

\$2.38
+ GST =
\$2.50

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

Check us out online!

www.eshore.ca

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Crawford Bay secondary students and chaperones returned on March 27 from a seventeen-day humanitarian adventure to Oaxaca, Mexico. During this experience they were directly involved in Spanish lessons at the Oaxacan Cultural Institute, microfinance projects with En Via, caring for babies, children, and youth with Casa Hogar Hijos de la Luna and Esperanza Infantil, ecotourism projects and experiences in La Neveria, permaculture and oven-building with Tierra del Sol, and visits to heritage and cultural sites. Thank you to this incredible community for generously supporting the project. The school will be hosting a community thank-you event soon and sharing student insights in the May *Mainstreet*.

Kate Page, Proprietress
Book ahead: 250.505.6950

**SAPPHIRE
HAIR
SALON**
16210 Hwy 3A, Crawford Bay
UNIT NINE



BOATERS! FISHERMEN!

ONE and ALL!

HELP REPLACE BOSWELL BOAT LAUNCH

Boswell Farmers' Institute is hosting a **FUND RAISING BARBECUE STEAK DINNER** - Saturday, May 4, 2013 at 6:00 pm - Boswell Community Hall
Advance Tickets - \$20 - only 120 tickets, available at Boswell Post Office, Destiny Bay Store, Gray Creek Store, Wynndel Store, Mawson Sports
SILENT AUCTION OF ARTISTIC ITEMS - Door Prize - Barbecue - Raffles

SUPPORT THE HARBOUR FUND!

Bob Arms - 250-223-8058

armsrl@theeastshore.net

Return undeliverable items to:

*The East Shore
Mainstreet*
Box 140, Crawford Bay, BC
V0B 1E0

Agreement#: 40718537



MS Issues

by Ingrid Baetzel, Editor

There's a silence like no other when the birds leave in the fall, like a vacuum cleaner being turned off. It's a silence that almost hurts. It's quiet that permeates the soul and unearths a mile of introspective road in the heart.

That silence is here on Gray Creek hill today. It's been screaming with its soundless breath in my ear for a while now.

When Peter died, the silence was deafening. I've never really understood that phrase until March 24, 2013. Although the merry song that accompanied my childhood - the skilled whistle of a man who loved to be outdoors and loved the song of nature - has been quiet for a few years now, the definitive end of that whistle rings louder than ever before.

I have heard that song most of my life as his home was just down the road, through the trees, over the hill... a hoot or a whistle away. He was a fixture in my life, like a tree, a river... He came here at around the time that my family did, nearly forty years ago, and he nestled into this land with a sigh. He loved it with his whole heart and mind and vowed to protect it, cherish it and tell its story to all who would listen. He was connected and his sense of place was deeply-rooted. He created legacy upon legacy and leaves behind an obvious path, well-cleared and defined by his intentions, upon which we can walk.

He was the jolly man in the red suit for so many years that I still see his face when I think about Santa Claus. He told us stories, and we sat and listened to

them, every mid-December at the Gray Creek Hall. For decades he gathered the children around, asked them questions, silenced them into awe-struck wonder by his sheer, loving joy and benevolent manner. He kept us enthralled and believing.

I still believe, Peter. I believe that you are Santa Claus. I believe that you are a space man. I believe that you are a cowboy. I believe everything you told me and I believe you are still here - deeply, firmly and lovingly.

Peter Duryea - 1939-2013

Riondel Arts & Culture Day

RIONDEL LIBRARY 3rd ANNUAL OPEN HOUSE

Friday April 26/13 - 2 to 9 pm

- DESSERTS, DOOR PRIZE
- FISHPOND FOR KIDS
- MEET KOOTENAY AUTHORS!
- TOUR YOUR LIBRARY
- MEET OUR VOLUNTEERS



COME ONE, COME ALL!

Clean-up/ Fix-up Day at CB Park!



Hey you... yeah, you.
Why not come down to the Park
on Sat, April 20 & help CLEAN IT UP?
It'll be fun AND Lunch is FREE.
See ya there at 10:00?
(Bring yer rake and stuff, eh?)

LETTERS TO THE EDITOR

NURSING CONCERNS: RESPONSE FROM MLA

Re: East Shore Home Health Services

Dear Editor:

Thank you to everyone who sent me letters, emails and shared with me concerns regarding Interior Health's proposed changes for the East Shore of Kootenay Lake. I have replied individually to all of those that provided return contact information, and as promised in last month's *Mainstreet* I would like to take this opportunity to provide an update.

Geography is always an important consideration in our area, particularly when dealing with access to healthcare for the remote communities on the East Shore. That said, upon receiving the many letters and emails from residents of the East Shore my office took immediate action.

As your MLA, my role has been to ensure that any proposed changes would not diminish the East Shore's health services associated with the Home Health Nurse position. These services are an important component to the overall continuum of care for the area, and must stay in the area.

I am pleased to report that my conversation of March 4, 2013 with the CEO of Interior Health Dr. Robert Halpenny has resulted in an assurance that Home Health Nurse services will not be diminished on the East Shore. Specifically, Dr. Halpenny assured me that 1) the proposed personnel changes would not lead to diminished health services on the East Shore, and 2) no one will be required to travel to Creston or Nelson for these services because they are home-based services.

Again, thank you to everyone for bringing my attention to a serious issue.

Sincerely,

Michelle Mungall, MLA
Nelson-Creston

DETAILS, NOT VAGUE REASSURANCE

To the Editor,

Seeking details for us to respond to rather than vague reassurances, I faxed a letter to Cheryl Whittleton, administrator for the IHA section of which Community Health Nurses are a part. To her credit, she both left me a phone message and sent a submission to the *Mainstreet*, as I suggested. The questions I asked were 1) How many hours per week will the new nursing services be, and does that include travel time from Nelson? How many hours is the current (until March 31) nursing position? 2) Will there be any nursing presence at the Health Centre? 3) Are the only patients eligible for the planned nursing service those who are too medically fragile to leave their own homes?

Note how the response states the service "may be once or twice a week", unstated hours per visit, certainly down from four nearly full days. The non-answer of question 2 implies to me there is no planned presence at the Health Centre. Question 3 is answered by repetition of "home health services". In my letter to Cheryl, I reminded of how Mary has been able to act: "At the Centre, she is able to assist the doctors with minor procedures and be in regular communication with them and other providers of health care. This teamwork is of benefit to everyone. If this is not part of the usual job description of a Community Health Nurse, it is certainly what is needed." Even within patients' homes, though much gratitude is due to the home support workers, I hope they will not be expected to take on the responsibilities of assessment and treatment appropriate to a nurse with a university degree and years of decision-making experience.

I hope the community will keep on sending letters to the IHA, respectfully requesting that the allocated hours per week and roles filled, including at the Centre, be unchanged.

With determination,

Anna Rose, East Shore Physiotherapy



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The opinions expressed in this paper are not necessarily the opinions of staff or advertisers. We reserve the right to edit for clarity or brevity and acceptance of submissions is completely at the discretion of the editor.

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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 2013 issue items by:

Next Deadline: Wed, April 24, 2013

Subscribers: Did you know?

You can buy a one year digital subscription and get your newspaper online, nearly a week before it comes out in stores! Just go to www.eshore.ca and click Subscribe! Then follow the steps to purchasing a digital subscription. A link will be sent to your inbox once a month and your fresh, new *Mainstreet* is a click away.

RESPONSE FROM IHA ON NURSING SITUATION

To Residents of the East Shore

March 26, 2013: As Community Administrator for the Kootenay Boundary, I am writing to address concerns about home health services on the East Shore.

IH will continue to provide the appropriate home health nursing services to people living on the East Shore based on the number of home health clients and their specific care needs. This may be once or twice a week or more frequently depending on the number of clients.

It is important for residents to know that the majority of home health direct care is provided and will continue to be provided through our home support workers in your communities.

Residents who require home health services can contact the Nelson Home Health office at 250-352-1433. You do not require a physician referral to be assessed for these services.

The decision to change our staffing for home health nursing on the East Shore was not made lightly and came after a review of our home health service levels for all communities in the area. Our priority is to make sure we allocate appropriate resources based on the needs of each community.

This home health nursing change will not impact physician clinic hours or other services provided through Interior Health.

Sincerely,

Cheryl Whittleton,
Community Integrated Health Services Administrator, Kootenay Boundary

Next Deadline:
April 24, 2013



RDCK Area "A" Update

by Garry Jackman, Director, Area "A"

Insurance: Over the years we have seen a steady trend in society towards higher insurance costs.

Whether this is a result of an increase in claims for major losses due to natural disasters or a trend towards more civil lawsuits for personal injury and lost income claims, the cost of insurance is in some cases becoming a deterrent to holding community activities. Many local governments insure collectively through the organizations such as the Municipal Insurance Authority (MIA) in an attempt to reduce our exposure to losses from very large claims and to achieve a collective economy of scale in handling claims. The RDCK uses the services of MIA and as such must abide by collective rules which impose requirements to have users of RDCK facilities provide their own insurance coverage for special events or activities which are not directly managed by the RDCK. The resulting insurance costs for a small community group can at times be the single largest expense for holding the event.

Over the past several months, RDCK staff has been exploring methods by which small community groups could obtain less expensive coverage. The excerpts which I provide below from a recent staff report on the topic will likely not work for all, but hopefully will result in reduced costs for some community groups. The coverage is for sport and recreation liability insurance through an organization known as SBC Insurance (I believe originally Sports BC). While coverage at reasonable rates has been offered to organized sports teams for decades, the shift being sought is to cover the more general realm of recreational activities which we hold in our communities.

The staff report indicates that "SBC Insurance has a master liability policy designed to insure groups that wish

to enter into a use agreement for the use of Regional District facilities. Essentially, the RD would refer these groups to SBC Insurance, who would provide them with a quote for insurance for their purpose. The RDCK staff would receive a copy of the insurance certificate for each group using the RD facilities or properties and be included as an additional insured to the policy."

"The rates for the insurance are based on:

- type of activity (level of risk)
- frequency (ie: 1 time for a wedding, 18 weeks for volleyball)
- number of participants"

The contact for SBC Insurance is Mary Cook (1-877-992-2288).

Budget: The RDCK budget was given "three readings" at our March 21 board meeting and at the time of writing this submission is scheduled for adoption via a phone in meeting on March 28. Once again the process went down to the wire just meeting the deadline set by the province so they can add the RDCK service items to their rural taxes (policing, school, etc) on your official tax notice.

For the most part the budget mirrors that of 2012, with few direct tax increases to specific services. This has been possible in our area over the past few years since real growth in the tax base has kept pace with inflation in service delivery. The 2013 budget is projected at \$58,686,050 which is a 1.14% increase over the 2012 budget of \$58,022,994. Year over year there may be considerable variability in capital project expenditures, whether at one of the three major recreation centres (Creston, Nelson and Castlegar), at one of the landfills (the partial closure of the Creston landfill over the past three years, for example) or other initiatives, but the ability for local government to borrow at favourable rates over relatively long term smoothes out many of the bumps in taxation.

Within the budget increase are costs arising from implementing the recommendations of the corporate review undertaken in 2012. These costs are broadcast over a large number of services so the net cost to taxpayers is not obvious at a glance. I can provide more

detail to anyone who is interested. The basic budget breakdown shows 33% going to Environmental Services (waste management and water systems along with numerous smaller initiatives), 30% going to recreation including parks, recreation centres and community halls, 10% to fire protection and emergency services (much higher relative percentage in communities with fire halls), 8% to community development and economic development (including grants in aid, Columbia Basin Trust Community Initiatives grants, Community Works), 6% for transportation services including transit, airport contributions and street lighting, 5% to general administration (mainly finance and meeting the legislative reporting and monitoring requirements as set out by the Provincial Government), 2% building inspection, 2% rural administration, 2% museum and library support and 2% planning and geographic information systems.

As I noted in earlier submissions, the growth in the local tax base for any service area along with the overall market trends and variations between communities within the RDCK result in "winners" and "losers" in terms of who picks up a greater share of the tax burden. Within Area A there are 17 local services which are shared across the area (such as solid waste management) which have collectively seen a very slight decrease in the residential assessment rate. There are another 15 services which are specific to various communities within Area A and they have seen a range of increases and decreases. I can give details on any of the services if you wish to contact me directly.

Rec 9: See the notice in this issue of *Mainstreet* for the application deadline.

CBT Community Initiatives funding: The application period for 2013 has closed. Our application review meeting, which is open to the public, is scheduled for April 15th at the Gray Creek Hall starting at 7:00 pm.

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

LETTERS...

INVITATION TO GIVE BACK

Dear Editor:

PANAMA... What a wonderful country. So many contrasts with the beautiful Pacific on one side and the Caribbean on the other. I had the pleasure of visiting there last January, while reconnecting with an old friend who now is an expat, and now lives there permanently. We had some wonderful times exploring the rainforests, and the mountains that divide this narrow country almost in two. We hiked in to a waterfall that drops almost 90 feet to a pool, where we swam at our leisure. The scenery, and foliage are breathtaking. I couldn't stop taking photos of all the incredible flowers that abound everywhere you look.

My friend lives in a gated community, one of the largest in Central America, where there is not only a hotel, but 5 towers of apartments, and townhouses, as well as individual homes, most under construction at this time.

Such stark contrasts from the beauty of the white sand beaches of the Pacific, and the beauty of the gated communities, to the native population, where large families live in abject poverty, often without power or running water.

Despite these severe contrasts, the natives are a very happy, hardworking race who never fail to offer all they have to you with a smile that makes the world a place of wonder. Never once did I not see a smile on a face and always a welcoming "Ola".....Hello!

I went to visit a school, run on a shoestring in PENONOME, where there are 27 girls struggling to get a better education for themselves, despite their poverty. Often, walking several miles to get to the school in barefoot, as shoes are a luxury. The girls at this school are so very eager to learn, it is so heart-breaking to know that often they cannot afford the mere school books and personal care items to get them through the school year. We are so very fortunate for



Western Pacific Marine Ltd.
Marine Transportation

IMPORTANT NOTICE.

Kootenay Lake Ferry – limited service April 18th

Travellers who use the Kootenay Lake ferry service between Balfour and Kootenay Bay are advised that limited service will be provided on April 18th.

The MV Osprey 2000 ferry will be removed from service to undergo its five year Transport Canada regulatory inspection. Western Pacific Marine is working with the Ministry of Transportation and Infrastructure to minimize the impact on travellers.

Improvements are being made to the MV Balfour ferry and Western Pacific Marine is making every effort to have the MV Balfour available as a temporary replacement for the MV Osprey. Should the MV Balfour be available, then overloads and delays may occur as it is a smaller vessel than the MV Osprey. Passengers are being advised to plan ahead, consider travelling outside of peak hours and arrive at the terminal early.

If the MV Balfour is not available to replace the MV Osprey, the Osprey will operate one round trip in the early morning and again in the evening to accommodate commuters:

	Morning	
From the Balfour terminal		6:30 a.m. sailing
From the Kootenay Bay Terminal		7:10 a.m. sailing
	Evening	
From the Balfour terminal		6:10 p.m. sailing
From the Kootenay Bay terminal		7:00 p.m. sailing

Updates about the service level in effect for April 18th will be posted on the DriveBC website www.DriveBC.ca, and on the Western Pacific Marine website www.westernpacificmarine.com.

Contact: Bryan Coe, Regional Manager
Western Pacific Marine, Kootenay Lake Ferry Division
250 229-5650

Word on the Mainstreet

What are the surest signs of spring to you?



Cheeseburger birds and knowing to take it slow when driving by the airstrip at night. There is almost always elk standing on the road.



Driveway mud sucking at my footwear... migration-paused swans swimming in the bay... mordor-greys morphing to greens with increasing sun... hearing that magnolias are in full bloom in Vancouver... how about, after a carwash my vehicle stays clean for more than an hour?!

*Terry Fiddick,
Crawford Bay*



When it starts to poke me in the back through my mattress.

*Ryan Erlandson,
High Level, Alberta*

**Next Deadline:
April 24, 2013**

LETTERS TO THE EDITOR

having a school system in this country that allows our children these luxuries.

Many of these girls end up pregnant, and I met one sweet child who I assumed to be about 12 years of age, and she had a 2 year old son.

I felt so very selfish spending the funds for my ticket to visit this beautiful country, when all I saw was abject poverty in the areas around this school.

I want to help with some of the meager expenditures that these girls need, and are so very eager to learn, and after inquiring, learned that it takes only \$7 for a school uniform, including shoes!, and for school supplies and lunch for one child for one month is a mere \$20. How could I not appeal to some of the folks in this area to help, if they are so inclined, to sponsor a child? I know that I will send monthly, whatever I can, and I am on a pension. Please, if you need further information, could you call or email me at catspjs@bluebell.ca or 250-225-3464.

Thank you for your interest in this compassionate plea.

*Warmly,
Gina Stewart, Riondel, BC*

TAKING REPORTS SERIOUSLY?

Dear Editor:

The RDCK is ultimately responsible for all of Riondel's buildings; they own them.

I and others are not able to use the Riondel Community Center (RCC) without experiencing adverse health effects. According to my doctor, there are diseases from mould.

Currently there is no legislation protecting the public from mould. According to the latest report the RCC does not support "occupant health and also building health." (Yoneda & Associates-Consulting Professional Engineers).

4 Mainstreet April 2013

The Commission of Management, the user groups (Library, Senior's Association, the Art Club) and the RDCK need to take these reports seriously and do more to protect public health.

If anyone is interested in reading these reports please email jdaj@bluebell.ca.

Thank-you,

Danielle Linn, Riondel

VISION AND COMMITMENT

Dear Editor:

Peter Duryea had a vision, a deep knowingness and commitment that helped to create a place where every age could go and spend time with nature and to learn the many incredible lessons that came from so many amazing teachers, elders, medicine people, and nature itself.

Some of the most powerful personal life lessons Blanche and I have been blessed to experience were at the Tipi camp. We are grateful for the many opportunities we have had at the Tipi Camp both as facilitators and participants of workshops.

Our granddaughters have been able to attend the WISE program for the last five years and every time they return the very first thing they would say is, "We want to go back next year"!

We know that many wonderful volunteers have supported Peter's vision and have contributed much to the on-going success of the Tipi Camp, but at the centre of it all was the vision and commitment Peter held.

Thank you so much Peter for all we have had the blessing to experience because of your vision, courage, hard work and wisdom. May your journey to the spirit world be filled with beauty, love and joy!

In gratitude,

*Blanche and Harreson Tanner,
Crawford Bay*

**Tree Pruning
and
Spring Cleaning
Services**



Call Susan 250.225.3520
(local references available)

String of B&E's on the East Shore

by Ingrid Baetzel

There has been a rash of break and entries and petty thefts occurring on the East Shore over the past several weeks. A resident reported to *Mainstreet* that she and her partner were walking around East Shore Properties in Gray Creek when they discovered three homes had been broken into.

Apparently, access was gained by breaking the window next to the door. When the pair came upon the scene, the doors to the homes were wide open. It didn't appear that anything major was taken other than alcohol, but reportedly, most cupboard doors and drawers were open in each home.

The woman called the police in Creston who came out right away and at that time, they learned that there had been other break-ins in Boswell and Riondel as well as Gray Creek. The resident said, "This is very disturbing, to say the least."

