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The East Shore Mainstreet

KOOTENAY LAKE BC

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

INSIDE:

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

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Mainstreet*
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V0B 1E0

Agreement#: 40718537

Well we know where we're goin' /but we don't know where we've been
And we know what we're knowin' /but we can't say what we've seen
And we're not little children /and we know what we want
And the future is certain /give us time to work it out
~ The Talking Heads - Road to Nowhere ~



Photo by Kira Dinim
Grade 9 CBESS student

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MS Issues

by Ingrid Baetzel

Are you satisfied with the level of service by our ambulances? Are you happy with the number of doctor

days, the quality of fee-for-service health practitioners or the amount of time dedicated to lab services at the clinic? Are you getting the health services you need? Do you feel confident regarding the East Shore's situation with a resident nurse? Do you think that there is adequate transportation for seniors and physically or financially challenged residents to receive medical attention?

Approximately twenty-five people showed up at the Crawford Bay Health Matters Forum on March 13 at the Crawford Bay Hall to answer these questions and much more. This meeting was an opportunity for the community to give feedback and help guide a process of investigating strengths and weaknesses, gaps and opportunities related to all health matters on the East Shore.

This forum is a first of its kind and comes to us courtesy of the Advisory Steering Committee from the East Shore Community Health Society, Selkirk College Community Education and third year nursing students. It is really quite a fantastic endeavour in that it is a change from top-down management approaches of the past where decisions about our health services are simply delivered to us, usually on somewhat of a tarnished and chipped platter. With this approach, fielded by the above organizations and facilitated by the East Shore Learning Hub and Laverne Booth, the gauntlet has been thrown down and residents are not only encouraged, but loudly invited, to send out their voices regarding health and emergency services on the East Shore. Major corporations and organizations, particularly government ones, respond well to organized and cumulative data. This is on-the-record involvement folks.

If you were unable to be at any of these meeting, or the April 3 Presentation of Strategies meeting at the Gray Creek Hall, information will be made available to residents. It is a true wonder what we have created out of all the cuts and cost re-structuring, but we still have a long way to go. Please stay informed and lend your voice when asked, because there often isn't anyone listening the rest of the time. This was our moment and thank you to those who were a part of it and to those tireless people who serve in the name of emergency preparedness, first response, health and community planning. We see you and we thank you.



Save Your Bottles/Cans!
Crawford Bay School's Secondary will be collecting bottles as a fundraiser for their year-end trips to the Juan de Fuca Trail and Salt Spring Island.

The next super-sized bottle drive will be on April 27/14!

Please save your bottles and cans for us! Contact **Dan Rude** at drude@sd8.bc.ca if you need a pick up. Otherwise, bottles can be **dropped off by the shop cage** at the school.

Please support this great cause and help our kids in their fundraising for these amazing opportunities - a week-long Juan de Fuca trail hike and an ocean/agriculture retreat to Salt Spring Island in June.



Please help us say thanks to **Mary Donald**
For all her years of looking after us!

~ Join us for a buffet lunch in honour of her retirement ~

1:30pm, Saturday April 26
Senior's Room, Riondel Community Centre

Tickets: \$15 each
Available at Riondel Market, Crawford Bay Market, Gray Creek Store. *Buy yours now - limited seating!*



Business Opportunity

The Kootenay Lake Chamber of Commerce offers...



Opportunity to **exchange time assisting tourists** this summer for **rental space** at the Tourist Info Booth in Crawford Bay (between Barefoot and the Forge).

For additional information please call **Lois** at 227-9367, or email info@kootenaylake.bc.ca.

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STEAK DINNER - Saturday, May 3, 2013 at 6:00 pm

Boswell Community Hall

Tickets - \$50 - only 120 tickets, available at Boswell Post Office, Gray Creek Store and Wynndel Store

INCREDIBLE SILENT AUCTION - Door Prizes - Raffles

SUPPORT THE HARBOUR FUND!

