Sunday Mass at 2 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST

OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

Meetings begin at 10 am, every Sunday. Info call, 250-227-9522

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

Sundays, 9:30 am - All welcome For info, call: 250.505.8021

Next Deadline:

April 25, 2012

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For more info, call Lion David at 250-227-9550

or Lion Jim at 250-227-9622.

TOPS - Take Off Pounds Sensibly: meets every Thursday morning at 8:30 am in the Kootenay Lake Community Church basement. Call Marilyn for more info: 227-9129

PARENT ADVISORY COMMITTEE (PAC) Meetings

held at 7 pm at the Crawford Bay School library
on (usually) the second Monday of the month. (or Tues if Pro-D)

Call Ingrid to be put on the agenda - 250.227.9246

April Meeting: Tues, April 10 CBESS Library

Next Deadline:

April 25, 2012

April 2012 Mainstreet 19



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|---|-----------------------------|
| 1 Bottle Depot, 10-2 | 2 After School Art, 3-5 | 3 Youth Hang Out, Rio Rec Centre, 4-6 pm | 4 Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm | 5 TOPS, KLCC bsmnt, 8:30am | 6 Youth Hang Out, Rio Rec Centre, 4-7 pm | 7 Boccalino Opens |
| 8 Easter Brunch, Wedgwood, 10-2 Bottle Depot, 10-2 | 9 | 10 Youth Hang Out, Rio Rec Centre, 4-6 pm Samba, 7-9, CBESS PAC Meeting, CBESS Library, 7pm Lions Mtng, 7 pm | 11 Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm | 12 TOPS, KLCC bsmnt, 8:30am | 13 Youth Hang Out, Rio Rec Centre, 4-7 pm Cha-Ching Party, GC Hall | 14 |
| 15 Bottle Depot, 10-2 | 16 SBJ Hula Hoop Club, CBESS Gym, 4pm CBT Public Input Mtng, GC Hall, 7pm After School Art, 3-5 | 17 Vet Clinic Youth Hang Out, Rio Rec Centre, 4-6 pm Chamber Mtng, 7pm, TBA Samba, 7-9, CBESS | 18 Bibliobus, CBESS Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm | 19 Rick Hansen Relay TOPS, KLCC bsmnt, 8:30am | 20 Bunkers Opens Youth Hang Out, Rio Rec Centre, 4-7 pm | 21 CB Library Re-Opening |
| 22 Bottle Depot, 10-2 | 23 SBJ Hula Hoop Club, Rio Comm. Centre, 4pm-- After School Art, 3-5 | 24 Youth Hang Out, Rio Rec Centre, 4-6 pm Lions Mtng, 7 pm Samba, 7-9, CBESS | 25 Mainstreet Deadline Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm | 26 TOPS, KLCC bsmnt, 8:30am | 27 White Star Lady, CBESS Youth Hang Out, Rio Rec Centre, 4-7 pm | 28 |
| 29 Radhananda's Bk Rise, Ashram, 2pm Samba Spring Carnival! GC Hall Bottle Depot, 10-2 | 30 After School Art, 3-5 | | | | | |



HARROP - PROCTER FOREST PRODUCTS

Buy local Forest Stewardship Council Eco-Certified building products at competitive prices from the Harrop-Procter Community Forest.

- Wide variety of cedar lumber
- Large selection of fencing material
- Bull-nose cedar decking
- Cedar and Douglas fir timbers
- Douglas fir and larch flooring
- Cedar, pine and fir paneling
- Cedar and Douglas fir siding

Free delivery to the East Shore when pre-arranged.

We take special orders for other cedar & Douglas fir wood products

Buy local and support the only FSC Eco-Certified Community Forest in BC!

250.551.5452 sales@hpcommunityforest.org

Go to www.hpcommunityforest.org for further product info, and to view the documentary film about us.

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Transfer Station Hours

CRAWFORD BAY:
March 11-April 29
Tues & Sun
9 am - 3 pm

BOSWELL:
Weds/Sat
12-4

Library Hours:

ES Reading Centre:
Tues & Sat: 12-3
Thurs: 7-9 pm

Riondel Library:
Mon: 2-4 pm,
Weds:
6-8 pm
Tues, Thurs, Sat:
10am-12:30pm

ES Health Centre 227-9006
COUNSELLORS

Drug & Alcohol: 353-7691 Child & Youth: 353-7691
Public Health Dental Screening/Counseling: 428-3876

Community Nursing: 227-9019 Hospice: 227-9006 Mammography Screening: 354-6721
Baby Clinics: 428-3873 Physiotherapy: 227-9155 Massage Therapy: 227-6877

For more on facility, call Kathy Smith, 227-9006