When *Mainstreet* contacted Corporal Charlotte Joa of the Creston RCMP, she said that there have been eight reported B&E's since March 7, with two being reported in Sanca, three in Riondel and three in Gray Creek. She advises residents to keep a sharp eye out for unusual vehicles around the homes of seasonal residents and to try to watch out for our neighbours – always call the RCMP if you see unusual activity or what looks like a burglary... DO NOT try to interfere on your own and endanger yourself.

The RCMP is not currently reporting any leads and would appreciate information to help stop this trend of break-in's.

Getting to Know You

Mainstreet's Proust Questionnaire

(Howlin') Dan Silakiewicz



1. **What is your idea of perfect happiness?** Getting to do what I want on my own time surrounded by helpful people I know, love and trust. I'm pretty close most of the time. One of my philosophies is, "Having a happy life is simple; find out what makes you happy and do it". Of course simply is not the same as easy but I've worked to set up my life so it is creative and fulfilling and that's as good as it gets.
2. **What is your greatest fear?** Climbing on roofs. Height is okay, but I have a fear of being up high where I could fall.
3. **What is your greatest regret?** I don't have many. I can think of a few people who I didn't appreciate enough at the time, and who, upon reflection, I would have liked to have treated better.
4. **What talent would you most like to have?** Discipline.
5. **What is the trait you most deplore in others?** I don't know if it's deplorable, but I think generally citizens of Canada (hypocrite alert here!) do not put enough time and effort into communicating with and directing our government. We have the best education, the best access to information and the most free time we've had ever, but we squander it and renege on our duty as citizens. I would like to see everyone email their provincial and federal reps regularly and tell them what we think. Right now politicians spend all their time listening to lobbyists and special interest groups while doing the bare minimum to keep citizens quiet (not necessarily happy). This put us at a huge disadvantage. I think if politicians heard the view of the people more it would heighten the importance of our opinions and steer government towards better long term planning for citizens, not just corporations.
6. **If you died and came back as a person or thing, what/who would it be?** Maybe a cat, because I'm allergic to cats and don't really know much about them, but I think I would make a really good cat owner. Hopefully I'll be able to take whatever lessons I've picked up in this life and make use of them, however I come back. Hate to waste all these lessons.
7. **Who is your hero in real life?** I have many. My parents for their love, dedication to our family, and their work ethic. Ted Wallace as an artist and musician who has profoundly made his way through life. My cousin Thom Golub, who is my musical hero. To name a few. One of the greatest features of my life is the amazing quality of people in it, and many of you are my hero!
8. **What is your most treasured possession?** Right now it is the hand made bazouki (giant mandolin) made by James McDowell of Creston. Besides sounding great it is a beautiful piece of wood work. Also having it has made me engage more seriously in music again. Artistic ambition ebbs and flows, and there's nothing like a sweet new axe to get it flowing!
9. **What was your greatest triumph?** I can't really think of a thing I've done that I can hold up like a trophy. My triumphs are when I've inspired someone or helped them to do something good, or try something new, or just made someone feel better. Is a tree greater because it was the king of the forest or turned into the paper Shakespeare wrote "Macbeth" on? I don't think we can really know what was great about our life until well after it's ended.
10. **What was your greatest tragedy?** In 1994 I was in a head-on collision with a semi, where my fiancée at the time died upon impact. It was very, very harsh; I have never had anything affect me so profoundly. Looking back, that event has also led me to the wonderful life I have now, for which I am constantly grateful.
11. **What is your greatest extravagance?** Taking time to read, think, love, play and dream.
12. **Who are your favourite writers?** Douglas Adams, Wade Davis, Margaret Atwood, John Dickson Carr, and Graham Green to name a few. I read a lot, and I like informative books (The Printmaker's Bible, The Joyous Cosmology by Alan Watts) and with fiction I like stories with odd, interesting characters and character development. Many novels today are all about plot and seem more like a screen play treatment than a book.
13. **What is a quality that you most like in a love interest?** Most important is that she digs me too. Unrequited love is the worst! Also I'm an affection junkie, so I really like that my current love interest (Leah Wilson rocks!) is affectionate and cuddly!

SPRING FORUM 2013

WHAT'S HAPPENING ?

Find out what's going on - tell us what's happening !

SATURDAY, APRIL 27TH, 2 - 5 PM

At CRAWFORD BAY SCHOOL

Part 1:

☆ "State of the East Shore" ☆ Wild Things Organic
New Campground Development in Crawford Bay ☆

☆ **Individual Speak-Ups** - sign up when you come in, and you will have approximately one minute to introduce your business, group, or project and tell us what is new for 2013.

BREAK AND REFRESHMENTS

Part 2:

Community Connections ☆ Invest Kootenay
Kootenay Lake Chamber of Commerce ☆

☆ Riondel Fire & Ambulance ☆ Yasodhara Ashram
Gray Creek Store ☆ Wynnwood Cellars ☆

Everyone is welcome! Bring your promotional material to display and share.

Sponsored by Community Connections, Area A Economic Development Commission, and Kootenay Lake Chamber of Commerce

This Month in Meetings

A look back at this month in meetings on the East Shore. For the casual drop-in attendee or the weathered committee executive member, this feature capsulates the highlights of board/committee/organization meetings that occurred in the past month. If you are part of an organization and would like to take part, please email mainstreet@theeastshore.net every month with your brief summary of the highlights of your last meeting.

Kootenay Lake Chamber of Commerce (KLCC):
Meets on the third Tuesday every month at 7pm in the Corner Meeting Room at the School.
Contact Gina Medhurst for more info:
info@kootenaylake.bc.ca or 250.227.9466

Next meeting: April 23 at CBESS at 7pm.
We will be hosting an "All Candidates" Forum in April. The tentative date is April 27th in Conjunction with the Community Forum.

Matheson Kincaid from 103.5 The Bridge has created a reasonably priced **radio spot campaign for the East Shore**. The package is designed for East Shore Businesses sharing "Air Time", to be able to afford radio ads and would focus on "shop local", attracting mini Vacationers and Stay-Cayers

Kootenay Lake received 2 Readers Choice Awards from RV West www.rvwest.com: They have a 870,000 readership. Kootenay Lake was awarded Silver for Favorite Lake or Water Destination in BC and Platinum for Favorite Overall RV Destination.

Now is the time to **consider your businesses "Curb Appeal"** What does your business look like to others from the outside? Maybe a little fresh paint is needed, or some new signage? One member suggests asking another business owner to have a look at your outside and critique it. Another suggests even simply taking a picture of the outside, printing it and seeing what others may see

Keep you eyes out for notifications for the annual **Highway Clean Up Day**, on or around Earth Day (April 22) On that day PLEASE watch for wonderful volunteers on the highway.

Parent's Advisory Council (PAC):
Meets (generally) on the second Monday of every month at 7pm in the school library. No April meeting.
Contact Ingrid Baetzel for more info: mainstreet@theeastshore.net or 250.227.9246

FoodRoots:

Meeting times vary... Contact Jacqueline Wedge at moonrakings@theeastshore.net or 250.227.6803

East Shore Alliance Supporting the Early Years (EASEY):

Email laverne@theeastshore.net or 250-227-9552
Breakfast for Parents- 10: 30 am on four Sundays in May- childcare provided. FREE.

April 11- Ready Set Learn event: 9 am Dufflebag Theatre in performance area- all young children and caregivers (including grandparents) are invited.

April 13- EASEY meeting to discuss Imagination Playground and other fundraising events.

South Kootenay Lake Community Services Society (Community Connections):

Meets (generally) on the third Monday of every month, 7pm upstairs to Barefoot Handweaving. Contact Greg Blackwell - Administrator - gblackwell@theeastshore.net
Cell: 250-509-0751

Crawford Bay Hall and Parks Board:

Contact John Edwards
for more info: johndanjoan@theeastshore.net or 250.227.9065.

Park Clean Up Day on April 20th.

We will be painting the exterior of the Hall when the old Crawford Bay School demolition is complete. We will also be looking at replacing the Hall roof, and re-insulating and actually insulating the Hall properly. If you are interested in becoming active in the community of we are looking for a couple of new members as well. **Next Meeting Date is April 22nd.**

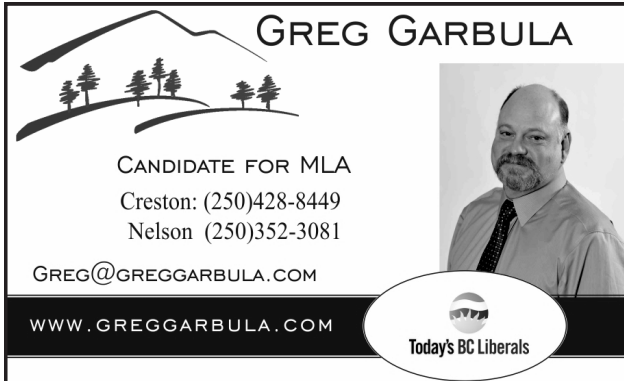
Boswell Hall Board:

Our Food Safe Program will go ahead on April 6, Plans are in progress for extending the Hall for additional storage.

Some clean up has happened in the basement We had the "Welcome wagon" representative speak to us and the Hall is thinking of setting up a "welcome to Boswell" committee.

Highway clean up is on April 24 "Earth Day" Yoga classes will be reduced in cost to \$6 a session in hopes that we will have larger participation.

Greg Garbula: A Champion for the People of Nelson, Creston, East Shore, Kaslo & Salmo submitted by Sam Anderson



When you first step into a room with Greg, you wouldn't know he's an aspiring politician. With his gentle smile and casual demeanour, he seems like a favourite uncle or a brother. He goes out of his way to be hospitable and exudes a humble strength. When asked why he wants to represent his area he responds with an in-depth, well thought out set of ideas and goals. He wants business to succeed in the area so that families can continue to afford to live here. He has more than 30 years of business experience and education. Greg knows that small business is the fabric of our community and that we are being under-represented by the current MLA.

Greg understands that educated young people struggle to find work here that offers them a chance to make a good living. His own children struggle with the same dilemma. Our local economy needs a boost, a new energy, sustainable growth. Greg is also an advocate for the environment. He's in love with the Kootenay wilderness and has no desire to tarnish the beauty of what he considers "The best place on Earth."

We invite you to get to know Greg. He's available regularly all over the riding. Call and schedule time for a coffee and a chat or come to one of our events. Bring your friends. Get to know Greg for yourself. You'll be glad you did.

Greg Garbula Highlights East Shore Issues

from the Nelson/Creston Riding
Liberal Party Office



March 26 - Since local businessman Greg Garbula announced and won the nomination to represent the riding of Nelson/Creston in the upcoming provincial election, he has been meeting with constituents all over the riding to hear their concerns.

While on business in Vancouver, Greg found an opportunity to collar the

Minister of Health, Margaret MacDiarmid to discuss the issues that pertain to the East Shore Health Clinic. The minister welcomed the information that Greg Garbula provided to her and replied that she would look into the issue.

This is the type of representation that this riding deserves and can look forward to with Greg Garbula as our MLA. He listens, gathers the information and then seeks results. Working. Experience.

6 Mainstreet April 2013

Green Energy

as a Rural Economic
Development Tool Project
Alternative Heat & Power
Systems For Smaller
Communities

An exploration of new green technologies
available for small communities for
alternate methods of energy generation.

AN EVENING OF LEARNING &
DISCUSSION

Monday, April 15, 7-9 pm

Yasodhara Ashram
527 Walker's Landing Road (3km from
Kootenay Lake ferry)

Questions: 250.227.9224
or paris@yasodhara.org

Attendance free
Childcare provided (phone to reserve)

Sponsored and funded by:

- BC Ministry of Jobs, Tourism and Innovation, Pine Beetle Epidemic Response Branch
 - Columbia Basin Trust
- SIBAC (Southern Interior Beetle Action Coalition)
- Gov't of Canada, Canada's Rural Partnership
 - Cariboo Chilcotin Beetle Action Coalition
 - Omineca Beetle Action Coalition

Barefoot Handweaving



How does one recover
from lack of winter light?
Breathe in spring colours!

OPEN lots in April usually 10-4 227-9655

Ahhh.... Spring at Newkey's Your To-Do List:

Be sure to attend:

- **Meat Draw** and Music, April 6
(proceeds to CBESS youth exchange)
- **Live Music**, April 19
(Howlin' Dan & friends)
- **Lion's Spring Dance**, May 4
(tickets available here)
- **Picture the Ocean**, May 19
(refreshing alt-pop trio)

Watch for our new healthier Vegetarian
menu options, coming soon...

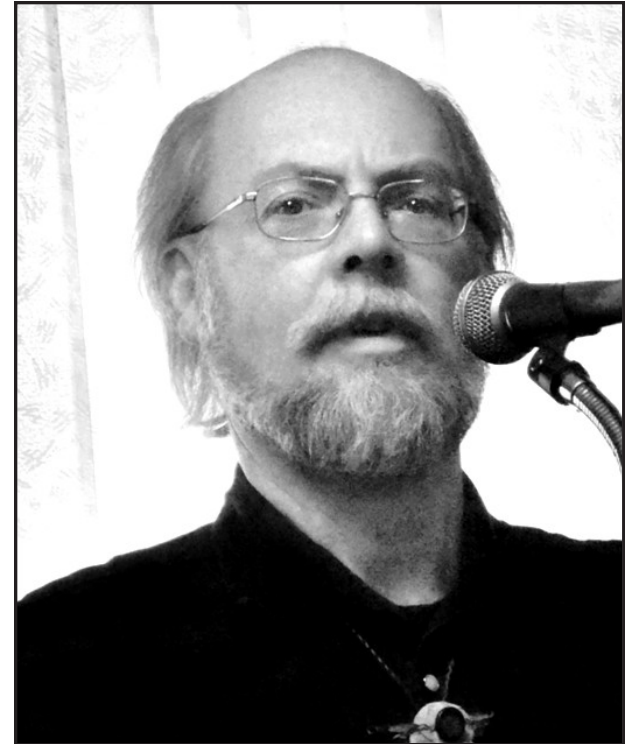
Now offering licensed catering for groups,
golf parties, family reunions or special occasions

RV & Camping Park - short or long term
Reasonable rates

Always looking for local talent - call us today!

NewKey's Place
250.227.6911

Agnew Nominated to Run for "Member at Large" NDCU Board of Directors



submitted by Robert Agnew

Robert Agnew has been nominated to run for 'member at large' on the Nelson and District Credit Union (NDCU) Board of Directors. If elected, he would join John Edwards, the current East Shore representative.

If you are an NDCU member you can vote by mail from March 25 to April 8 or in-branch during office hours on April 9, 10 and 11, 2013. For voting information go to: nelsoncu.com or follow this link: www.nelsoncu.com/upload_publications/upload_2013-02-25.pdf

As a credit union member, you can be involved in two important differences between a credit union and a chartered bank – member education and member participation. You can extend your participation well beyond depositing, withdrawing, borrowing, and saving money. Banks have you 'participate' for their shareholder profits at your expense. Credit union members, guided by 7 International Principles of Cooperation, "contribute equally to, and democratically control, the capital of the locally member owned financial cooperative".

Government regulations make credit unions look like banks, but it is your membership that makes them different. Working, learning and cooperating together, your excellent operations management and staff and your elected board of directors protect your financial services and strengthen the credit union's capacity to share the 'surplus' ('profits' to banks) to benefit the social economy in the Nelson, Rossland, and Eastshore areas. An important difference? Definitely.

As a community and cooperative development worker, Robert Agnew has 47 years of direct experience in all forms of cooperatives – credit union, housing, day care, resource, worker owned, retail, elder care. He offers his skills and experience as an active member, board member, cooperative educator, and cooperative development consultant. For over 30 years he has been active in the Kootenay region and was a founding director of the Upper Columbia Cooperative Council that includes three regional credit unions. Your vote for Robert is your way to make the difference count. Please take the time to vote.

For more information, questions or comments, please contact Robert at 250-227-9552 email: meadowman@theeastshore.net

Buddy, Can You Spare Some Time?

submitted by Marion Johnston

Crawford Bay has some really great public facilities for such a small community, and most of them are run by the Crawford Bay & District Hall & Parks Association.

Due to some recent resignations because of personal circumstances, though, the board of directors for the Hall & Parks Association has been reduced to just four people.

Simply put - we need more energy!

It's an exciting time period, as the old school is being demolished. This will leave our community hall sitting independently on its own space, and there are plans to do some major renovations to improve the exterior and interior appearance. This could be the right time for you to get involved, and some additional planning energy would be much appreciated.

If you live in Crawford Bay, Kootenay Bay, Pilot Bay or halfway north along the Riondel Rd., we'd love to welcome you onto the board of directors.

If you're a relative newcomer to the community, there's no better way to get to know people than by joining such an important volunteer group.

For info please contact anyone below to find out what's involved, or you can visit and leave a message on the Kootenay Lake - Crawford Bay Hall and Parks Association Facebook page.

Why not give it a try? We are looking forward to hearing from you.

John Edwards (President) 227- 9065, Gina Medhurst (Treasurer) 227-6896 or 9466, Helene Carter (Secretary) 227-9442, Marion Johnston (Director) 227-9583, or our booking agent, Kathy Donnison 227-9205.

FALL FAIR 2013 ANYONE?

by Jacqueline Wedge

A meeting for all interested in helping put together another fabulous FALL FAIR will be held on Tuesday, April 9 (7 pm at the Crawford Bay Hall). There are many exciting, rewarding, creative projects possible, but we need committed individuals (and managers and directors) as well as keen volunteers to pull off this wondrous celebration of food.

Food Roots will be linked to a fall fair page on its website (www.kootenayfoodroots.wordpress.com) really soon, where you can communicate and sign-up to do some cool stuff. We have a small e-mail database, so please let us know if we can add you to the conversation and to the little crew hard at work ensuring it will happen.

Call Jacqueline Wedge if you cannot attend but want to be involved. Thank you. See you at the meeting! And eat your veggies. .

Riondel Community Centre Task Force Update

by Shirley Wyngaard

March 14 - A public meeting to discuss the Riondel Community Centre Building Assessment took place February 28. Public input has provided direction and a job list for the task force. A written report is available at the Riondel Library and on the Riondel Web site (riondel.ca). If you request, the task force will provide copy via e mail or hard copy.

It is necessary to define the amount of space (square footage) that would meet and nurture the identified community needs/activities within a reasonable cost, and with reference to health and safety, cost effective operation and sustainability. (Background information on needs and space requirements completed – Needs Assessment, Master Program Plan, worksheets). It is understood that the size of the facility also impacts building requirements to meet code which in turn impacts costs such as the need for sprinkler systems.

The first action was to form a subcommittee of interested, knowledgeable volunteers, familiar with building and design practices, to fine tune our ideas into preliminary plan options that the stakeholders and the public can consider. This will include preliminary sketches, square footage, costs for construction, maintenance and operation and longevity estimates. Ideas for renovation and new building options will be addressed. Also, different types of construction will be considered. This involves accurate information on building code requirements and all other costs.

A second public meeting will be held at which the public will be able to vote and narrow the options to two or three. This process provides opportunity for residents to have more input and keep informed. It also contributes to more cost effective engagement of the architect by providing clearer direction to the architect for the development of two or three viable concept plan options which the public will again vote on.

There was agreement that we did not want the resulting facility to be "a sick old man with a new hat." There was consensus from survey comments and TF members that configuration of space in the new design plan is very important, especially with a reduced square footage.