Bob Arms - 250-223-8058

armsrl@theeastshore.net



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April Horoscope

by Michael O'Connor

Tip of the Month:

Spring officially began on March 20th this year but it is the New Moon in Aries that

really launches the season. It occurred on March 30 at 11:45 am PDT. What is of added significance is both the Sun and Moon were also closely conjunct Uranus. This indicates what can be described as an unpredictable explosive charge, no foolin....

Uranus says 'expect the unexpected'. It can be compared to the joker, yes in the playing cards, but like the one in Batman too. Not surprisingly, Uranus is symbolized by the Fool in the Tarot. 0 is the number for this card and the history of both 0 and the Tarot are full of mystery, intrigue and twists and turns.

In addition to Uranus spliced into this New Moon Seed, all three are in a tight and charged aspect to Jupiter and Pluto. Venus forming a contentious angle to Saturn meanwhile adds a sobering weight to the plot. Altogether this will prove to trigger some very dynamic, assertive and even aggressive energy patterns and consequent events.

The culmination of this charged dynamic at the time of the Full Moon in Libra on April 15 at 00:42 PD is equally dramatic. Astrologers have been talking about this one for months. To begin, it is a Lunar Eclipse, which is known to, in effect, block the past, accelerate time and produce events that bring about key turning points for the future.

Just hours prior to this peak point in the cycle, the Moon will make a series of challenging aspects again to Jupiter, Uranus and Pluto and to Mercury and Mars as well. This will activate people emotionally and noticeably. Mercury in Aries meanwhile will make hard aspects to Jupiter, Uranus and Pluto and Moon/Mars as well. The rest of the Month remains packed with power as well specifically on April 20, Easter Sunday.



RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

Budget: The RDCK budget for 2014 was adopted at our Board meeting on March 20th. I can provide details from the document for those who wish, but here are a few summary points. On the whole, taxation in Area A will be lower in 2014 than in 2013. This is due to several reasons, the most significant being a shift of tax burden between areas which share services (waste and recycle programs, libraries, cemeteries, etc) where the increase in assessed value in the adjacent areas has been higher than the increase in Area A. We have also continued, as a Board, to look to minimize the accumulation of annual operating surpluses in several services, keeping year over year funding closer to the actual needs. This keeps more dollars in your bank account with less in the RDCK bank account. There is a risk that if we are too aggressive in paring budgets you may see a notable upturn in taxation down the road, but at least there is opportunity for you to save or spend your own money in the interim. I also firmly believe a tighter budget instills a greater sense of discipline in those who are authorized to spend your money.

There are other methods of smoothing budget jumps and dips, using non-statutory reserve accounts and 'stabilization' accounts which we have established over a few years to offset revenue dips in services which depend on revenue from fees such as building permits and waste tipping charges. As of 31 Dec 2013 the RDCK was holding approximately \$18.6M

in reserves across nearly 90 distinct services. This is in comparison to an annual operating and capital works budget for 160 services in the order of \$60M. The reserves will serve a wide range of needs from fire truck replacement to building upgrades to future landfill site closures and environmental monitoring. This is responsible governance, allowing future equipment replacement or facility upgrades to often require minimal tax changes. Some services, however, have minimal reserves so major upgrades will be tied to larger tax increases. Reserves are also being used by both of the Hospital Districts to which respective portions of Area A belong in order to smooth out current and anticipated capital demands.

Community Directed Funding From CBT: Over the past few years the Columbia Basin Trust (CBT) has been establishing annual funding allocations ranging from \$100,000 to \$200,000 for clusters of communities to spend on projects which they develop and prioritize through local steering committees. Areas where such funding is already in place include the Columbia Valley (East Kootenay), the Slocan, the Elk Valley and Lower Columbia (around Trail). For several months a volunteer group has gone through the formative stages for Creston and area including the Eastshore and extending out to Yahk. For a time there was an initiative to establish a separate Eastshore fund which might have evolved into a Kootenay Lake fund but this did not come to pass for various reasons. As it stands now, the CBT is expected to finalize the contract for Creston and area in the near future and \$200,000 of new funds will be in available for each of three years.