Other Task Force members will be pursuing funding options and information gathering which is needed to move forward.

KOKANEE SPRINGS LADIES DAY



A hearty *welcome back* to all our snow birds! Spring is in the air and soon we'll be golfing on Tuesdays again. To all you ladies out there who like to golf and have a good time – come join us! We meet every Tuesday at 10 am when the teams are picked, then golf 18 holes, then in for dinner and lots of laughs. Please note you *do not* have to be a scratch golfer... or anywhere near, to enjoy this group. Kokanee Springs Golf Resort has a special half price rate of \$45 plus \$17 for a cart for our Ladies Day group. We are a very laid back, fun group of ladies who just enjoy each other's company, golfing and the odd glass of wine.

Tee times for Ladies Day at Kokanee Springs are as follows:

All Tuesdays: Tee time: 10:40 am
Starting April 23, please be at the Pro Shop by 10 am
Except for: May 14: tee time 12:40 am
June 25: tee time 10:50 am

If anyone has any questions please contact Leone Lund, Club Captain, at 250-227-9247 or email me at leone@leonesphotocreations.com

See you all on Tuesday, April 23, 2013!

**Next Deadline:
April 24, 2013**

New Business Introduction

Kootenay Cove Café and Micro Bakery

by Jac Gibbs

"To prepare delicious, healthy food with passion and love and to share it with the great people from our community and beyond."

Kootenay Bay is getting a face lift! Keep your eyes open for the Grand Opening of the Kootenay Cove Cafe and Micro Bakery conveniently located at the ferry terminal.

Jac Gibb and Liz Schellhorn are well known in the area for serving people delicious meals and putting smiles on hungry faces. Now they are poised to take their passion to new heights with the opening of the Kootenay Cove Cafe and Micro Bakery. With over 45 years of baking and food preparation experience between them, both ladies are looking forward to sharing their cooking and baking talents with their community and hungry travelers alike.

The menu at The Kootenay Cove Cafe will change with the seasons and with what is readily available from local producers. From fresh baked pastries and breads, to delicious soups and sandwiches, to creative dishes from around the world, the Kootenay Cove Cafe promises to deliver mouth-watering creations throughout the year. Both Jac and Liz are passionate


about food, and knowledgeable about dietary sensitivities and allergies; as such their menu will also include delicious vegan, gluten-free, non-dairy and wheat-free items.

Enjoy fresh salsa and avocado salad on the sun-drenched patio overlooking Kootenay Lake in the summer, or warm up by the fireplace with a hot bowl of chili in the winter. The soup is always on, the coffee hot and the baked goods fresh. Jac's zest for spicy dishes will definitely warm the soul on even the coldest of winter days, while Liz's fresh pastries and infamous apple pie with ice cream will take the heat off in summer.

Long term plans include catering for large groups, outdoor BBQ, cooking classes, homemade organic cereals, hot sauces, fresh prepared jams, phone ahead meal preparation for travelers on the ferry, and the creation of The Kootenay Cove Cafe and Micro Bakery Cook Book so they can share their culinary talents with everyone.

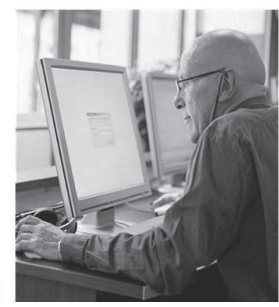
Jac and Liz would like to thank the many people around them who have made this possible. They believe simple healthy food made with love and served in a warm friendly casual environment tastes better.

The café will be open for mid-April with a simple menu to greet the locals and to iron out the wrinkles. The grand opening is tentatively scheduled for early in May, 2013. The hours will be 6:30am to 10:30 pm seven days a week.



Columbia Basin Alliance for Literacy
- Learning together -





Adult Computer Classes



Free in Crawford Bay with instructor Ben Johnson
Wednesday evenings at the Crawford Bay School Computer Lab

- April 24 - 6:00-9:00 PM Computer Basics 1 (for beginner users)
- May 1 - 6:00-9:00 PM Wordpress 1
- May 8 - 6:00-9:00 PM Wordpress 2
- May 15 - 6:00-9:00 PM Social media, cloud computing
- May 22 - 6:00-9:00 PM Working with digital images (incl. video)
- May 29 - 6:00-9:00 PM Basics 2 (for beginner users)

Bring your own laptop or use one of the lab computers.
Pre-registration is not required. Questions? Call Ben Johnson (250)225-3423

Tipi Camp Yoga-Thon Fundraiser 2013

by melanie faith

We would like to invite you to this year's Yoga-thon which is a fundraiser for Tipi Camp, a non-profit in our community that focuses on Wilderness Immersion and Self Esteem Programs (Wise) camps for children and teens. These programs are a powerful rite of passage for those participating, a great benefit that is hard to find in our society.

This 4th annual Yoga-thon Fundraiser will be held on Sunday, April 21, first class beginning at 9 am at the Anglican Church Hall, located at 723 Ward Street (the corner of Ward and Carbonate).. Four women from our surrounding communities will be teaching throughout the day: Trisha Wilson, Lea Belcourt, Sat Kaur Khalsa, Karuna Erickson and a closing ceremony led by Paul Erickson and Duncan Grady to finish off the day. Participants can stay for one class, all day or anywhere in-between. Spontaneous drop-ins on the day are encouraged too, although we suggest a minimum \$10 donation per class. Snacks and lunch will be available for purchase.

How does the Yogathon work?

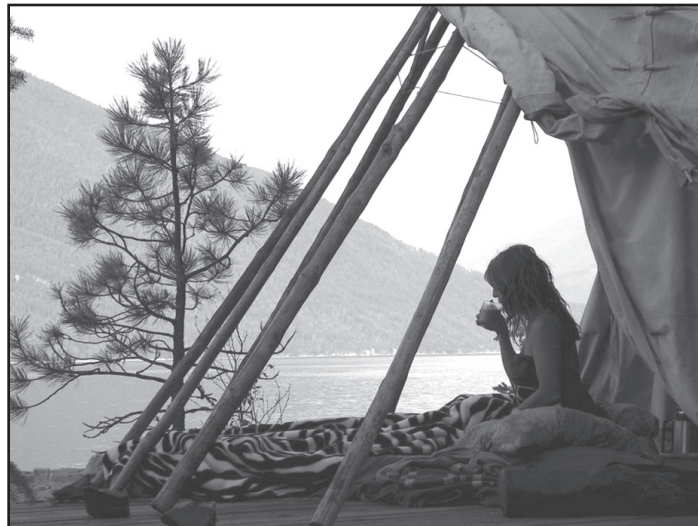
Print out a pledge sheet off the website at www.tipicamp.bc.ca Take your pledge sheet around to family and friends asking them to support your participation in the event by sponsoring you to attend. You can inform donators that all monies will be going directly to the camp. For those who live far away donations can also be made on line at <http://www.tipicamp.bc.ca/contact-us/support-our-work/>

Pledge sheets are a vital aspect of our fundraising effort. Imagine, if every person who shows up to the

yoga-thon brings a little, or a lot, of money in their envelope, amazing things can happen, and who knows what fundraising heights we can reach. Every little bit helps, (no contribution is considered too small), as loonies, toonies and \$5 bills add up fast. We all know this from our own piggy bank experience.

When you arrive at the Yogathon, hand your pledge sheet in with the sponsorship money, make your own personal donation with cash or cheque and take in a class or spend the whole day with other people who love yoga and wish to support Tipi camp. If you are unable to attend please sponsor a friend and spread the word around town.

Now back to what exactly we're raising money for. In the children's WISE program, ages 9-12, the kids get to experience and trust new aspects of themselves through games and gentle challenges. The natural environment encourages opportunities for learning, co-operation and fun. During the teen mountain camp, for ages 13-16, counselors lead the group into the Purcell Mountains where they learn to live together in nature. There are countless opportunities for the teens to discover themselves and to develop respect for each other and the world they share. Many children receive bursaries for these programs, making the camp available to those who need it. Fifty per cent of the children and teens who attended WISE programs in the summer of 2012 were from the Nelson area. It is our wish to increase the knowledge



in the surrounding communities about Tipi Camp so that more families, their children and young adults can participate in the WISE programs and enjoy the pristine beauty and vital life and confidence building skills learned at Tipi Camp.

Thanks to yogathons of the past and other fundraisers, we were able to start an exciting new program for young adults aged 17 – 21 in 2011. This eight-day

mountain adventure YA! 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. This program has only been happening for a couple years now, but we are witnessing a whole new level of being for all involved.

Every year the camp puts out a wish list of needed supplies that

would contribute to the smooth running of the camp. Most years the funds available fall short of what is needed and each year the camp relies on fundraising from within the community.

We look forward to joining together in a fun and rewarding day and take this opportunity to thank our ever-supportive friends of Tipi Camp for their kindness and generosity.

For more info contact Sandra or Dave at 250 505 3173 or email tipicamp@theeastshore.net. For the yoga schedule please go to our website www.tipicamp.bc.ca. Or look up "Tipi Camp Yoga-thon fundraiser" as an event on Facebook

Spring Cleanse with Ayurveda

by Zora C. Doval

Spring is the time of renewal and rejuvenation. Cultures all over the world celebrated vernal equinox as the time heralding new growth and fecundity. We all perceive the tremendous urge in the seeds to sprout and grow. We also feel the strong urge of the waters coming out of the hidden crevices from deep inside the earth... they flow into the valleys below, carrying all sorts of debris, from fertile soil to dead wood, logs, even rocks... the power of the spring waters is amazing. The ice melts on the mountain tops add volume to this crescendo of element of water.

We all perceive these strong waves of energy and raw power of the elements during spring season. We would not stand in the way of a strong spring river, nor would we want to be caught in an avalanche of snow sliding down the mountain. And as these powerful phenomena are happening in great nature, they also do occur in the human body.

According to the knowledge of the ancient sages of Ayurveda (one of the oldest systems of wholistic natural healing, originating from India) the human organism can be seen as a miniature replica of the macrocosm, and, the same forces which animate the universe at large, can also be found in the human body. "As above so below" the old hermetic saying proclaims. Incidentally, this same saying is one of the fundamental axioms of Ayurvedic medicine.

And so, as the snow is melting each spring in the mountain, so does the phlegm in the body "melt" trying to leave the organism through one of its orifices. There is nothing wrong with this yearly impulse to rid the body of the accumulated toxic matters from the winter, it actually is a very healthy sign. We truly should happily "release" all the phlegm and other toxins from our bodies. We should "spring clean the **8 Mainstreet April 2013**

body" just as we fervently clean our houses before the arrival of the new season. The problem arises when we do not cleanse and then the toxicity in the body becomes a fertile ground for pathogens. Many people then blame "the bug" for their cold or flu. Ayurveda teaches that no pathogen can thrive in a cleansed body and advises therefore to cleanse the organism at regular intervals so as to prevent the problems before they occur. Ayurvedic medicine strongly advocates "prevention rather than cure". It also teaches that life can be a joyous experience of harmonious flow with the great Tao of nature, rather than a battlefield or place of constant suffering.

I will be offering a public talk on April 25 and a following one day seminar "Gentle spring cleanse with Ayurveda", possibly at the Crawford Bay School or my house, location to be announced, please, stay posted or find out on Facebook. You can also call me for more info at 250.227.9434 or check out my website at ayurvedanow.ca for dates or events.

During the seminar I will cover all the fundamental aspects of Ayurvedic perspective on the topic of cleanses, fasts, diets, monodiets, juice diets etc. I will give the clear comprehensive outline of a simple yet effective 10-day cleanse that is the backbone of the cleansing treatments in most ayurvedic clinics of modern times and can be safely done by anyone in their own home (on condition they don't suffer from any major/chronic disease which would not benefit from cleansing). Yes, there are certain conditions that are contraindicated for cleansing, according to Ayurvedic wisdom, in which case the cleanse may still proceed at a slower tempo and under the supervision of an Ayurvedic physician. The cleansing needs to be adjusted to each person's individual constitution, to match their particular metabolic rate. I cannot stress this point enough as I have seen friends and neighbors actually get ill because of the wrong choice of a cleansing method. Not all cleanses, "master cleanses" and fad diets are good for everyone. What works for

one person may be actually destructive for others.

During the seminar I will also cover the aspect of how to properly use enemas (and appropriate herbal combination to go with them) for the maximum best result of your cleanse. We will also learn how to cook a very tasty and healing porridge used in all ayurvedic clinics as a mono diet to support the health of the gut. This food item carries the proud name of "food of God" in Sanskrit. We will talk about the seven most important spices to use during the cleanse, also some of the famous formulas for detoxification and igniting the metabolic fire, which Indians fondly call "Agni".

I like to invite you to attend if you wish to improve your health, stamina and longevity, also emotional balance and clarity. Although there are many programs available on the health market, it is not always easy to choose the right one as many of these "new inventions" fail to consider the greater cosmic laws operative in our organisms.

**Next Deadline:
April 24, 2013**

**Massage Therapy
Harreson Tanner, RMT
Over 30 years clinical experience**



* Knowledgeable * Skilled * Experienced

For appointments, call 227-6877/505-6166

Of Dogs, Death, Religion, and Pismo Beach

by Paul Hindson

Once again I have returned from my annual early spring motorbike trip. Again my target was the southern tip of Baja, Mexico. Foregoing my usual luxury of trucking the bike partly south, I rode my little Suzuki right from Crawford Bay. For 22 days, I followed a string of gas stations, borders, hotels and restaurants as I rode from the 50th parallel to the 21st and back.

For the Baja leg, I escorted a brood of five giant Harley Davidsons, all bikes and riders taking a beating on the rough Baja roads. They were good riders all and we had fun, the mixture of tequila and tacos, spectacular roads and sunsets, and the wonderful people again delivering the magic that is Mexico.

Much as I enjoy the company of friends, I often prefer to ride alone... no one to answer to and I can stop and go as I want. After a wonderful ride to Cabo St. Lucas and back, we had one last night in Ensenada, and I said goodbye to my friends.

Heading north, I ride directly through downtown San Diego, Los Angeles, and San Francisco. California has a larger population and GDP than all of Canada. The urban sprawl, twelve lane freeways and massive traffic are mind boggling. California has a law allowing motorcycles to split lanes. In snarled traffic, the motorbikes filter through to the front. There's nothing like blasting by cars at 40mph on a

heavily loaded bike with inches to spare.

In L.A. I take Route 101 to Ventura and the Redwoods Highway. A tire change in a San Diego parking lot full of homeless people has left me drained and I pull into the tired but famous town of Pismo Beach for the night. A bath, dinner, and a couple of beers have me refreshed, and I stroll the old town with its massive fishing pier. On the way home, I encounter two young men in suits who are of course "religious pioneers". I mean, who the hell in Pismo Beach or Crawford Bay ever wears a suit?

After hearing their Mormon pitch, I ask my usual questions: If I join their wonderful church and later decide to leave it, how will I be treated? Is their faith based on love or fear? I then proceed to inform them that the unit I have between my legs is mine, not theirs, and no one has the right to tell me what to do with it. I have my own moral compass and don't need theirs.

Discouraged, they move on. But they get me thinking about things that have been sifting through the back of my mind over many miles on the saddle.

This month marks my 10th anniversary of moving to the East Shore. I am now in the second half of my 50's. My body doesn't work like it used to. A friend of mine had become gravely ill before I left and I wasn't sure if I would see him again.

It got me thinking about my own "exit strategy." I've been riding motorbikes for 43 years. I am vulnerable. A bent fender to a car driver is a broken leg to a biker. But wouldn't lying on the road for a couple of minutes saying, "Golly gosh, I guess I shouldn't oughta have done that," be better than counting months and weeks in some drawn out illness?

Throughout Mexico there are dogs. Big dogs, little

dogs, underfed dogs, dogs with three legs, dogs lying on the road with tire tracks on them, perhaps being tenderized for a future Mexican meal. All except the ones on the road are happy. Why? Because they have no concept of death. Wouldn't it be nice as a human to have that luxury? Death is the great equalizer. Doesn't matter if you're Frank Sinatra or Dr Seuss or Clifford Olsen or a Jehovah's Witness or a drone in some mundane profession, we all wind up on the same side of the grass.

Friends from my past can't understand why I would live in Crawford Bay. It isn't all about what you own here. People like you here whether you're rich or poor, old or young, fat or thin, whatever. And they don't just like you, they love you.

The biggest pain in the ass here is trying to walk on the road because everyone tries to give you a ride. And it's gonna take two hours to go to the dump and the store and the post office, because everyone stops to BS. I go to a party and everyone dances together. There are some wonderful people here, and though it's a tiny place, everything you could want or need is here. Just take the time to

look.

Religion has taken a knock lately as members of modern society are born into sophisticated versions of morality without the need for organised religion. Books like Charles Templeton's Farewell to God and movies like Bill Maher's Religulous paint religion as antiquated, illogical, and in general holding society back. Admittedly, I bought into this too. And yet the drive to spirituality is almost universal amongst mankind. A friend of mine with a Catholic upbringing says she is tired of being ridiculed for having a faith.

Recently I had a part in a play where my character had a religious aspect, and I needed to explore my spirituality to complete my character. It turned out to be a cobbling together of various sayings and epiphanous moments.

Here are some of the things I choose to live by:

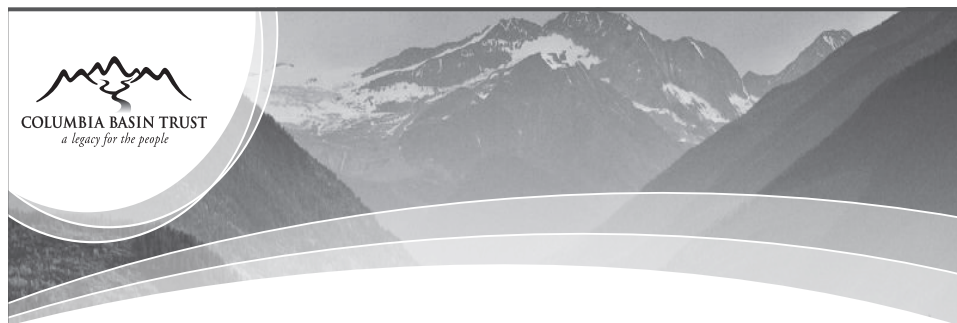
- Expectation is the source of all despair. Kind of like the Rolling Stones song "You can't always get what you want". Accept what life brings you.
- Never assume malice when it could be stupidity, your own or someone else's. Very similar to "forgive our trespasses" in the Lord's Prayer. People are not trying to piss you off.
- What would you be doing right now if nothing was impossible? Stop telling yourself you can't do things and just go do them. If you're not happy, find a way to make yourself happy.
- Live your life. Tomorrow is promised to no one.
- The only way to perfect your relationship with God is to perfect your relationship with another human. Suffer a little. Feel some pain. I love the first lines of Johnny Cash's Hurt. "I hurt myself today/ to see if I still feel/I focus on the pain/the only thing that's real."
- There are people all over sleeping on rocks, eating once a week, drinking mud and waiting to get shot. You don't know how good you have it. Feel some pain. At least you'll know you're alive.
- Give up the need to be right, to control, to blame. (This is part of a fascinating article on worldobserveronline.com called '15 things to give up to be happy')
- Stop taking yourself so seriously. We're all going to be in a box in a minute or two, and that's what makes us funny (Eric Idle)

The young men in suits disappeared into the Pismo Beach night, convinced they had "found the way". There must be comfort in that sort of conviction. Have I found my way? Not yet, but maybe I'm a little closer. I came home and saw my friend with his condition worse. I left in tears.