There are a number of reps on the steering committee, including myself, Paris Marshall Smith and Greg Blackwell if you wish to contact one of us and provide input or ideas. In other areas where funding has been in place communities faced an initial challenge to come up with projects or initiatives which pro-

vide a broad benefit to residents throughout the area for which the funds are allocated. For us this process begins now. Funds could be used for studies, such as needs studies around housing or other social issues, or they could be used for projects such as trails or parks. For several months the folks from Kootenay Employment Services have been hosting a series of 'community conversations' in Creston to document ideas and look for consensus on a wide range of issues. I have monitored the conversations but found it difficult to make the round trip for the evening meetings given other commitments. A series of conversations around ideas and needs including more of the Eastshore may be an appropriate next step.

Time Change (Or Not): More than five years ago, following the municipal elections in 2008, Creston council received a letter from one business owner asking them to go to Mountain Daylight time. One of their councilors has now advised me that on Tuesday, March 25, 2014 they voted to no longer pursue this change and they will be advising the business owner of same. Given the feedback, concerns and controversy I have heard over the past years, it's about time (pun intended).

Long Term Health Facilities Planning: Access to health services, whether along the Eastshore, an hour or two away or requiring much greater travel to the Okanagan or Calgary, has been an issue of great concern and some angst for all. Seeing the ongoing "struggle" and political wrestling between communities to attract modernized regional or acute care facilities, it is not hard to understand why our facilities are not in top notch shape. The facilities condition survey, released by Interior Health last fall, confirms this. Some of us, through our representation on your behalf on hospital district boards, have been advocating serious studies around needs, capacities (current and projected) and the impacts which local health services have on our aging communities. Compared to province wide averages, we continue to be a significantly older population than most areas. We have not seen a large influx of capital spending as some other regions have seen. Rather than decreasing taxation to bare bones in recent years when Interior Health has not requested large contributions towards improvements the West Kootenay Boundary Hospital District Board (WKBHRD) has socked away funds into capital reserves totalling \$5.7M as of 31 Dec 2013. This has been largely so that we can readily fund our share of major studies and the planning process for large scale capital works which are needed in the mid to long term.

Prior to beginning the major planning process, I heard suggestions that it is preferred to have the staff who have been engaged in the mega projects in the Okanagan wrapping up that work so they could concentrate on the West Kootenay, to have an updated facility condition index and to have some form of green light from the Province that it is our time. The first two items have come to pass. Yet, at the WKBHRD meeting on March 26th we heard confirmation that no comprehensive studies, as a precursor to major project(s), are in the wings. The near term priorities will be emergency, ambulatory and pharmacy services at Trail, which is our designated regional hospital.

Can we not do more? What about all this talk about aging in place, better off at home, focus on healthy living (proactive), health services where you live when you need them? Is the cost effective model simply to ship us away for procedures after our health fails? I still have been working with the Rural Development Institute (RDI) to try to put some meat on the bones - where do we live, what are our ages, what are our current and projected needs? How can these needs be met without extensive travel? How do we get out of the 'box' which works better for dense population areas? Let's form a new mold, or at least put a dent in the current one.

As always, if you have questions or concerns please contact me by calling 250-223-8463 or e-mail gjackman@kootenay.com.

Aries (Mar 21 – Apr 20)

Your pioneering spirit may feel a bit more like a poltergeist under this Moon cycle. However, what might come as a surprise is just how cooperative and willing you stand to be. At least a few antics are likely though, if not from you then from significant others. You may at least undergo a few tests the passing of which will be worthy of a star or two on your collar.

Taurus (Apr 20 – May 21)

It may seem like you can feel the thundering hooves of a charging herd. This describes some of the energy patterns at play for you these days. You are ready and willing to work with the situation. You may need special tools, techniques and/or strategies. There is a danger of losing focus due to too many thoughts and interests. Set clear boundaries.