The past two years on these lengthy motorbike trips I have had at least one close call on each trip, a real chance of lying on that road, getting my time off for good behaviour. This year I rode over 10,000 km and never put a wheel wrong. Another escape - for now.

Sometimes I like to walk out onto an open field, turn my palms to the sky and thank whatever powers that be for giving me this tiny spark of life for another day.

Godspeed, SB.
Namaste.



COLUMBIA BASIN TRUST
a legacy for the people

PUBLIC INPUT MEETING

Columbia Basin Trust Community Initiatives and Affected Areas Programs

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

Area	Date	Time	Location
A	15-Apr-13	7:00 pm	Gray Creek Hall, Erickson
B	15-Apr-13	7:00 pm	Creston Airport, Emergency Response Building, Creston
C	15-Apr-13	7:00 pm	West Creston Millennium Hall, Creston
D and Kaslo	8-Apr-13	7:00 pm	Royal Canadian Legion, Kaslo
D Affected	9-Apr-13	7:00 pm	Argenta Community Hall, Argenta
E	27-Apr-13	1:00-3:00 pm	Nelson Rod & Gun Club, Mickey McEwan Hall, Nelson
F	15-Apr-13	6:00 pm	Regional District Central Kootenay Board Room, Nelson
G & Salmo	8-Apr-13	7:00 pm	Salmo Valley Youth and Community Centre, Salmo
H	6-Apr-13	1-3:00 pm	Winlaw Community Hall, Winlaw
I	8-Apr-13	7:00 pm	Tarry's Hall, Castlegar
J	15-Apr-13	6:30 pm	Castlegar & District Community Complex (Monashee room)
Arrow Park	24-Apr-13	6:00-8:00 pm	Rock Island Resort, East Arrow Park
Burton (1st meeting)	19-Apr-13	6:00-7:30 pm	Burton Community Hall, Burton
Burton (2nd meeting)	20-Apr-13	10:00am-2:00 pm	Burton Community Hall, Burton
Edgewood	15-Apr-13	7:00 pm	Royal Canadian Legion Hall, Edgewood
Fauquier	15-Apr-13	7:00 pm	Fauquier Community Hall, Fauquier
Castlegar	22-Apr-13	6:00 pm	CBT Trust Building, Castlegar
Creston	16-Apr-13	4:00 pm	Creston Town Hall, Council Chambers, Creston
Nakusp/Rural	Advance Meeting		Nakusp
Nakusp & Bayview	To be announced		
Nakusp/Rural	14-Apr-13	Noon-4:00 pm	Nakusp Community Complex (arena), Nakusp
Nakusp & Bayview			
Nelson	15-Apr-13	2:00-9:00 pm	Nelson City Council, Nelson
New Denver	8-Apr-13	7:00 pm	Village of New Denver Council Chambers, New Denver
Silverton	9-Apr-13	6:00-8:00 pm	Silverton Memorial Hall, Silverton
Slocan	8-Apr-13	5:00 pm	Village of Slocan, Municipal Office - Council Chambers

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

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Quebec Travel Journals 2013:

Beau Voyage, Beaux Souvenirs

The following is a compilation of travel journal entries made by students who went on the Quebec exchange on February... the authors are: Braden Notte, Daniel Wensick, Drew Rideout [entries for only 3 days], Jessica Rideout, Zoe Kruse, Daelin Peel-Smith, Arlo Linn, Jordan Conrad, Ries Fowler, Quinton Wastrowski:

Day 1, February 9:

I woke up @ 5:00 am. We drove to Crawford Bay, and then bussed to Creston. From there we traveled to Calgary on the Greyhound. We arrived in Creston and switched from our old yellow Tie Fighter to a new more advanced and larger "Greyhound" Star Fighter. We made several stops along the way at minor space stations to pick up and drop off various aliens. We are now traveling through a very pale asteroid belt in the Alberta galaxy. In a small space port that the locals call Pincher Creek we picked up a young human who somewhat resembled Michael J. Fox. Greyhounds are nice, just don't have any outlets. So far so good. The older music of AC/DC is in my ears. Chris is playing some Final Fantasy 3, and losing. The bus is making some crazy sounds, but I assume all is fine.... Now for no reason at all I will draw poorly... Played 20 Questions with all students who were on the bus. On our way we drove through many places and saw cool things. In Vulcan we saw the Starship Enterprise. It was a 10-hour trip. I believe my travel partner has become mentally unstable. The trip is testing all of our minds. He may be the first to break. We mistakenly took the wrong route when we jumped hyperspeed and were forced to take a longer route to the Calgary space port. The landscape is like going through milk. This trip was very long. I got to Calgary and hung out with my brother. Then went into the swimming pool. We ordered pizza for dinner.

Day 2, February 10:

I woke up at 4:00 am, very tired! Last night, I didn't get to sleep until 11:00 pm. We ate a terrible breakfast. We traveled from Calgary to Montreal and then to Quebec City today. The flight to Montreal was four hours long. We switched from a jet to a "prop" in Montreal. This is my first time past Alberta. The plane ride was fun because I could watch TV all day. I watched two movies. I watched TV shows also. We flew a giant Star Destroyer across the galaxy to a strange planet called Quebec. We have taken refuge with the strange inhabitants of this planet. They all speak a foreign language. However, they are very kind, generous and polite. Tomorrow we will tour the aliens' learning centre.

We drove for an hour to Beauceville. The school bus that we took from the airport was awesome! It had a shelf that went all the way to the back of the bus. I guess it would be used for putting backpacks in. The school hosted an amazing dinner for us. Had group pics and pics w/ our twins. I had dinner in the school with Florence. That night I met the rest of her family. I met Sandrine and her family today, they are all very nice. She likes to read and her sister and her own two hamsters, Wily and Roméo. Her mama complimented my accent, and I find it overwhelming because of their accents. I can feel myself becoming more French by the minute. I am starting to pick up more and more French. I can't spell anything, but I'm starting to understand the conversations more. After two movies I went to bed at nine o'clock their time, seven o'clock my time. I was tired.

Day 3, February 11:

Wow, this is awesome. My host bought croissants for me to eat for breakfast and raspberry jam ("fram-

boise") to put on them. My twin family doesn't speak much English so I've started to pick up French. When you get thrown into a new environment you can adapt pretty quickly. Today I accidentally overslept and had to hurry in the morning. Today was pretty relaxing. We took a bus to the school and walked to a bowling alley. I'm a better bowler than I thought I was. I could have done better...but hey, I'm on crutches. Philippe and I figured out how to restart turns if we wanted to do better, put whatever amount of points we wanted to give to a person, and just completely modify everything on the computer. My day started at 6:30 am., 4:30 my time. I showered and did all the things I did at home before I went to school. I went on the bus. Everyone spoke French so I didn't know if they were talking about me or not. This didn't bother me, though. When we arrived we had a small meeting of what we were going to do for that day. We started with bowling. I won the first round. This was very fun. After we went back to school for lunch. We toured the school, the music room, the art room. This was a boarding school in the past. We got to meet the mayor of the city.

After that we got a ride to the top of what they called a "mountain," which was what I'd consider a "petit" hill. We got a great view of Beauceville. After we went to the St. Joseph museum and saw some old historical artefacts from the early days in Beauceville. The artefacts were different, but some the same as we have in B.C. One exhibit showed how to make maple syrup. I got lots of cool pics of artefacts, antiques & a variety of different art. Some people drew the old-fashioned homes on paper.

After that we just bussed home. On the ride back I met two girls and a guy close to my age. They taught me some French and some Spanish. My host family served a fabulous dinner of steamed broccoli, mashed potatoes & pork stuffed into chicken. After I got home I played hockey with my twin, her brother and his friends. Once we ate we played cards and went to bed. My twin and I played C.O.D. and he is better than me. When we got back to Florence's house, we played Wii, had dinner and met up with some of the kids from my school and their partners to go to a movie ["Warm Bodies"]. It was a comedy, in French, about a zombie who didn't want to be a zombie. I had lots of fun today. I still can't believe I'm in Quebec...amazing!

I feel so lucky to be, once again, away from home, and making new friends. My twin and family are awesome and have beautiful house in St. Georges.

Day 4, February 12:

Once I woke up I was on my way to school. Once we got there we took a one hour bus to Quebec. We got off at the tallest building in the city. The top floor, the 31st, was a bit like a museum. We got a great over-view of the city. Had lunch on the ground floor of the skyscraper. Then we had a long walk through the city. We saw the classiest MacDonald's in the world, and many political/historical sites. We saw the hotel where Benedict Arnold's enemy died, the St. Lawrence River, and a lot of statues by the Parliament Building. On the walkway, near the funicular, Braden, Chris, Ries and I rode a big sled down a steep ice track. We went so fast! It was really fun. We also saw the famous cannon ball in the tree. Later, everyone stopped for "beaver tails" [queues de castor—a delicious Québécois pastry], but I didn't get one. Instead, I went back to where I knew a cool woodcarving shop to be and I got a small wall carving. We took the ferry across to Lévis, which was fun because the river was full of big ice floes! We had a great day on ice slides and visiting Old Quebec and hearing some very interesting facts. Old Quebec

was like a European city! I probably took more than 150 pictures with my camera. We had a snowball fight before we went home.

When I got back from Quebec my clothes were wet. The city was very slushy. I changed and had a good dinner. Played Xbox and hit the sack early. After dinner, Daelin, Chris, Quinton, Reis and Shen and their partners all came to Florence's house and we watched a movie. Today I learned that my twin's mom is an optometrist and her dad is a mechanical engineer. At around 7 pm, I was "urgently" herded out the door to Daniel's twin's house to watch "Dark Shadows" and have an us-against-the-French-students-throwing-pil-lows fight.

Day 5, February 13:

Today, when we got to the school, we got on a bus to go to a snow park at Valcartier near Quebec City. The park was like a ski hill. It was a really big place. You rode down the hills on inner tubes, often in groups. We could attach up to eight tubes/people and all go down a run together. Then you'd go to the lift, sit down in a tube that was attached to the tow rope and you'd get pulled up. The runs had names like "Himalayas" and "Tornado." A run called "Everest" was almost vertical. After about 20 metres you would flatten out at a ridiculous speed. I was in the front and I've never screamed that much in my life. On that run I lost my tuque. Unlike skiing it was much more about the adrenaline than the exercise. There were two runs on the other side of the hill that you went down on rafts in a group of twelve people. There were probably two dozen runs of different difficulty. The black diamonds were the best. Runs weren't hard, just scary. For lunch we had poutine and it was very good. On the bus, we were given a sheet with a French song and we have to memorize and be ready to sing the chorus by Friday! I am not looking forward to that! I hung out with Genevieve and her friends all day. I HAD SO MUCH FUN! I think that when I look back at this trip, snow tubing will be the thing I remember most. Because I got to know Genevieve's friends really well and I had the opportunity to do a snow sport other than skiing. I also stated and go-karted on the icy track they had. Braden and I went skating but it was lame because the skates were dull.

I am staying in a beautiful house. I think it will be a shock when my twin comes to my house. It was my twin's father's birthday today and we had a very big dinner. I came home and had what translated to "Chinese man pie," which to us is a shepherd's pie. I gamed with Anthony, my twin's brother. Then bed.

After we got home Sandrine and I played Rock Band. Then Felix and his twin (Sandrine) came over and we went quading and snowmobiling! I'm really beginning to love Quebec. At the end of the day I had to help my twin with his paper route.

Day 6, February 14:

Today is my last full day with my host family. I will miss them very much; they have been very kind during my stay here. OK, it is 11:40 pm and I'm really tired, so I'll make this quick. Today we visited one of the nicest buildings/churches I've ever seen, Ste. Anne de Beaupré. It had amazing detail in art! It was extremely elaborate! The architecture was mind-blowing. It was very large and echo-ey. It had lots of cool statues. It's also a pilgrimage site. People come from thousands of miles away to pray. Near the end I got lost but I found my way back eventually.

After we went to a large mall. Not as big as, say, West Edmonton Mall, but a still a big center. It had an amusement park above a game of hockey being

Quebec Travel Journals...

played on an ice rink. I liked the roller coaster and bumper cars. Everybody played mini-golf. I bought lots of Valentine's chocolates, to give to Genevieve's friends. I bought a real nice wireless mouse for 40 bucks and that was my main highlight. After my 4 cheeseburgers I played bumper cars and hung out with some of my friends. Shen and I got lost and spent 40 minutes looking for the bus. I was very glad when we didn't get caught in rush hour traffic on the way home. And for dinner, we went to a sports bar, La Cage au Sport. We had a good time watching the Habs game and socializing with our new French (as well as our old English) friends. I went to a party at an exchange student's house and had lots of fun! Sandrine, her sister, and I went and watched "Safe Haven" after dinner. I can understand French very well now. This is the latest I've been up in a week and it's only 9 pm at home. I am tired!

Day 7, February 15:

I slept in till 10 this morning. [The day's activities] didn't start until 11:30 so I just played games with Anthony. Florence and I played Wii for the rest of the morning. Then we met up with everyone else at the sugar shack. We had a sugar shack breakfast which was amazing. We had bacon, fruit salad, ham, crepes (with maple syrup). After a good meal we sang our French song. Then we got to tour around the syrup camp. A guy poured fresh maple syrup on a snow trough and we got to eat the maple syrup chilled on snow. Yum. We had another snowball fight, and we rode a sleigh pulled by a horse. The horse did not listen very well and we went the wrong way. I was gonna buy a tub of maple butter but they didn't have any from this year so got one of last year's for free. Then I went back, packed and we drove to a hotel near the Quebec airport to spend the night. It was hard to say goodbye.

Day 8, February 16:

Today we caught a lot of airplanes and we drank a lot of coffee. We got up at 4 a.m. and we took taxis to the airport. We flew to Toronto, Vancouver, then Castlegar. On the last flight I was worried that we wouldn't land in Castlegar because of low cloud cover (it was a 50/50 chance), but we did.

**Next Deadline:
April 24, 2013**

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Mobile Clinic Dates:
April 9, May 7 and June 4 at the
Crawford Bay Castle.

GROCERY GIFT CARD FUNDRAISER

The parents of kids attending CBESS are raising funds to cover the expenses involved in various student activities.

One of the fundraisers we are doing is selling prepaid shopping cards for the following stores:

- **Save-On/Overwaitea: \$10, \$25, \$50, \$100**
- **Kootenay Co-op: \$50, \$100, \$300**

How does it work?

- Through us, you order & prepay for your cards (in above denominations), by either paying Terry Fiddick or Sandy Watson in cash or cheque, payable to CBESS
- We purchase prepaid cards for those stores and they give us a percentage of total of cards purchased towards our fundraiser
- You use these cards like cash when you next shop at the corresponding stores.
- These cards do not expire

We will be doing three rounds of this with the sign-up deadline dates being:



- Tuesday April 2nd
- Tuesday May 7th
- Tuesday June 4th

Contact Terry Fiddick
(250.227.9510) or
Sandy Watson at the
school (250.227.9218)
to order your cards!

BOTTLE DRIVE on the East Shore APRIL 26 & 27

by Jacqueline Wedge

Mark these dates on your calendar. Call the Crawford Bay School (250-227-9218) to arrange for pick-up on these dates, or else drop off your bottles/cans/tetra-packs into the caged area behind the school (first driveway into the school, past the pre-school area) at any time. There will be another bottle drive at the end of May if there is enough interest, details later.

The money from these refunds will be used to further cultural & linguistic education as well as the great social bonds formed from the secondary SEVEC exchange with teens from Beauceville Québec, which began in February, and continues when the 15 French kids grace us with their presence at the end of May. Many activities are planned for our 30 (combined) kids, including a full-day historical bus tour of the Kootenays, mountain trekking, cultural and artistic projects with East Shore experts, canoeing on the lake, campfires, sport tournaments, lots of yummy food, and much more.

We appreciate your continued support. To help with the bottle drive (I need folks with trucks!), call Jacqueline Wedge @ 250-227-6803.

Meat Draw at Newkey's

- April 6th
- Starting at 4pm with live music
- Fundraiser for CBESS



Spring 2013 Highway Clean-Up

Date: Monday, April 22, 2013

Join your neighbours, students and local businesses in cleaning up our roadways and public places!

Call 250.225.3333 or email lornarobin@bluebell.ca to get on the contact list for Riondel to Gray Creek.

For Boswell area, contact wesjan@gmail.com.

Trucks will pick up bags/boxes left by the road, beginning 12:30 pm.

Honk for the volunteers & please drive carefully.



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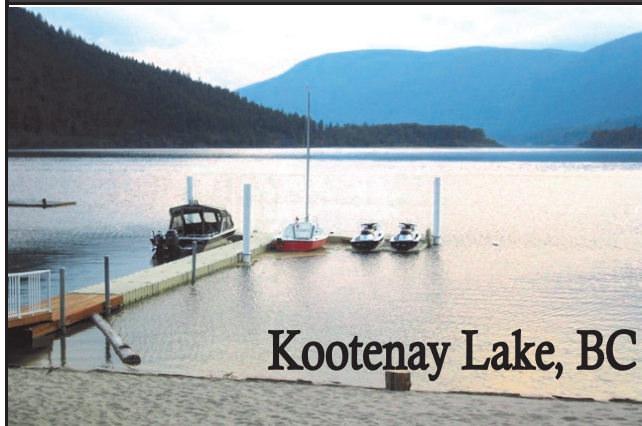
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KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time - Winter Schedule in effect

Vessel Name	Balfour	Terminal		Terminal Bay
		Winter	Summer	
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

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- Sundays: (Closed)


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Hike starts a 10:00 am

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National Information line: 1-877-203-4636
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**National Hospice Palliative Care Week
May 5-11, 2013**

Next Deadline:

April 24, 2013

April 21-27 2013

BC Arts and Culture Week

Celebrating the Arts in Learning and in Life

Events for Creston Valley, BC

Art Show - Chamber of Commerce
Open during office hours

Sunday April 21 • Opening Event • Wine and Cheese
7 to 9 pm, Chamber of Commerce • Art on display
Music Rick Potyok - Julie Mathews - Velle Huscroft

Monday, April 22 • Valley Mudders Studio
10 am to 4 pm • Hanging tile/medallion - Andrea Revoy

Tuesday, April 23 • Zentangles
1 to 3 pm adults/4:30 to 6:30 pm youth, Chamber of Commerce - Jen Hart • Snacks available

Wednesday, April 24 • Writing Practice and Poetry • Creston Zendo
7 to 9 pm, 824 Regina Street - Kuya Minogue
Participants should bring a notebook and two fast pens

Thursday, April 25 • Contemporary Dance
10:30 am to 12:30 pm • Participants should contact instructor Simon Lazarchuk 250.428.8853

Friday, April 26 • Crawford Bay/Riondel Artisans Studios open
11 am, Carpooling meet at Chamber of Commerce • Demonstrations throughout the day

Travel Posters at the Night Gallery
7:30 pm, Prince Charles Theatre - Alison Masters • Admission by donation or food bank item

Saturday, April 27 • Taste of Creston
Noon 'til 6 pm, Chamber of Commerce • Contact tasteofcreston@gmail.com

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Artwork by Karen Hibbard, Sonny Assu and Eli Schreyer Allen bcartsweek.org/artwork

Starbelly Stretches the Wings... All the Way to Sierra Leone

press release by Megan Cole

March 27, 2013 - Music is often found in some of the most unlikely places, and this summer as **Sierra Leone's Refugee All Stars** take the stage at Crawford Bay's Starbelly Jam Music Festival, the All Stars will share their sound that was born out of the Sierra Leone Civil War. The band was formed by a group of refugees displaced to Guinea during the war as a way to lift the spirits of those around them. When they returned to Freetown in 2004, they began touring extensively to raise awareness for humanitarian causes. The Sierra Leone Refugee All Stars have gained international recognition including playing Bonnaroo Music and Arts Festival and also appeared on the Oprah Winfrey Show. In 2012, CBC also named their album Radio Salone the World Music Album of the Year. As part of the new video for their song 'Big Fat Dog,' from Radio Salone, they've been donating all the revenue generated by the advertizing placed on the video to the World Food Program USA. Sierra Leone's Refugee All Stars are one of many bands already announced to play Starbelly Jam from July 19 to 21.