Gemini (May 21 – Jun 21)

This new cycle indicates a resurgence of your sense of individuality and a creative rush to boot. The soul searching and perhaps challenging period of last month is yielding to resurgence; a veritable rebirth. Anticipate your confidence levels to rise steadily. Key communications and especially collaborations will prove inspiring and empowering.

Cancer (Jun 21 – Jul 22)

A new day is dawning in your public and professional life. This is the start of an expansive and dynamic cycle. Yet it will probably prove quite challenging. Of course, you will not be alone in this regard. Everyone is feeling the rising intensity levels and the challenges they consequently imply. This is a call for an empathetic approach balanced by a firm resolve to prevail.

Leo (Jul 22 – Aug 23)

This Aries New Moon is catapulting you into action. You are in the mood to go big. With Mars Retrograde, your energy and confidence levels may be up and down. However, the emphasis leans to the up side. To succeed you must be willing to overcome fears that may be blocking progress. The key is to take deliberate action to build momentum.

Virgo (Aug 23 – Sep 22)

Some new initiatives in your daily rhythm and routine which stand to affect your overall lifestyle have begun. There may be a few delays and a few curve balls to deal with, yet the process is in motion. It may take until mid-May before all the lights are green. Patience will pay off at least eventually, so aim to be strategic and flexible on all fronts.

Libra (Sep 22 – Oct 22)

Some shifting and shaking or at least unexpected events on relationship fronts are underway. These may be giving you reason to feel cautious. At worst, they are producing worry and stress. Your health may be delicate these days, so stay cool in the heat to keep stress levels down. Control your imagination and stick to the facts.

Scorpio (Oct 22 – Nov 21)

You are determined to take some bold new leads and initiatives. These are requiring a creative and imaginative approach. You may wish you could feel more confident. While you can practice self-control, you cannot control the flow. Exercising trust in and acceptance of circumstances and timing will help.

Sagittarius (Nov 21 – Dec 21)

How much fun can you have? Measurements aside, you are in a playful mood. Boredom can be the source of stimulating dramas, to keep things interesting. Just remember that life does not judge but does teach by consequences. Meanwhile sweet dreams of what could be are bouncing around in your mind. Dream on... but take some action too.

Capricorn (Dec 21 – Jan 19)

Whatever is happening on the home front, it is probably not boring. Circumstances are pushing you to take account. Or is that a headcount of your best buddies and key contacts? Either way, digging deeper than you might usually is in the script. Finances, investments, inheritances and/or tending to taxes are featured. Tis the season...

Aquarius (Jan 19 – Feb 19)

Many new thoughts, perspectives and perceptions are awakening in your mind. These are linked to new places and faces as well. You are in the mood to cut loose anyway. The time is right to experiment with new modes of self-expression. Cultural stimulations will provide a few perks and prove satisfying as well. Exciting times!

Pisces (Feb 19 – Mar 20)

You are in an ambitious mood. As much as this likely includes stimulating your economy, you may also want to realize other returns as well. Bringing old affairs to resolution represent their own form of getting ahead. This process of knocking on and opening new doors and of closing old ones could well produce a boost in confidence.

Word on the Mainstreet WE ASKED ON FACEBOOK....

What are we missing here on the East Shore? What would you like to see developed/ brought-in/created here?

Jobs.

Josh Muise, Pritchard

Much better health care.

Sharon Lymbery, Gray Creek

Riondel needs a swimming pool.

Elisa Rose, Riondel

We are missing adequate access to medical care, both for emergency, long term and palliative.

Marie Gale, Crawford Bay

Better internet could bring more jobs. That and a skating rink. A pharmacy would also be nice.

Kristy Winger, Crawford Bay

Better medical services....

Helen Cummings, Gray Creek

With all the very talented artists, how about manufacturing products such as quilts, linens, drapes, bedding, wall hangings... A plant (or shop) here could create new jobs. And a PUBLIC marina in Crawford Bay!

Pam Spiers, Crawford Bay

I would love to see young, wealthy, environmentally aware, fun loving, hardworking nerdy entrepreneurs move into the area, who have the smarts and funds to manufacture valuable off the grid items, to bring interesting work into the area and do good toward the environment and people. So interesting that it would actually attract people to come here and visit to see where it is made. There has got to be some people with those criteria out there in this world!

Marion Johnston, Crawford Bay

A swimming pool.

Virginia Holman, Gray Creek

I hate to say it, but perhaps another ISP company?

Cory Medhurst, Crawford Bay

I would like to see an organic food processing facility - canning, drying, packaging. With such abundant access to so much produce in the area, I think it would be perfectly viable. Also... a swimming pool!

Michelle Moss, Gray Creek

We should have our own power system, we have wind sun and numerous creeks as well as hot springs, why are we depending on Fortis?

Paula McLean-Ehrler, Riondel Road

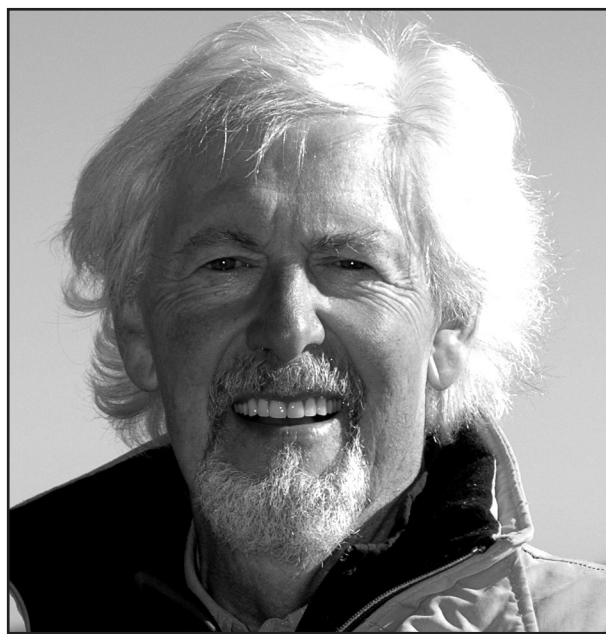
A local veggie greenhouses or at least a Creston/ East Shore delivery run. A local franchise for the Nelson Food Coop. Coop housing or cohousing for seniors. Cuban doctors and interns for affordable health care. Shipping containers customized into emergency units for sudden disasters. A bunch of micro hydro power turbines that can be used as backups to the power grid.

Claude-Michel Prevost, Creston



Getting to Know You

Mainstreet's Proust Questionnaire



Peter Hamblin-Cobb

1. What is your idea of perfect happiness?
Peace of mind.
2. What is your greatest fear?
Alzheimer's.
3. What is your greatest extravagance?
Clothing.
4. What is the trait you deplore in others?
Wasting opportunities.

5. What is your favorite journey?
Vietnam, south to north.
6. If you could sit down to lunch with anyone, living or dead, real or not, who would it be?
August Escoffier. (I was trained in one of his kitchens & I would get a really good lunch.)
7. What is your greatest regret?
Not spending enough time with my children.
8. When was the greatest time of your life?
Working and traveling in the Canadian Arctic and in Siberia when the USSR collapsed.
9. When and where were you happiest?
On the East Shore during Life Shifts.
10. What are you most grateful for?
My wife.
11. If you were to die and come back as a person or thing, what do you think it would be?
A woman (on the basis that the only point of another life would be to learn and I have always been clueless about women.
12. What is your most treasured possession?
My pacemaker/defibrillator.
13. Who are your heroes in real life?
Doctors and nurses working in the Pediatric Cancer field.



Come hike with us!
SUNDAY, MAY 4, 2014
Hospice palliative care helps to relieve suffering and improve end-of-life care for all Canadians.