In addition to West Kootenay favourites, **Tofu Stravinsky**, the festival is happy to bring Portland's **Shook Twins**, **Cahalen Morrisson & Eli West** of Seattle, **Locarno** from Vancouver, Vancouver Island's one-man-band **Shane Philip** and Creston's **Tiizak Hamra**.

"We're really excited about the line-up so far, and we have many more great acts to announce," said artistic director Lea Belcourt. "It's going to be another really great festival this year with entertainment for all

BC Arts & Culture Week Celebrating the Arts in Learning and in Life

submitted by the Community Arts
Council of Creston

BC Arts and Culture Week, April 21 – 27, is a province-wide celebration of all things arts and culture that turns the spotlight on the vital contribution that they make in learning and life. Hundreds of arts councils, communities and schools across the province will be joining the fun by presenting a dazzling range of events and activities from pop-up dance performances to art crawls, exhibitions, open mics and much more.

Music, films, media arts, dance, books, theatre and visual arts are a part of daily life, and have a lasting impact. They inspire us, challenge us, and broaden our horizons and help us to become informed, aware and contributing members of society.

The arts and culture sector employs over 63,000 people in communities across BC, with a growth rate three times the provincial average. The film and television alone brings in \$2.82 billion to our economy. BC artists in all disciplines are recognized internationally as among the best. Each year our museums, galleries, festivals and performances attract visitors from around the world.

Arts and culture also play an essential role in learning. Participating in arts programs and activities not only provides students with the discipline and creativity to enhance their learning – schools with strong arts programs cite improved attendance and student motivation, renewed community participation, increased graduation rates and higher scores on standardized tests – but also give them a strong foundation for enriching their lives.

The Community Arts Council of Creston invites all to join in the celebration by taking in one or more of the local events planned by the Arts Council. An **14 Mainstreet April 2013**

ages, and that's the beauty of our festival."

Starbelly Jam's past line-ups have included Blackalicious, Ron Sexsmith, Michael Franti and Spearhead and Juno nominated band The Barr Brothers.

Early-bird tickets are on sale now until May 14. The early bird rate for the adult weekend pass is \$95; \$55 for a youth weekend pass or an adult day pass; \$65 for a seniors weekend pass; a youth day pass is \$30; and a seniors day pass is \$35. There is free admission for children 12 and under. Tickets can be purchased online at starbellyjam.org/tickets2013

For more information contact Lea Belcourt, artistic director at learae75@gmail.com or by phone at 250-227-9030.

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Riondel Arts & Culture Day

RIONDEL LIBRARY 3rd
ANNUAL OPEN HOUSE

Friday April 26/13 - 2 to 9 pm

- DESSERTS, DOOR PRIZE
- FISHPOND FOR KIDS
- MEET KOOTENAY AUTHORS!
- TOUR YOUR LIBRARY
- MEET OUR VOLUNTEERS



COME ONE, COME ALL!

opening wine and cheese with a large art display and sale will take place at the Chamber of Commerce on Sunday, April 21 between 7:00 and 9:00 pm. Music will be supplied by Rick Potyok, Julie Mathews and Velle Huscroft. The Art Show will remain on display throughout the week at the Chamber during office hours.

Also on display at this Art Show will be the entries in the contest celebrating the 50th anniversary of the opening on the Creston-Salmo Highway. Viewers will be able to vote for their favourite piece of art work.

On Mon, Apr 21, at the Valley Mudders Studio on Northwest Blvd, between 10:00 am and 4:00 pm, Andrea Revoy will be holding a workshop on making a hanging tile or medallion. These will be fired and then placed on display at the art show at the Chamber as a community art project.

A different kind of workshop will take place on Tues Apr 23 when Jen Hart will lead participants through the wonderful world of Zentangles. It is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well being. Jen will lead two workshops – one from 1: 00 pm thru 3:00 pm for adults and a second from 4:30 pm until 6:30 pm for youth. Snacks will be available. Both workshops take place at the Chamber of Commerce. With Zentangles anything is possible, one stroke at a time.

Everyone has talent. It lies below ordinary mind in a deep pool of creativity. When we sit still, let go the busyness of daily life, and then write without conditioned thought, words that arise from the roots of the imagination land on our page. This is the stuff of poetry. This is writing practice. This workshop in Writing Practice and Poetry will be lead by Kuya Minogue at the Creston Zendo, 824 Regina St, between 7:00 and 9:00 pm Wed Apr 24. Participants should bring a notebook and two fast pens.

Exciting New Art Exhibit

by Val van der Poel

Exciting new art is on display at The Creston Public Library and the Creston Chamber of Commerce so head down to feast your eyes.

Art in the Library is showing 'Watercolor Friends', a colorful look at the world through the eyes of Audrey Orosz, Marian Evans and Marge Wiebe. Although all of the art is done in the same medium, the different styles and the variety of subjects, from birds and animals to landscapes of Canada and Mexico, are sure to please the viewers. The Art in the Library 'Watercolor Friends' show can be seen from March 9 to May 4 when the library is open.

The Art in the Chamber display features 'Creston Favorites' with Ute Bachinski, Elaine and Andy Alföldy, and 'Encaustic Treasures' with Carrie Lucas. Wonderful watercolors and pastels from Ute, Andy and Elaine will be displayed on the grids in the Chamber. Whimsical, charming and peaceful are just some of the words one could use to describe the art you will see. The Encaustic Treasures by Carrie Lucas are small gems of paintings done in melted wax. Bright colors and abstract designs will delight you and have you looking to 'see' what you can see. The Art in the Chamber show, 'Creston Favorites and Encaustic Treasures', is on display from March 11 to April 25.

These community art displays are sponsored by the Community Arts Council of Creston, The Creston Public Library and the Creston Chamber of Commerce. Each exhibit is around 8 weeks long and will showcase local artists from Yahk to Riondel. If you would like to see your art displayed at one of these venues contact Val at 250-855-5772.

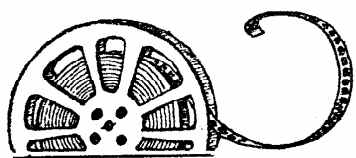
The event planned for Thurs Apr 25, is a contemporary dance session with instructor Simon Lazarchuk between 10:30 am and 12:30 pm. Those wishing to take this workshop should contact Lazarchuk, at 250.428.8853. It will take place at 1329 Northwest Blvd. The workshop will be paced for the more "mature" bodies – no previous experience is required. A variety of movement techniques will be explored offering the participants a movement vocabulary to work with. Bring slippers, non-skid socks and loose comfortable clothing.

Two events are planned for Fri Apr 26. During the day most of the artisan will be open in Crawford Bay and Riondel. Throughout the day various demonstrations will be taking place, usually when Art Week participants show up. For those not wanting to drive, car-pooling is available – meet at the Chamber of Commerce parking lot at 11:00 am.

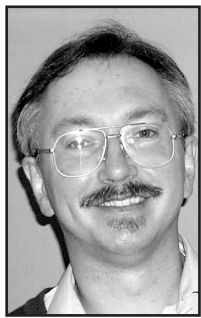
In the evening, a session titled Travel Posters at the Night Gallery will be presented by Alison Masters in the Prince Charles Theatre at 7:30 pm. Admission is by cash donation or Food Bank item.

To close out the week, Jan Potyok has organized "A Taste of Creston." This is an ethnic food event to be held next to the Chamber of Commerce. This year's theme is Ethnic Eats so preference is being given to menu items that have an ethnic flavor and should encourage creative menu choices. Further information is available at atateofcreston@gmail.com. This tasty event will be the closing of Arts and Culture Week in Creston.

BC Arts and Culture Week is presented through the joint effort of Arts BC and ArtStarts in Schools, thanks to the support of the Province of British Columbia through the British Columbia Arts Council and the BC and Yukon Community Newspaper Association and is organized in Creston by the Community Arts Council of Creston.



Seldom Scene by Gerald Panio



"Leading American film critic Andrew Sarris once nominated 1953's *Madame de...* as his candidate for 'the greatest film of all time' - high praise indeed. Meanwhile, his principal critical detractor, Pauline Kael, called Ophüls' film "perfection", marking one of the few times the pair actually agreed on something. Most of the disquiet emanated from the auteur theory - which Sarris championed and Kael loathed - but both considered director Ophüls the most flawless of craftsmen, with the exquisite design and frictionless elegance to make the heart sing and weep in equal measure...."

--Chris Fennell, CineVue UK

Nowadays, thanks to reality TV, the internet, and the magazines at supermarket checkout counter, we're all bombarded with images of the lifestyles of the rich and famous. Yet even with all that exposure, I occasionally find myself caught off-guard by one of these windows into shameless decadence and over-the-top opulence. One such instance was an online article about photographer Daniela Rossell's portraits of wealthy young Mexican women in their bedrooms and living rooms. The article was titled "The Poor Little Rich Girls of Mexico," and the photographs looked like something straight out of *Sunset Boulevard*. The physical settings were unreal, as if they'd been created exclusively for some 1950's Hollywood mega-production. Looking at Rossell's photos, I found it impossible not to wonder what these girls' lives were really like. All surface, no depth? Halls of mirrors with no exits? Gilded snake pits? The same questions arose when I chanced upon the work of Vincent Fourcade, one of the last century's most well-known interior designers. As Fourcade himself said, "Outrageous luxury is what our clients want. We have taught them to prefer excess."

I'm referencing Rossell's and Fourcade's work because this month's review is about a film by one of cinema's great masters of surfaces and interiors: French director Max Ophüls. Just as we're tempted to assume that the people who inhabit the spaces described above might be seriously lacking in gravitas, so critics once dismissed Ophüls as superficial and second-rate. The passage of time, however, has brought to the fore his mastery of both technique and storytelling. Ophüls' masterpiece is probably *La Ronde* (1950), but my choice for this month is his later film, *The Earrings of Madame de....* (1953).

Unfortunately, it's not available at Reo's Videos in Nelson, so if you'd like to follow up on this review you're going to have to borrow my copy (I really don't mind sharing) or use an American IP address to get Hulu.com. Hulu has put the entire Criterion Collection of over 700 of the world's greatest films online (along with a vast library of contemporary films and TV shows) for the same low monthly fee as Netflix.

The "*Madame de...*" of the title of Ophüls' film is the Comtesse Louise de..., the young wife of a high-ranking French general. This was actress Danielle Darrieux's role of a lifetime. The role of her husband was played by the flawless Charles Boyer. The General and his wife have an amical relationship, based on the seemingly casual acceptance of one another's infidelities. The General has his mistresses, whom he collects and dismisses as casually as the money he spends on them. The Comtesse Louise de... is a hopeless flirt, a fixture of every high society event and the cause of a string of broken hearts among her admirers. Everything is copacetic because nothing goes deep enough to matter. Unfortunately, neither the Comtesse nor her husband is at all aware of what can happen should either of them stop playing by the rules of their game

In other hands, *The Earrings of Madame de...* would likely have played out as a farce. The General winds up



paying for the same set of expensive earrings four times during the course of the film. At first, he and pawnbroker even share laughs over the absurdity of the situation. Another director might have been content to gaily skewer the vanity and casual arrogance of rich people and their revolving bedroom doors. Instead, Ophüls aimed for the point where the laughter stops and the game ends. He succeeded brilliantly.

The General's always known that as long as his wife's affairs meant nothing to her he'd have no reason for concern. It actually flattered his ego that this desirable woman, for all her coquetry, was unquestionably his. At home, although they don't even sleep in the same bedrooms, hers is the proverbial gilded cage and she's content to sing in it. The General's only concern is that the Comtesse does nothing to jeopardize their position in society. Mere unfaithfulness is not going to do it. Thanks to the past antics of kings and queens and even popes, Europeans have rarely made infidelity the hot-button issue it tends to be in North America. What General André de... fails to consider, however, is what might happen if his wife's unfaithfulness ceases to be casual.

The Comtesse Louise de... also fails to consider this. Because her husband is focused entirely on appearances, she manages to keep him clueless as to how seriously indebted she's become in trying to keep herself the belle of the ball. To avoid the embarrassment of having to explain her financial dire straits to him, Louise pawns the earrings her husband had given to her as a wedding present. She'll tell him she lost them. Just another minor infidelity. Ironically, she's as inept at this kind of cheating as she is skilled at the other.

All might still have been well. The General has money to burn. He might be a little concerned that his wife's frivolity has some real-world consequences, but he's not going to humiliate her in public, or let her be humiliated. The bottom line is still... the better she looks, the better he looks.

Then along comes the debonair Baron Fabrizio Donaldi (Vittorio De Sica). The Baron's another master of the game, the Comtesse's perfect counterpart. Their chemistry is immediate and potent. Their courtship's an elegant dance, and Ophüls turns it into a literal as well as a metaphorical one. His camera turns around them in a stunning extended sequence that tracks them as dancing partners through a seamless series of different ballrooms and changing costumes. It's one of cinema's most most beautifully condensed love affairs. Ophüls was a master of the travelling camera, the extended shot. The entire scene where the Baron and the Comtesse see one another for the first time is only four shots. There's a unique feel to Ophüls' film because of this restraint, a subliminal sense of flow that works contrary to our modern expectations of rapid cutting & montage. Ophüls treated the camera like a dance partner in a Strauss waltz. It didn't hurt that he had the support of a superb cinematographer, Christian Matras; two first-rate costume designers, Georges Annenkov & Rosine Delamare; and a brilliant production designer, Jean d'Eaubonne.

The Comtesse's affair with Baron Fabrizio may or may not be physically consummated, but it ceases to be a game. By the fourth time the General picks up the much-travelled earrings, no one is laughing any more. Louise is serious about love for the first time in her life, the Baron thinks he's found the ideal object of his affections, and the General sees his role shifting from man-about-town to cuckold. In these kinds of facades, any crack is deadly.

The first scene of *The Earrings of Madame de...* is yet another extended tracking shot, through Louise's own eyes, of her perusing her flawless dressing table and her elegant armoire in search of something to pawn. Pure surface. The movie's final scene has the power, tragedy, and stark economy of an early Ingmar Bergman film.

Louise de Vilmorin, the author of the original novella on which Max Ophüls based his movie, was deeply offended by the liberties he'd taken with her story. She shouldn't have been. Ophüls translated her work into his own medium, and the best translations are rarely the most faithful ones.

Next Deadline: April 24, 2013

Annie – Laugh, Cry, Get Giddy & Whistle Your Way Home

by Footlighters Theatre Society

The sun will come out tomorrow — more specifically, on April 11, when the Footlighters Theatre Society and Adam Robertson Elementary School production of the musical *Annie* opens at the Prince Charles Theatre.

"This is one of those shows that makes you laugh, then makes you cry, then sends you home giddy and whistling its tunes," said director Brian Lawrence.

Based on *Little Orphan Annie*, the 1924-2010 comic strip, the musical follows the adventures of the title character (played by Katie Foy), who lives with several other orphans (Andrea Daignault, Kienna Dyer, Mackenzie Fowler, Zoe Marini, Sydney Pugh, Shaylee Stuart, Jesika Troughton, Meredith Walker) at the New York City Municipal Orphanage, run by the nasty Miss Hannigan (Simone Wiebe).

Annie is thrilled to be taken from there to spend Christmas with billionaire Oliver Warbucks (Colin Hardwick) and his assistant, Grace Farrell (Candace Foy), who vow to help the orphan find her parents. When Warbucks offers a reward, Hannigan, her brother Rooster (Jordan Koop) and his girlfriend Lily St. Regis (Ashley Lee) hatch a plot to get their hands on the money.

The show is set against the backdrop of the Great Depression, and provides a fictional account of how President Franklin Roosevelt (Bob Purdy) was inspired to develop his New Deal, which boosted the U.S. economy.

Joining them is an ensemble (Morgan Benty, Gwen Benty, Keiryn Dyer, Frank Goodsir, Vern Gorham, Louise Lansing, Jasmine Lothien, Jesse Moreton, Laura Nelson, Marybeth Stenhouse, Jason Smith, Victoria Troughton, Jacqui Vezina, Cara Waddle, Gill Wells, Caleb Wells) playing a variety of roles, some as many as five.

"It's a treat to watch the ensemble members as a different character each time they enter," said Lawrence, who previously directed the musicals *South Pacific* (2007) and *The Sound of Music* (2011). "You can't deny the importance of the leads — who obviously put a lot of hard work into their roles — but the ensemble is always the glue that holds a show together."

A new addition behind the scenes is Simone Wiebe, who took over for longtime Footlighters musical director Geri Buchanan. Although it requires her to pull double duty while playing Miss Hannigan, she's enjoying the experience.

"I love musical theater and I'm very happy to be part of such a great group of people," said Wiebe, who played Maria in *The Sound of Music*. "It's been challenging and exciting and nerve-wracking all in one. Mostly, however, it's just fun!"

That fun will shine through in all aspects of the show, but particularly the music, from the angst of "It's A Hard-Knock Life" and the optimism of "Tomorrow" to the sarcasm of "We'd Like To Thank You, Herbert Hoover" and the bliss of "I Don't Need Anything But You". And while the hit Broadway musical — which won the 1977 Tony Awards for best musical and best score (plus five others) — has its poignant moments, the audience is sure to get a laugh from many of the of non-musical scenes.

"The music is jazzy and upbeat," said Wiebe. "It's hilarious. All ages will find something humorous in it."

And it's particularly timely, added Lawrence, being set just a few years into the Great Depression, just as modern society is bouncing back from an economic downturn.

"It's a reminder that no matter what goes wrong, we always have hope," he said.

"It's just heartwarming," agreed Wiebe. "No one in the audience will leave without feeling a little more optimistic about 'tomorrow'."

Annie runs at 7:30 p.m. April 11-13. Tickets are available at Black Bear Books and Kingfisher Used Books.

BLACK · SALT · CAFÉ

...soon...

TOM SEZ

by Tom Lymbery

Careless disposal of ashes in a cardboard box, led to yet another house being destroyed by fire in Blewett. Why can't everyone learn that ash removal must be done into a metal container?

Slocan Village declines winter burials in their cemetery because they claim that the ground is frozen. If there is snow on the ground it will have drawn the frost out. We have no problem with winter burials in our Gray Creek cemetery

Nelson High School has a student visitation program this year with Fort McPherson, NWT - a small community on the Dempster highway to Inuvik. Sixteen came to Nelson from Fort McPherson in February and the Nelsoners will visit the north in April. A most unusual and interesting place.

Pull up Powder Magazine and ask for Whitewater ski resort. It's worth looking at why Nelson and Rossland combined to win a contest for the best ski town in North America.

If you watch "Highway thru Hell" on the Discovery channel you may see wreckers trying to pull a wrecked car 1000 feet up to the Skagit bluffs in the Hope Princeton, or separating semis on the Coquihalla and the Fraser Canyon.

If we have an early spring the pink cherry on the corner by the store can bloom as early as April 20. Later years it sometimes has not been out until May 4. Look for roadside daffodils... couldn't we plant more in the ditches?

"Perfection is a matter of Perception" - from Bill the cabinetmaker in Barra de Navidad.

If you are planting tomato seeds indoors for later transplanting, please save some seed to plant into your garden. You will be surprised at the volume you get from seed in the ground tomato plants.

Recent news headline, "Is childhood over at age 12?" had a different concept in our family. For at 12 we each had to start working behind the store counter, after practicing making change.

Some unusual vehicle names we see in Mexico - Nissan TIIDA and Renault CLIO.

More caribou than usual have been killed this season on the Alaska Highway, between Teslin and Watson Lake. There are three different caribou herds in this area.

If he can help finance a 25 billion oil refinery at Kitimat, David Black must be making more out of Black Press than we realize. He has taken over virtually all the small town papers in BC - the *Valley Voice* and *Mainstreet* among the very few independents left.

Camel bones were found on Ellesmere Island in Canada's extreme north. Do these date from the same era as the large tree stumps that are there, complete with needles?

Does your dog bark all the time you are away? (Ask your neighbours). A Home Alone TV program for dogs is on the way!

From 1938 to 1948 one pre election ploy by the BC party in power was to do short stretches of pavement in communities - we would get some road mix pavement from the Auto Camp to the Gray Creek bridge, and perhaps a bit by Kootenay Cottages. Was this to suggest to voters that if they kept the same party in power they would see more blacktop?

Repurposed Art



These seven foot high artworks which are made from garbage picked up from local beaches are located on the waterfront in Bandon, Oregon. They primarily consist of plastic and each contains numerous Bic lighters.

Photos submitted by Susan Hulland

Gray Creek Pass Report

by Tom Lymbery

Last year the route was passable by July 13, but not recommended, because of the slides caused by 12 inches of rain in June. What the 2013 snow level is we can only guess, but it must be substantial, since all ski hills have much larger bases than average. However the road should be stable after the repairs completed in late September 2012.

West Kootenay Forest District has done much for their division - up to the 6800 foot summit, just past Oliver Lake Recreation Site. What can we do to inspire the Cranbrook Forestry office to do some very necessary grading and gravelling on their side?

Nelson & Area Elder Abuse Prevention Resource Centre

◆ 250-352-6008

◆ preventeldRabuse@sbdemail.com

◆ www.nelsonelderabuseprevention.org

◆ Drop-in Wednesdays 12-2pm

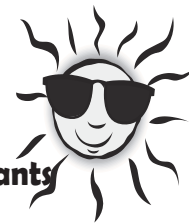
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Ring Dem Bells!

by Wendy Scott

Sometime soon church bells will ring in Riondel. Well - one bell anyway. Riondel Community Church has received a surprise gift of a beautiful bell. It's not a great big brass model, but it has a lovely tone and will herald our Sunday service very nicely.

Joy Clausen is the kind donor and Nils Anderson has offered to supervise the construction of a suitable housing for the bell, and we have received a generous donation towards the cost of materials. All these kind gifts are gratefully accepted.

The building project will be evident fairly soon and when complete, you can be sure you'll hear about it!

Thank you so much to everyone involved. You are appreciated.



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Tom's Corner

by Tom Lymbery
BC Highways

Our province makes west-to-east road construction very difficult

because of the many deep north-south valleys – requiring climbing the high passes between, and ferries for the larger lakes.

Opening the new highway in April 1931 from Kuskonook to Gray Creek, along with three return trips daily across Kootenay Lake on the 24-car sternwheeler *SS Nasookin, finally completed the Southern Trans Provincial highway from the Crowsnest Pass to Vancouver. Daily Greyhound bus service from Calgary to Penticton, interlining with other bus lines to Vancouver, brought competition to the CPR's passenger trains on their Medicine Hat to Nelson route and then via the Kettle Valley rail line to Vancouver.

This was the **only** route across BC until the Big Bend opened on June 29, 1940 between Golden and Revelstoke. Largely built by Depression relief camp crews, this 195 mile gravel road with few services was only open from late May to early October, and was a tough trip which took most of a day to traverse. When the spring snow melted it was a mess of mud; when that dried up it was continuous dust. When it was closed by the early October snows, we might rent an extra overnight cabin or two in the Auto Camp for the slight increase it brought to the lake road, which has always been open all year.

Boards of Trade from Fernie and Nelson to Penticton pushed to have the route designated as the Trans-Canada Highway, but were only able to get "The Trans-Provincial Highway." ("Board of Trade" later became "Chamber of Commerce.")

1945 – 47 saw construction of the seven miles of road from Gray Creek to Kootenay Bay by the Dawson & Wade Co, as well as the assembly of the *MV

Anscomb at the Nelson CPR shipyard. The new ferry between Kootenay Bay and Balfour became operational on June 28, 1947. Soon Greyhound service increased to two daily trips each way, making access to Nelson and Creston easier, without the need of an overnight stay. Hot mix pavement by Storms Contracting Co. came in 1949, ending the dust menace. In the flood year of 1948, the Creston dykes broke, inundating the flats with four feet of water, and triggering Highways to build the higher level Wynndel to Creston segment. Launching of M V Balfour in 1954 provided hourly summertime ferry service.

November 1949 saw the opening of the Hope – Princeton link. Without the tedious deke north to Spence's Bridge and down the Fraser Canyon, car owners no longer loaded their vehicles on CPR flatcars using the rails over the Coquihalla Pass. The new link increased traffic across Kootenay Lake. Now the biggest impediment remaining on the only road across BC was the Cascade route from Rossland to Christina Lake over the "mile high" Santa Rosa Summit. This rough route had many hairpin bends. Greyhound drivers preferred the winter as the surface was smoother. I was always amazed when that rear-engine Courier 500 coach could back uphill on wet snow to make those tight turns. The two daytime Greyhound trips

took a bypass through the US from Patterson to Grand Forks, but the night bus still had to use the rough Cascade road because of night time border closures.

This was finally bypassed for good in July 1962 when the Blueberry – Paulson road opened. Because of the time it took to build the high Paulson Bridge, for many months traffic had to detour steeply down to the rail track at the old town of Paulson and back up again. Sharon found this out when she bussed home for a weekend in July while she was taking Practical Nurse training in Vancouver. By then our Kootenay Lake ferries were a bottleneck – they even ran 24 hours to try to get trucks to make the night crossing. Traffic was backed up two miles, well over the Kootenay Bay summit. Greyhound was running four daily trips each way, with some of these triple headers (the driver of the first bus holding up three fingers to indicate why he couldn't stop as his coach was full). The buses had priority loading on the ferry, so it was much quicker to Greyhound to Nelson than to use your car.

This all changed on July 15, 1962 when the Rogers Pass opened on the Trans-Canada Highway, making the Big Bend route obsolete. We felt as if someone had put a gate across our lake road. We no longer had cars coming off the 2 AM ferry looking for cabins or campsites, so business slowed somewhat. There were still four daily Greyhound trips in the summer and three through the winter, but without the double or triple headers.

We knew that the Creston – Salmo highway was under construction, but it was still something of a surprise when it opened in mid-October 1963.

Early snow control systems attempted to keep it open all winter, but this changed after the first people were killed in avalanches. After that the pass was closed until crews caught up with the inundations of snow slides. For Gray Creek the biggest impact was the complete loss of Greyhound service – we were no longer able to phone for chainsaws or parts and receive them the next morning. That very last scheduled coach included about 20 Gray Creek people, who took the bus to Nelson in order to return on that final Greyhound trip driven by Red Sutherland. We could no longer sell bus tickets to virtually anywhere in the US and Canada, and took down our classic enameled Greyhound sign.

The loss of Greyhound service also affected our Gray Creek Youth Hostel, as hostellers on foot, many from other countries, now had to hitchhike to reach us. Our Kootenay Lake Resorts Association meetings saw much complaint; Rainbow Park Cabins at LaFrance Creek, Lane Falls (now Holbrook Falls) and Cummings Resort at Akokli Creek found that their regular customers still came, but those most important new visitors were sadly lacking. We heard the Skyway was called the Scabway! Walter Lane constructed two 8'

by 16' signs for our resort area. One was for the highway junction in northern Idaho where motorists have a choice between the road to Cranbrook or the Creston and lake route, and the second sign for the highway junction north of Creston. These signs helped, but were not enough.

Arnold Cummings had an ingenious suggestion – hold contests in Creston schools about the Lake and the delights of the ferry route, in the hope of teaching the next generation that many tourist dollars spent up

the lake will return to Creston businesses. It was just too easy for Creston people to say "Take the new highway," not realizing that dollars spent in Penticton never had any benefit to Creston. Our association was able to set up and staff an information booth near the highway junction north of Creston. BC Tourism understood the problem so we did get some funding, even though there was another booth on east Canyon Street. Ours later became an all year information booth in a business on North West Boulevard, as all year tourism always has some travelers. I am sure you have stopped at info booths in the off season to find them closed.

Later years have seen the benefits of having the tractor trailers and highballers use Highway 3,

making the extremely scenic lake drive more pleasurable for motorists, with less truck traffic. But cuts to the late night ferry service are an imposition. A trip to Kaslo, for instance, takes an additional 100 miles each way if you have to backtrack through Creston, Salmo and Nelson. Personally I have only driven the Creston - Salmo pass route once, when the Kootenay Bay ferry landing was being elevated to accommodate the height of the Osprey 2000. Our Kootenay Lake Chamber of Commerce has a more viable webcam than that of BC Highways, as ours shows the vehicle lineup on the shore. You can also see which ferry is running, so please put this on your most visited list: ESIS Kootenay Bay Ferry Landing Webcam: webcams.theeastshore.ca/kbay/ or at www.eshore.ca (the Mainstreet's website, which also has the Balfour webcam as well as Kuskanook Harbour and the Creston-Salmo Pass webcam)

Every winter sees periodic closures of Highway 3 over the Salmo route at the same time as disruptions to Highway 1 near Golden. This leaves the Highway 3A lake route as the only road open across BC during these times, (other than Highway 16 to Prince Rupert).

This results in long ferry line-ups, sometimes lasting for several days. Fortunately the Crawford Bay Yellowhead Road and Bridge crew is very dedicated and the lake road almost always has bare pavement.

*Nasookin is a Ktunaxa word meaning Supreme Chief.

*"MV" means Motor Vessel while "SS" means Steam Ship



Every spring, the Cascade Highway used to be mired in deep mud. In Spring 1947 this Greyhound bus was being towed through a muddy stretch by a tow truck stationed there for that purpose.

Photo courtesy of Mary Carne



Crowds, Greyhound buses, and cars stream along the brand new Hope-Princeton highway during the opening festivities, November 1949.

The buses are covered with huge promotional banners reading "Penticton – Gateway to the Okanagan."

Photo courtesy of Mary Carne



This large enameled Greyhound depot sign stood in front of the Gray Creek Store until 1963, when Greyhound service up the lake was discontinued by the opening of the Creston - Salmo pass route. Greyhound sign courtesy of Tom and Sharon Lymbery, photographed by Frances Roback

Something To Ponder

by Pastor Bill Gooding

In Florida, an atheist created a case against Easter and Passover Holy days. He hired an attorney to bring a discrimination case against Christians and Jews and observances of their holy days. The argument was that it was unfair that atheists had no such recognized days. The case eventually came before a judge. After listening to the passionate presentation by the lawyer, the judge banged his gavel down declaring, "Case dismissed!"

The lawyer immediately stood objecting to the ruling saying, "Your Honor, how can you possibly dismiss this case? The Christians have Christmas, Easter and others. The Jews have Passover, Yom Kippur and Hanukah, yet my client and all others have no such holidays..."

The judge leaned forward in his chair saying, "But you do. Your client and counsel, is woefully ignorant."

The lawyer said, "Your Honor, we are unaware of any special observance or holiday for atheists."

The judge said, "The calendar says April 1 is April Fool's Day. Psalm 14:1 states, 'The fool says in his heart, there is no God.' Thus, it is the opinion of this court, that, if your client says there is no God, then he is a fool. Therefore April 1 is his day. Court is adjourned."

Honestly, I came across this article and it brought a chuckle from deep within, and the time of year was appropriate, as April 1 has come and gone. I would assume that there are very few, if any, here on the East Shore who could truthfully say that there is no God. All one has to do is think upon the focusing equipment of the eyes, the marvel of conception and birth, glance at the charts in your doctor's office of the human anatomy (we are fearfully and wonderfully made, as the Bible states). Be mindful of the radar of a bat, the camouflage of a nesting pheasant, the constancy of the laws of physics and other sciences, the regularity of the seasons and tides... all of the evidence of the pattern of design, and the presence of a designer. And one only has to drive around the East Shore or take the ferry to be literally caught up in the beauty and wonder and awe of where we live.

Some people say, "We live in God's country." I love Ivy Jeffery's response, "We live where God likes to vacation." I mean who has not been impacted by the beauty of our area? We almost come to a pause in our spirits, on the ferry or elsewhere, and in amazement find ourselves wanting to commune with the Creator of such beauty. And the reality is that we can. And biblically, Jesus Christ claims to be that Creator.

But here is a sobering reality, and one that saddens me, as well as many Christians. "JESUS CHRIST!" I have heard these words used as men and women swear in order to give release to their feelings of anger, impatience, frustration or whatever. We have all heard people "cuss" or use the Lord's name in vain or disrespect. There was a time when that would have been blasphemous, but is all too commonplace in our day and time. If Jesus Christ is who He said He was, the Son of God, then we should all be very aware, mortified, even horrified at the words we have expressed and their profanity. We become transgressors again. The man, whose truthful claim to be fully man and fully God, his name is used in these ways, yet the same dynamic does not happen to Muhammad or Buddha or other so-called deities. I've yet to hear someone say "O Muhammed" or after a futile fishing expedition or, during a poor golf game, "Buddha, Buddha." Truth is, we seem to be embarrassed about Jesus. I mean His name is a sure conversation stopper, wherever one might be. Funny thing though, that it does not seem to happen with any other religious figure.

And yet the worst is yet to come. There seems to be something in most of us that is considerably hostile to Jesus. Just go and be a part of any group, especially in a social situation, and talk about or mention Jesus, and watch what happens. Very quickly we

are made to feel uncomfortable and most people turn away or even shun us. They quickly change the topic of conversation. However, as has been pointed out, we could talk about Gandhi or the Dalai Lama to our hearts content, and no one would mind at all.

I remember the past Christmas dinner at Dutch Harbour, where a few people worked very diligently in having a special Christmas dinner for many. It was a very precious time, and I appreciated it deeply. When two gentle, humble Christians, a man and his daughter, began to lead us in a few Christmas carols, some people left or with studied politeness looked very uncomfortable and disinterested. It is true, we all react to this Jesus Christ in one way or another.

Now, please hear and understand this. I write this NOT to condemn anyone as I am deeply aware of my own shortcomings and transgressions. I write this with a humble spirit. It may provoke you, so be it, but done so that you may consider and reflect upon your life, the dynamics of it, and what may very well be the consequences of your choices.

So the question looms large for us all. "Why is this so?"

Perhaps ignorance or a moral dilemma gets in the way. The story of Jesus Christ is like a light that shines brightly into the dark recesses of our hearts and minds. We do not want to be too close, after all He might desire to bring about some changes, perhaps major changes in the way we live. Scripture is quite clear that "men loved the darkness rather than light" and will not come into the light lest his evil ways be exposed. But we must understand that God supplies the power to make those changes - that is His responsibility, but He does hold us all accountable for our choices.

Or perhaps the name of Jesus poses a threat to our independence and freedom. We do want to run our own lives, do the things we desire, go where and when we want. We have decided to reign over our own lives. That's the choice we have made. We will make our own choices and be our own Lord. Yes, we will die one day, and one day have to face the God who actually gave us life. That makes us uncomfortable and we often choose not to face it... most disagreeable.

Perhaps the church is to blame. I mean the blood thirsty Crusades, all the religious persecution, the blandness of our own experiences in our youth or even today, the seemingly small differences it makes to members. Yes, I agree. We, as the church, do blow it from time to time, but you do not stop using electricity because of a few power failures.

Perhaps it just is that you are disappointed with God. I always talk these articles over with my best friend, my wife. She is caring, very compassionate, and the most intelligent woman I've ever met. As we mused this over, I was deeply intrigued by her comment (before Jesus was known) "that she had bullied God in her arrogance." I waited a few moments and asked her to unfold what she meant. "Behind it was my disappointment with God. He could have made me prettier, given me nice skin and less skinny. He could have given me a family that would have appreciated my differences. He could have given me much better circumstances and relationships, but He didn't and I was disappointed with Him." And after a few moments passed she continued, "Then I realized that I was the one who created most of my mess and I was not able to change things. I needed help. I came to know Jesus and things began to change."

I do not know if that is your story. But we all have one. Our storylines can change and things can become clearer and the outcome much different. Examine the evidence. It is all around us - and then, only then, make your choice.

As the judge in Florida said, "Case adjourned."



pebbles by Wendy Scott Comets et al

News item: new arrival in the Solar System

Object: comet

Home base: the Oort Cloud

Name: Pan STARRS

Age: new kid on the block

Route: past Mercury and around the sun

Survival: maybe.

And it's here. Dropping a few crumbs along the way, but Pan STARRS made it around the sun and back into our sunset sky. Now it rides with the crescent moon. And it's quite a flamboyant newcomer with a gorgeous flashy tail. If you didn't see it before the end of March, you might still catch sight of Pan STARRS during the first few evenings of April. Will it return? Yes, but not for another 100,000 years.

But, don't give up yet. It's a good time for comet watchers - Comet ISON is on its way. And if we're fortunate and it decides to put on a proper show then the sky will be worth watching on or about November 28, 2013. This one, according to NASA is a whopper.

Home for these gaseous clumps of ice and dust is an address that lies in a huge cloud of like-minded messy chunks between the orbits of Mars and Jupiter. The Oort Cloud was suggested as early as 1930 by Ernst Opik, but not confirmed until Jan Oort's research in the 1950's indicated that comets, and their meteoric debris, all originate in this huge cloud. Although the orbits of comets can be far reaching they are controlled by our sun's gravity and to a lesser, but significant degree, by the planets they pass; thus we become witness to unpredictable light-shows from their tails - some delicate and others quite startling.

The earth is fortunate to have Jupiter as a bouncer deflecting and in some cases, destroying large celestial objects heading in our direction. Comet Shoemaker-Levy, discovered in 1993, was already in pieces having come too close to Jupiter's fire, and only a year later on its next approach the comet was torn apart completely as it was drawn into Jupiter's upper atmosphere. This was only one of frequent collisions with the giant planet, and now with satellites, remarkable telescopes, and cameras recording for us, we can view so many of these events.

Sedna has been given a gender and she is one of the most recent discoveries in our solar system and there has been no definite decision yet as to what she is. So she remains classified as an object. Sedna is apparently large enough to be defined as a dwarf planet. Her orbit takes over 11,000 years to complete. Except for some of the long range comets, Sedna is the most distant observed object in the solar system. She is so far away and has such an eccentric orbit that she could be affected by another, as yet unknown, large planet - or still more profound - captured from a passing star.

How about that name, Sedna: she's almost a mystical object floating in the vast seas of space, and various astronomers and cosmologists came to the conclusion that no matter what she really was, she deserved a name as mysterious as her image appeared to be. So they reached back into Inuit mythology and chose, Sedna, the Inuit goddess of the sea.

The goddess Sedna's story is not that nice - her husband (chosen by dear old dad) turned out to be a rather large, angry raven. She escaped from Raven's clutches in her father's canoe and was promptly thrown overboard (by dad) - after having her fingers and then her hands chopped off. But, all was not lost as every one of the chopped pieces followed her to the bottom of the Arctic Ocean and turned into seals and whales (respectively) and Sedna was declared goddess of the sea.

Not a calm and peaceful goddess at all, Sedna held an understandable grudge against her dad and often rose up in anger to ruffle the waves - so the story goes.

But, nevertheless, Sedna remains as our own piece of exotica in the outer reaches of the solar system - a mysterious, gaseous, bright red object, without a

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moon, that just might be a dwarf planet – like Pluto, Eris, and Quaoar (yes there's a few more out there.)

The system's getting crowded, and we haven't mentioned the rest of our Milky Way Galaxy -- and then there's the Universe, which no one really has bothered to name. Why's that? Well – because it encompasses the cosmos – which defines the extent of our entire existence – and we've always assumed there's only one. Hm, perhaps it's time, now, to think of an appropriate name for the only universe we know... For certain, that is.

The wind sings softly, listen/It sighs of an endless sea/So deep that Forever is lost/In the swell of Eternity.

-wmes

It's a Small World After All



www.dougpyperphoto.com

by Anna Rose

ED: Apologies to readers of Anna's column who may have been confused by the last paragraph of last month's article. The final paragraph was a direct quote, and not the writer's words. In editing, the italics were inadvertently left off, so it didn't read as a quote. Sorry for any confusion.

Book of the Month: *A Thousand Farewells: A Reporter's Journey from Refugee Camp to the Arab Spring* by Nahlah Ayed. 2012, Viking division of Penguin Books, 356 pages, non-fiction.

This third column dealing with the Arab World presents a book written by a CBC reporter who was born in Winnipeg of Palestinian descent. She begins with her early childhood experiences in Canadian society and her later childhood years in a Palestinian refugee camp in Jordan then describes in detail her life between November 2001 and December 2011, when she lived in the Middle East again to report on events in many countries. Chapters are devoted to Afghanistan, Jordan, Iraq, Lebanon, Syria, Iran and finally, Egypt.

Ayed includes good summaries of happenings in the Middle East in recent decades that by now some of us may have forgotten about, if we ever knew. These historical passages help us better understand the events that she witnesses and reports on. However, many good authors could provide the same. Where Ayed shines is in the insight and humanity her first-hand accounts are filled with. She understands because of her own background, as these quotes show:

I grew up knowing what war did to people. I lived among them, contemplating their vacant stares and the arrested lives they led long after the guns fell silent.

...reports regularly glossed over nuances that mattered – ignoring key historical facts, mistranslating people's words -- occasionally significantly altering reality. I thought with my basic knowledge of the region and the language I could perhaps, in the smallest of ways, try to fill that void.

...I bristled every time there was a reference to the "Arab street" and the "Arab view."...The three hundred million people who lived in this region could not be an undifferentiated mass with a single point of view. There was no one type of Muslim – they weren't even all Muslim ...

Ayed seeks to find how the common person is impacted. She talks to families mourning their dead, refugees in transit, and young dissidents working together years before the significant events we think of as the Arab Spring. Readers wanting more of a political analysis of the region in recent years can get it in another excellent book *The Invisible Arab: The promise and peril of the Arab Revolution* by Marwan Bishara. Ayed's book is perhaps the perfect lead-in to deeper exploration, kindling the desire to know more. As she explains:

I wanted to know to satisfy my own endless curiosity – about what happened in Egypt and everything else that happens in our world beyond our own borders. I wanted to know so I could explain to those of our viewers who cared enough to sit through a story about a people so very far away, and yet so very similar in ambitions, desires, and hopes. I wanted to know because it matters; because what happens there echoes here, loudly; because I wanted, above all, to tell their story and have it be heard.

Crawford Bay Reading Centre

by Cathy Poch

Most of the Reading Center users know that we have had a new operating system at the library for over a year now, it is working quite well and has several features that we hope to make available to our patrons soon. One is the ability to send out over due notices, notify patrons when requests are awaiting them via e-mail. Well... last week as I was preparing Over Due notices, I hit a button and lo and behold, before you, or I could blink, notices went out to all patrons, with e-mail addresses, with both over-due items and notification of monies owed for items returned late... My apologies to all who received these, I had hoped to notify all of this feature BEFORE using it for the first time.

This is an important feature, which will save the library both time and money, when fully implemented. It does cost to prepare and then mail out notices for overdue items. We have a number of patron e-mail addresses on file, but are lacking many more. It would certainly benefit us if, next time you use the library, you up-date your information to include this. We will only use this information to contact you for library business.

Spring is officially here, seeds have been started for early planting, but are you searching for new ideas for your garden/ yard/ containers? We have several books that could be of help in planning a new garden, re-vitalizing an old garden, or introducing you to new ideas. Come check a few books out. We are always on the search for new authors, new categories of books to purchase so if we don't have what you are looking for, write it in our book and we will certainly try to purchase them.

Some people are still confused about our new location on the ground floor of the Crawford Bay Castle, across the road from the Crawford Bay Hall. Hours are as they have been; Tuesday and Saturday from 12:00 to 3:00 and Thursday evening from 7:00 to 9:00.

Next Deadline:
April 24, 2013

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 Monday March 11 at 7pm in the school library. All parents & guardians are welcome! Call Erin (227-6848) or email namaskar@theeastshore.net to be put on the agenda.

HOT LUNCH PROGRAM: Thank you! A heartfelt thank you to the Crawford Bay Market for allowing the Hot Lunch program use the display freezer in the old store. A special thank you to Jamie and Sonja for allowing us to interrupt you on an irregular basis to get the keys.

The Dark Will Fade

by Ryan Erlandson

I'll never understand why I did what I did
As a kid, and growing up all the shit that I hid
That stuff grows with you every minute you live
Until you're strong enough to face it, see it is what it is
It all contributes to who you become
Experiences shaped by the stupid you've done
They say live and learn but the learning becomes
A painful lesson like burning your tongue
Some get depressed, end up turning to drugs
As the years fade away while you're searching for love
Tears make their way to the surface and come
Falling down your face while you're perfectly numb
Thinking back to the days the hurt never existed
Never say never it was just cleverly hidden
Remember there's two sides to every image
And a simple brush stroke has us stretching the limits
But the beauty of art is the messages in it
Everyone sees it differently except for the critics
So if we can just accept that we'll never be slimmest
The smartest or richest just work the hardest and give it
All that we can then the dark will fade
And we can all be proud of the part we've played
I'm hungry lately, I'm starved for change
So let's start today and just march off stage
This isn't an act, there's no final chapter
No curtain to close, no wild laughter
Nobody clapping, no hired actors
This is your life calling, and you've finally answered

Riondel Community Library

by Muriel Crowe

We are in the midst of planning our third annual open house. This year we are holding it in conjunction with the Creston Arts and Cultural Week along with many other organizations within our community. We are excited to offer readings from three local authors who are Luanne Armstrong, Alanda Greene and Doreen Zaiss. A map will be handed out with all of the venues and events listed so people will be able to plan their visits to the different events based on their own interests. We will also be offering the popular computer quiz, fishpond for our younger visitors, the mystery story board, desserts in the Seniors room, door prizes and a prize for the "name our mascot" winner.

We are frequently updating our collection and are currently awaiting the delivery of a new selection of BBC DVD's. Remember to add your recommendations to the list on the desk and to notify the volunteers if you have a purchase suggestion. We do hesitate before purchasing older books as generally they are available from inter-library loans and our rule of thumb has to be to discard one book for every newly catalogued book.

We still have many library membership cards to be picked up so if you don't have yours please ask for it. We look forward to seeing you at the open house and in the library frequently before and after that event.



East Shore Hospice News

by Ali George, Coordinator

Hike for Hospice

In honour of Hospice Palliative Care week, **East Shore Hospice would like to announce the 11th annual Hike for Hospice.** This great community event has become an East Shore tradition and this year the Hike for Hospice will take place on **Sunday, May 5** in Crawford Bay.

This year's hike will start at the Crawford Bay School. Registration is at 9:30 am and the hike will begin at 10:00. After the hike, a luncheon will be held back at the school. There will be entertainment provided by local musicians and prizes for the two individuals who gather the most pledges in support of East Shore Hospice. After lunch, **Dr. Duncan Grady** will speak about death and dying as not separate from life and living. Duncan is a psychotherapist and hospice trainer with a post doctorate degree in Creation Spirituality, using western and non-western approaches to health, well-being, and end-of-life transition. He was raised in the Siksika Blackfeet indigenous tradition.

Please join us in bringing awareness to East Shore Hospice and palliative care. Hike, bike, gather pledges, make a donation, and know that all funds raised on the East Shore stay on the East Shore. All ages are welcome. Pledge forms will be available at our local Credit Union, East Shore stores and post offices.

Hospice care focuses on living fully until the very end of life, with dignity and comfort, surrounded by a circle of support. East Shore Hospice volunteers pro-

vide 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 adding to our hospice library, and attending meetings of the advisory committee.

East Shore Hospice is currently looking for new volunteers. In 2012 our hospice volunteers provided 415 hours of palliative care and 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. Our next volunteer training will take place in November 2013. 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).

Our death's 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.

Health & Happiness: Heart Disease

by Sid Kettner, M. D.

Hart disease is the Number One killer of Canadians—striking down more than 50% of our population. And one-half of those with a heart attack never even make it to hospital—it strikes that quickly and ruthlessly. Sadly though, 75% knew that they were in serious trouble ten years prior, but they did nothing about it. They knew their risk factors but failed to take action.

There are ten major risk factors. We can control seven of these—Diet, Smoking, Hypertension, Lack of exercise, Weight, Diabetes and Stress. We cannot change our heredity, gender or age.

The good news? Eighty to eighty-five percent of heart disease is preventable if we just would stop smoking, lower our cholesterol and start exercising. These steps are simple but highly effective and no cost to us or to the medical system. In fact we will save money as we save our lives!

Next month we will discuss the warning signs of a heart attack and show how the rates of this disease have drastically dropped as people took charge of their own health. Exciting!

But for now, if you are at risk, consider attending the highly successful and recently updated Coronary Health Improvement Program (CHIP PLUS) to be held in Creston starting this coming October. See the booth at the Fall Fair this coming September, watch for the announcement in the Creston Advance newspaper, or call Carol or me at 227.9191. Ed and Artis Williams took the course and it changed their lives. Feel free to ask them about it. Their phone number is 223.8235.

- Planning a wedding?
- Holding a meeting?

Consider renting the **BOSWELL HALL**

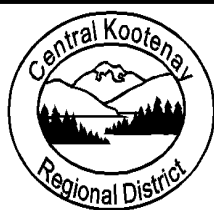
Booking/info: Judy @ 250-223-8664

Nelson & Area Elder Abuse Prevention Resource Centre

◆ 250-352-6008

- ◆ preventeldRabuse@sbdemail.com
- ◆ www.nelsonelderabuseprevention.org
- ◆ Drop-in Wednesdays 12-2pm

719 Vernon Street, Nelson
Nelson and District Seniors Coordinating Society



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 **April 19, 2013.**

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 29 at the Gray Creek Hall @ 7:00 and is open to the public.

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More info: 250.227.9030

learae75@gmail.com



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Tues, Thurs:
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Sat: 8:30 - 10:30am

Sun: 6-8pm

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Notice of Passing

Peter Duryea

July 14, 1939 – March 24, 2013



Peter Duryea, beloved long-time resident of the East Shore community, died peacefully at his Gray Creek home in the early hours of Sunday, March 24.

His partner and wife, Jan Bryan, as well as his daughter Star, were with him, continuing in the support, companionship and love that they offered through Peter's health challenges of the last five years.

Born in Los Angeles, July 14, 1939, Peter came to Canada in 1974 and made his home, with Jan and Star, in Gray Creek since 1979.

Those who were fortunate to know Peter met someone dedicated to finding ways to contribute to the well-being of the natural world and all the life that belongs to it.

Touring with a theatre group in the 70's, Peter guided presentations that inspired audiences throughout southern BC to awaken to the earth's need for love and care in the face of environmental degradation. He gathered allies to form the East Shore Environmental Council, committed to education and action on environmental issues in our area, as well as the Forest Council. He organized and led community forums and sessions to guide residents to visioning the kind of community they wanted and to finding ways to manifest their ideals. Guiding Hands Recreation Society and the Tipi Camp gave hundreds of people an opportunity to be immersed in the wonder and teachings of the natural world and be forever changed for the better because of it.

An accomplished movie maker, Peter directed many video projects. He especially valued one that documented the creation of an elders living facility in Salmon Arm, showing the importance and value of keeping elders in their community near friends and family when they are no longer able to live independently. He brought this vision to the eastshore and worked for many years as chair and board member of Kootenay Lake Eastshore Eldercare Cooperative Association. The powerhouse of that group, Peter exhausted every possibility through years of effort to try to manifest this vision.

When his lungs were damaged with an infection and Peter had to be on oxygen support, he began writing a support manual to help others who face the same challenge to navigate the needs and requirements of the situation more easily. He never stopped looking for ways to be of use and to contribute positively. He also never stopped finding joy in the beauty of the world.

In addition to his immediate family of Jan and Star, Peter has a brother,

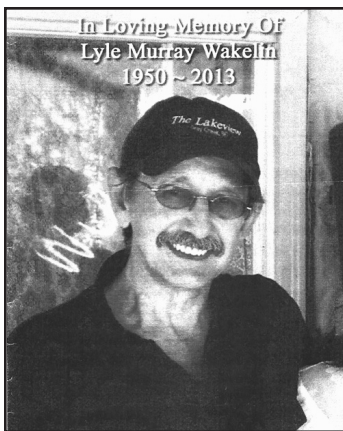
Richard and a nephew Derrian, and is survived also by the large community who will miss the light of his face and voice when he spoke of the wonder of this world and who will be forever touched by his profound gratitude for the gift of life.

According to Peter's wishes, a private small burial was held in Gray Creek. A Celebration of Life may follow at a date to yet be determined.

Notice of Passing

Lyle Murray Wakelin

Feb 24, 1950
– Feb 15, 2013



Lyle M. Wakelin was born February 24, 1950, in Saskatoon. At age of two he was a passenger on a freighter out of New York bound for Venezuela with his Christian missionary parents. Lyle spent most of his youth there, and returned to Canada

in 1967 where he finished high school. Lyle attended Trinity College in Deerfield, Illinois, majoring in history, and then a year of university in Barcelona, Spain. While there he traveled Europe on his Triumph motorcycle.

Lyle moved to Lethbridge, AB in 1971 where he spent the next 30 years. He married Debby Mehrer of Creston in 1983, divorcing in 1992, and had two children. While in Lethbridge he worked in various construction trades including on gas pipelines, self-employment building grain bins, and lastly ammonite jewelry fabrication.

Lyle always loved the mountains and wanted to move to British Columbia. He finally got the chance in 2002 when he moved to the Kootenays, and for 10 years worked in Gray Creek at The Lakeview in the post office, store, campground and marina.

Lyle was a stoic, private, and gentle man, with a wry sense of humor. He was a loving and nurturing father, had many friends both in Lethbridge and the Kootenays, and was always ready with practical help for friends and family. He played trumpet in his youth and developed a love of music, resulting in an extensive collection of rock and roll. He loved skiing, mostly at Westcastle and Fernie, hunting in the Alberta foothills, and canoeing.

Lyle's health substantially deteriorated in the last 15 years when he had chronic back pain, two hip replacements, and most recently, an illness diagnosed too late. He passed away unexpectedly on February 15, 2013.

We are stunned that he is gone. He touched many people, and he will be in our hearts forever. He is survived by his mother and father Bruce and Nina Wakelin of Abbotsford, son Laine Wakelin in Lethbridge, daughter Ilea Wakelin in Vancouver, sister Lois in Gray Creek, BC, sister Elaine in Bakersfield, CA, brother Dennis and wife Jacki, and two nieces Rachel and Sarah in Hauser, Idaho.

Lyle is buried in the Gray Creek Cemetery close to his home. The memorial service was held February, 22 at the Gray Creek Hall.

Next Deadline:
April 24, 2013

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Remembrance Garden

by Wendy Scott

March has turned out to be consistently unpredictable – weather-wise. So if you happen to see clumps of dirt, piles of leaves, bundles of twigs – all flying in various directions – and you happen to be passing by the Remembrance Garden – and it is Saturday, April 6 – come on in!! That will be our clean-up day.

We will be polishing, raking and digging – in the Remembrance Garden and also around the church. So bring a rake, or just come and take a look – at any time. And if you have any questions or ideas – let us know.

Wendy wmescott@gmail.com 250-225-3381
Muriel mcrowe@bluebell.ca 250-225-3570

Subscribers: Did you know?

You can buy a one year digital subscription and get your newspaper online, nearly a week before it comes out in stores! Go to www.eshore.ca and click **Subscribe!** Then follow the steps to purchasing a digital subscription. A link will be sent to your inbox once a month and your fresh, new **Mainstreet** is a click away.



AREA "A" EDC Economic Development Commission

\$18,000 is available for projects for Area A (East Shore) relevant to the promotion of economic development. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

Community Connections (aka South Kootenay Lake Community Services Society, SKLCSS) is a registered society that may sponsor your application.

email skootenaylakeccss@gmail.com
or phone 250-354-2951

or visit Community Connections office at Crawford Bay School, Weds. 1- 4

2013 application deadlines:
May 31, Oct 31

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>

For more information and assistance, email EDC Chair lornarobin@bluebell.ca Or call 250-225-3333. All meetings are open to the public, call for meeting dates.

Visit InvestKootenay.com

A free service for you to list your business for sale and view investment opportunities

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: BF Goodrich, 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 & custom finish work. 250.551.2915 or 250.505.3570. (see ad in contractor section)

JB (JUERGEN BAETZEL) CONSTRUCTION: Over 15 years experience, strong work ethic. 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.

THE GREEN MACHINE - Excavation, Landscaping, Installation of Waterlines. Ph.: 250.225.3485

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. 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.

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.

FINGERPRINTS AND HAND ANALYSIS - P. Danielle Tonossi IHA. Discover your Life Purpose and what it takes to live it fully or host a Self-Discovery Hand Reading Circle. My expertise is at your service - 250-227-9478. Info: www.crystalgardenspirit.com
FIRST CONTACT EAST SHORE MIDWIFERY - Sylke Plaumann, registered midwife. 250-227-6846.

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 Skalinska, 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.

WELLNESS AND MASSAGE FOR WOMEN - Geraldine Alter and Pierre Blanc, European professional therapists, over 15 years of practice. Reflexology, deep tissue (European method), spine massage with specific oil, relaxing massage, Reiki, hot and cold stone therapeutic massage. 250-227-9890

RESTAURANTS

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.

Small business accounts for 98% of all business in B.C.

You may have a hobby or skill that with a bit of help could turn into a viable business. If you want to explore this more, call us for a free appointment.

The Self Employment Program offers income benefits for up to 52 weeks as well as business management training & counseling for qualifying entrepreneurs.

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



Growing communities one idea at a time.

CLASSIFIED SECTION

BUS. ANNOUNCEMENTS

Sirdar General Store: A unique place to shop on Duck Lake. 2013-2014 Fishing & Hunting Licences, Regulations, Tags, plus CVMMA Fishing & Hunting Permits. Tackle, Groceries, Island Farms Dairy Products, Energy Bars & Drinks, Juices, Soft Drinks, Water, Chocolate Bars, Chips, & Nuts. Creston Valley Bakery Breads & Pastries. Locally made crafts—just arrived, children's aprons, PJ's. Crib & Cutting Boards, Bird Houses. Post Office. Ice Cream treats. 8050 Hwy 3A, 250-866-5570 or Fax 250-866-6811.

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

Pedway in Gray Creek Store: coming in mid-April... Lumber and a whole lot more! 250-227-9315

BUSINESS SERVICES

Fax service, photocopies, (with no PST/GST) Tom Lymbery - Notary Public, 250-227-9315, fax 227-9449, 250.227.9448 for Notary Public.

EMPLOYMENT OPPS

Local bistro seeks dishwasher/food-runner for summer employment, wage+gratuities, send resume to blacksaltcafe@gmail.com
Wanted, cooks and bartenders/servers, Newkey's Pub and Restaurant, Crawford Bay. Call Pam at 250.227.6911. Also always looking for local talent!

EVENTS/WORKSHOPS

Come and dance at the Kootenay Lake Lions Club Spring Dance: Music of the 50's, 60's, 70's, and Country Rock. Saturday May 4 from 6pm to 11pm at NEWKEY'S Pub. Tickets \$15 ea incl appetizers available from Steve Mills @ 227-9061, Pam Spiers @ Newkey's or other Lions Club Members. There are a limited number of tickets so get yours soon!

Mother's Day PLANT SALE. Crawford Bay Hall, Sunday May 12th 10-1. bring all of your cuttings, transplants, starts, repotted house plants... all things greenish and plantish. also in the works is a small flea-market. if you require assistance call Jacqueline Wedge @ 227-6803. this is a Food Roots branch. haha get it? branch. (ps hug your mother).

The East Shore's very own - **SUMMER MUSIC and ART CAMP!** July 15, 16, 17, 18 & 19 2013, for adults and children of all ages. For the week leading up to our wonderful Starbelly Jam music fest, we are offering a fun-filled week of activities in many disciplines, including fiddle (beginner and advanced), guitar, marimbas, ukulele, percussion, voice, dance, painting, life-drawing, collage, fibre, yoga, and more. Week rates, day rates, and drop-in fee options available. Several workshops are happening simultaneously, days are packed-full of activities! Registration is recommended, starting in May, please contact Lorna Robin @ 225-3333 or

Jacqueline Wedge @ 227-6803 to do so. Watch for posters, ads, articles, and e-mail info coming soon.

HOME/BUILDING

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

Spring Clean with double strength cleaning vinegar for a natural cleaning job. Essential before painting galvanized metal. Gray Creek Store 250-227-9315

Painting is the easiest and most economic renovation you can do, and Benjamin Moore is the best quality paint - 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

Firewood Alternative - Energy Logs - 100% pure 68,000 btu per 8lb log. Get 'em by the pallet or try a single. Gray Creek Store 250-227-9315

Wood Pellets - 100% Douglas Fir - Superior Quality. Take it from the experts - great performing pellet with less ash. Gray Creek Store 250-227-9315

MISC 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

Just what a man wants - No scrubbing, spray on, wash off hull cleaners by Starbrite. Ask us folks at the Gray Creek Store. This is the stuff we use. 250-227-9315

Marine supplies: more toys for the boys (and girls) from trolling rods, gear, and quick fix items. Gray Creek Store - 250-227-9315

Need help with that honey-do list? Check out Gray Creek Stores building supplies to get those jobs done! 250-227-9315

Flat Fix - to seal and inflate tires on cars or light trucks - carry this for back road travel. Last years price \$10.95- Gray Creek Store 250-227-9315

Green Polysteel Rope: floating, lighter and much stronger than yellow rope Gray Creek Store 250-227-9315

No more batteries: LED FLASHLIGHTS w/ crank handle - \$9.95- Gray Crk Store 2502279315

NOTICES

Penny Drive - Bring all your pennies to the Forge & Furnace Gallery in Crawford Bay (aka Kootenay Forge downtown) and we will not only turn them into works of art, we will donate double their value to help local children attend the Summer Art and Music Camp in July. Need more info? 250-227-9467

Our lake level has hit its low point. 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

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

OUTDOORS/REC

It's hungry bear wake up time - be prepared with bangers, spray and bells from the Gray Creek Store 250-227-9315

Great selection of Skid Lids! Good quality, comfortable and reasonably priced helmets starting at \$36.95. Gray Creek Store 250-227-9315

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

Live Animal Traps - Squirrels to Raccoons - \$27.35 to \$100.45 - Gray Creek Store 250-227-9315

Live Animal Traps - Squirrels to Raccoons - \$27.35 to \$100.45 - Gray Creek Store 250-227-9315

RENTALS/REAL EST.

For Rent: We are a Co-op living situation in which 3 creative and responsible individuals are looking for 2 more compatible house mates at Tara Shanti Lodge in Kootenay Bay. It's a shared accommodation with responsibilities and has ample bathrooms for \$400 per tenant/mth, this includes Hydro. Ph: 403-863-6848.

YARD & GARDEN

Get that firewood early: we have a great selection of axes and mauls to get that job done! Even 6lb'ers for the ladies! - Gray Creek Store 250 227 9315

A pitchfork is essential equipment if you are burning springtime brushpiles. 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

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

36" Reach Extender: easily picks up everything from cigarette butts to full beer bottles. Be ready for spring yard and highway cleanups - 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

Bird Feeders - and the black oil sunflower seeds that bring birds to your window - Gray Creek Store 250-227-9315

Plenty of Pulaskis with fiberglass or wooden handles - great selection. Gray Creek Store 250-227-9315

Laird Seeds grown in Balfour for our Kootenay Lake Microclimate and Stellar Seeds from Johnsons Landing - Gray Creek Store 250-227-9315

WANTED

The Fitness Place urgently needs someone with a pick up truck to go to Penticton in the next couple of weeks to pick up a leg press machine for us. We will pay the fuel cost. The machine weighs 550 lbs & is 7 feet long and shipping is far to expensive. Please contact Leona at 250.227.9361. Thanking you in advance!

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 2013

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.

April 2, Tues-Dr Sharon Lee
April 3, Weds-Dr B Moulson
April 4, Thurs-Dr Sharon Lee
April 9, Tues-Dr Sharon Lee
April 10, Weds-Dr B Moulson
April 11, Thurs-Dr Sharon Lee
April 16, Tues-Dr Sharon Lee
April 17, Weds-Dr B Moulson
April 18, Thurs-Dr I Grymonpre
April 23, Tues-Dr Grymonpre
April 24, Weds-Dr B Moulson
April 25, Thurs-Dr Sharon Lee
April 30, Tues-Dr Grymonpre

**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**

WEEKLY EVENTS AT BOSWELL HALL:

BADEV: Meets 2nd Tues. each month, 9am
Contact Rod Stewart 250-223-8089
Boswell Book Club: Meets 2nd Tues each month
2pm. Contact Melody Farmer 250-233-8443
Boswell Ladies Club: Next meeting April 15, 1pm
Contact Jean Stewart 250-223-8089
Boswell Nifty Needlers Quilt Guild: Meets 3rd
Tues. 1pm. Contact Dianne Schaub 250-223-8273
Boswell Vintners: Jan. & Feb. meetings TBD.
Contact Doreen Nault 250-223-8414
Bridge Club: Mondays 1pm Beginning Jan. 14
Contact Melody 250-223-8443
Tone & Trim Fitness: Mon & Fri 9am \$5 /session or
punchcard of 10 for \$40. Darlene Knudson 250-223-8005
Yoga with Lea: Thursdays 9:30-11am \$12/class. Con-
tact Merily Arms 250-223-8058 (no yoga on spring break)
St. Anselm's Anglican Church: Services on 1st
Sunday of the month at 1:30

SPECIAL EVENTS AT BOSWELL HALL:

1. Boswell Earth Day Hwy 3A cleanup will be held
April 24th at 10. Contact Wes or Jan @ 250-223-8667 to
register your section of the highway. Barbeque at the Hall at
1pm for participants. All are welcome.
2. Boswell Hall Annual Plant Sale will be held May
11 at 10AM at the Hall. There will be tables of local artisans'
works, a bake sale, and lunch is available. Doors open at
10AM
**3. Boswell Farmers' Institute Fundraiser Silent
Auction and Steak Dinner** will be held May 4, 6pm
at Boswell Hall. Monies raised will go towards replacing the
Boswell breakwater and boat launch. The dinner will start
with shrimp cocktail followed by a barbecued steak dinner
with all the fixings and a tasty dessert. The ticket price is \$20
per adult and \$10 for children under ten years of age. Only
120 tickets will be sold. Tickets are available at the Boswell
Post Office, Gray Creek Store, Wynndel Store, Mawson's
Sports and the Destiny Bay Store. An evening of good food
and fun will include door prizes, raffles, and a silent auction
featuring items donated by local artisans and businesses.
Donations to the silent auction should be submitted to Meri-
lyn Arms (250 223-8058) by April 29. For further information,
contact Bob Arms 250 223-8058.

HELP!

The Kootenay Lake Fall Fair needs your assistance! The
2013 Fair (#102) is seeking people power to put on another
great celebration of local food, flavour, and craftsmanship.
Please contact Jacqueline @ 227-6803 or moonrakings@
theeastshore.net if you would like to become involved.
Thank you.

WOMEN'S SOCCER

Women's soccer (16+) starts in May at 5:30 pm on Fridays.
Call Kate Page at (250)225- 3390 or (250)505-6950

RIONDEL YOUTH FAMILY FUN NIGHTS

Family Fun Nights are moving to the Crawford Bay School on
Tuesdays 3-5 pm. Starting April 2. Hope to see you all there!
Watch for information about our Friday Family Fun Nights.

EAST SHORE HOSPICE

East Shore Hospice provides practical, emotional and spiritual
support to individuals and their loved ones through the stages of
dying, death and bereavement. Hospice palliative care aims to
make the last months of life comfortable, peaceful and dignified
for patients and their caregivers by providing care, support, respite
and advocacy. Our office and lending library are located at the
East Shore Health Centre. For information or an appointment,
please call Ali George (East Shore Hospice coordinator) at 250-
227-9006 ext. 29 or email at hospice@theeastshore.net.

COME AND DANCE AT THE KOOTENAY LAKE LIONS CLUB SPRING DANCE..

Music of the 50's, 60's, 70's, and Country Rock. Saturday
May 4 from 6pm to 11pm at NEWKEY'S Pub. Tickets \$15 ea
incl appetizers available from Steve Mills @ 227-9061, Pam
Spiers @ Newkey's or other Lions Club Members. There are
a limited number of tickets so get yours soon!

HOSPICE HIKE

11th Annual Hike for Hospice! Sunday May 5th at Crawford
Bay School. Registration at 9:30 am, hike begins at 10 am.
Lunch and entertainment at the school following the hike.
Special guest speaker Dr. Duncan Grady. All ages welcome.
Look for pledge forms at local businesses. Support East
Shore Hospice! For more info, call East Shore Hospice at
250-227-9006 ext. 29.

VARIETY SHOW THANKS

Foodroots, Kootenay Lake Chamber of Commerce and
Crawford Bay Permanent Stage Committee would like to
thank the following people for helping with the fundraising
variety show at Crawford Bay Hall Feb 17. Organisers: Gina
Medhurst, Lea Belcourt, Mauz Kroker, Jamie Cox, Jacqueline
Wedge. Entertainers: Howlin'Dan, Andy Kushner, Farley
Cursons, Applesauce Fiddlers, and Butterfly Fiddlers and
Theo Artzoglou. Special thanks to Lorna Robin for supplying
sound system and Lea Wilson for MCing the event! A total of
\$421 was raised towards a new permanent stage in Crawford
Bay Park.

THANKS FOR THE PARTY!

Thank-you to everyone that made the Oaxaca Fundraiser
Family Dance a great success. Thank-you to Miroslav for
providing the sound, Ben for his drumming, Lea for leading
us in Laughing Yoga, Lady V for her amazing beats, Theo
Artzoglou for his Drum and Bass, and Dave and Tiziana
for bringing out the all the DJ equipment, making it all
possible. Thank-you to all the individuals and businesses
that generously donated to the Silent Auction. Thanks to all
the people that baked goodies, volunteered their time and
participated to make the night so fun. Muchos Gracias!

www.eshore.ca
[mainstreet@](mailto:mainstreet@theeastshore.net)
theeastshore.net

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

April 2013 SCHEDULE

April 7: Jeff Zak, 11am

music - Marie Gale

April 14: Brenda Panio, 3pm

music - Marie Gale

April 21: Rev. Robin Celiz, Anglican, 1pm

Please join us at Riondel Church

for a combined service

April 28: Bill Gooding, 1pm

music - Marie Gale

Please 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 7th: 1:30 pm Rev. Robin Ruder Celiz

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

April 21: 1pm - Rev. Robin Ruder Celiz. This will be a com-
bined service with Riondel Community Church in Riondel

For information call Karen Gilbert: 227-8914

or Sue Philp: 227- 9140

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 2:30 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 24, 2013

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 morn-
ing at 8:30 am in the Kootenay Lake Community Church base-
ment. 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

Next Meeting: No meeting in April

April 2013 Mainstreet 23

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Strong Start is every weekday at the Family Place at the school from 10-1	1 Turbo Jam, CBESS, 5pm Yoga w/ Lea, CBay, 10am	2 Youth & Family Fun Night, every Tues, CBESS, 4-6pm Dr. Sharon Lee	3 Dr. Moulson	4 Improv/Theatre, CBESS 7pm Shane Philip, The Hub, 8pm Dr. Sharon Lee	5 James Wood, 5 Rhythms Dance Class, CBESS 7pm	6 Meat Draw and Music, Newkeys
7 EASEY Breakfast, CBESS, 9:30-10:30 Bottle Depot, 10-2	8 Turbo Jam, CBESS, 5pm Yoga w/ Lea, CBay, 10am	9 Fall Fair Mtng, CB Hall, 7pm Dr. Sharon Lee	10 Volleyball, CB School, 7pm Dr. Moulson	11 Improv/Theatre, CBESS 7pm Annie, PCSS, 7:30 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Sharon Lee	12 Annie, PCSS, 7:30 James Wood, 5 Rhythms Dance Class, CBESS 7pm	13 Annie, PCSS, 7:30 EASEY Meeting
14 EASEY Breakfast, CBESS, 9:30-10:30 Bottle Depot, 10-2	15 CBT Public Input, Gray Creek Green Energy Talk, Ashram, 7pm Turbo Jam, CBESS, 5pm Yoga w/ Lea, CBay, 10am	16 Lions Mtng, 7 pm Dr. Sharon Lee	17 Volleyball, CB School, 7pm Dr. Moulson	18 Improv/Theatre, CBESS 7pm Limited ferry service today! Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	19 Rec 9 Grant App Deadline Live Music, Newkey's James Wood, 5 Rhythms Dance Class, CBESS 7pm	20 CB Park Cleanup, 10 am
21 Yogathon, Anglican Church Hall, Nelson EASEY Breakfast, CBESS, 9:30-10:30 Bottle Depot, 10-2	22 Hwy Cleanup Day, Craw Bay Hall & Parks Mtng, CB Hall Turbo Jam, CBESS, 5pm Yoga w/ Lea, CBay, 10am	23 Chamber Meeting, CBESS Dr. Grymonpre	24 Hwy Cleanup Day, Boswell Computer Basics, CBESS, 6pm Volleyball, CB School, 7pm Mainstreet Deadline Dr. Moulson	25 Improv/Theatre, CBESS 7pm Ayurvedic Seminar Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	26 Riondel Arts/Cult Open House, Rio Library, 2-9pm James Wood, 5 Rhythms Dance Class, CBESS 7pm	27 What's Happening Forum, CBESS, 2-5 pm
28 EASEY Breakfast, CBESS, 9:30-10:30 Bottle Depot, 10-2	29 Turbo Jam, CBESS, 5pm Yoga w/ Lea, CBay, 10am	30 Lions Mtng, 7 pm Dr. Grymonpre				



HARROP - PROCTER FOREST PRODUCTS

Buy local Forest Stewardship Council 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 & fir decking
- Cedar and Douglas fir timbers
- Douglas fir flooring
- Cedar, pine and fir paneling
- Cedar and Douglas fir siding
- Douglas fir tight knot baseboard & casing

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



Spring Specials:

Fencing grade cedar, 1x4 cedar T and G panelling, 2x4 2x6 2x8 and 2x10 cedar for raised garden beds and other outdoor projects

Buy local and support the only FSC Community Forest in Canada!

250.551.5452 sales@hpcommunityforest.org

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

ADVERTISER	PAGE	
Riondel Arts Cult Open House	2,14	
B-57 Excavating	12	Sapphire Hair Salon 1,13
Barefoot Handweaving	6	Sunnywoods Farm 16
Black Salt	16	Sunset Seed 20
Boswell Boat Launch BBQ	1	Tree Pruning/Housecleaning 4
Boswell Hall	20	Turlock Electrical 12,13
CBT Public Input Sessions	9	Western Pacific Marine Ferries 3
CBAL Computer Course	7	What's Happening Forum 5
Community Futures	22	Yoga with Lea 20
Crawford Bay Hall & Parks	14	
Crawford Bay Park Clean up	2	
Crawford Bay Market	10	
Credit Union	12	
Creston Arts/Cult Week	13	
Creston Vally U-Brew	12	
Creston Vet Clinic	11	
EDC	21	
Elder Abuse Prevention	16	
ESIS	12	
East Shore Express (ESE)	16	
Eastshore Physiotherapy	20	
EZ Dock	12	
Fitness Place	20	
Footlighters13		
Gray Creek Store	22	
G.R.S. Contracting	12	
Greg Garbula for MLA	6	
Green Energy Forum	6	
Grocery Cards Fundraiser	11	
Harreson Tanner	8	
Harrop Procter Forest Prods	24	
Highway Cleanup Earth Day	11	
Hike for Hospice	13	
Hulland and Larsen	12	
JB Construction	12	
Junction Creek Hub	13	
Kokanee Ladies Golf	7	
Lakeview	13	
Meat Draw	11	
NDCU Banner Ad	10	
Newkey's	6	
PAC Box	19	
RDCK Rec 9 Grant Apps	20	

Transfer Station Hours

CRAWFORD BAY:
Sun & Tues
9 am - 3 pm

BOSWELL:
Weds/Sat:
12-4

Library Hours:

East Shore 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