Riondel Community Centre

Registration 9:30am, Hike begins at 10am

Pledge forms at local stores & postal outlets or gather pledges online at chpca.convio.net/EastShoreHospice

Contact: Nicole 227-9006 ext 29 or hospice@theeastshore.net

www.chpca-acsp.org/hike
National Information Line:
1-800-668-2785

100% of all funds raised in our community stay in our community!

Canadian Hospice Palliative Care Association
Association canadienne de soins palliatifs

Bayshore HealthCare
Arbor Memorial

NATIONAL HOSPICE PALLIATIVE CARE WEEK
MAY 4-10, 2014

CRAWFORD CREEK Remediation Work

by Marion Johnston

The first major improvement to the channel of lower Crawford Creek was recently completed. This important preventative initiative reduces the chance of flooding in Crawford Bay in the upcoming spring run-off.

A heartfelt thank-you is sent out to Nick and Jenny Hodgkinson, who spearheaded the project. Through their time and tremendous efforts, the Crawford Creek Flood-Control Project has been approved, just in time for the crucial spring run-off. After five months of attending several meetings, many phone calls, and working in cooperation with Garry Jackman, RDCK Area "A" Director, Nick received the go-ahead by all ministry officials at the end of Feb. 2014 to modify the Crawford Creek channel for flood control in a professional and supervised manner.

The generous support of the Kokanee Springs Golf Resort made it possible to access the site. Eddy Draper, a long-time local resident and hardworking entrepreneur, who knows both the creek and his machinery, was hired to conduct the work in the most reasonable and feasible manner. Thank you so much, Eddy, for the excellent job.

While the work was conducted, local fisheries technician, Clint Tarala, was hired to oversee the fish habitat over a period of a couple days. He shared his knowledge and worked together with willing neighbors who gave their time to support him in this educational and rewarding task. Their combined efforts ensured that the environmental effects where tremulously minimized. Thank you Clint, Theo, Marion, Dustan and Bryan.

Owing to the support of Director Gary Jackman, an RDCK grant was received. However, as the total cost of the project exceeded the funding, Nick approached neighbours and directly affected business- property owners, whose generous contributions funded the remainder of the project.

A truly warm thank-you to:

- Lorrie Read, Flickering Goodness Soaps
- Mark & Marion Johnston, Kokanee Home Suite Homes Rentals
- Nick & Jenny Hodgkinson, Sunnywoods Garden Centre
- Paul Hindson, Kokanee Chalets and RV Park
- Crawford Bay Parks & Hall Board - All Members
- Bryan & Cindy Anger, Crawford Bay RV Park
- Ashley Draper, Crawford Bay Auto Wrecker
- Laurie & Steve Maxwell, Treehouse Bakery
- Gerry & Pam Newcomen, Newkey's Pub
- Sarah Loepky & Dustan Green - Junction Creek Hub

The funds you contributed enabled this first step to secure our lands and our community as a whole for the upcoming season. Hopefully we all can conduct business in Crawford Bay, have through-traffic getting to its destinations, and local residents to their homes and services without having Hwy 3A at high risk of being washed out. Wash-outs put lives at risk, which are usually followed with long lasting sorrows and high governmental emergency and repair costs.

Please show your appreciation for their efforts! Be positive, smile, be happy, shop local, and connect. Let's support all local businesses on the East Shore to make 2014 a great season for everybody.

This project was a great first step, but more work needs to be done in the future. To keep our community happy, save our fish and keep their spawning grounds professionally maintained, come out to the next meetings for more info, updates and further plans. They will be posted for you to attend well in advance.

Prevention is Key!



Hidden Taxes

by David George

Thank you to Michelle Mungall, our MLA, for her response in the March issue to my column in the February issue. I believe

that had the NDP formed our provincial government in last year's election, we would not still be seeking more Kootenay Lake ferry sailings, more local library funding, or lower rates for electricity. We would also probably not be facing any increase in MSP premiums.

I suggest that after the present legislative session is over, our local libraries in Riondel and Crawford Bay invite Michelle to visit them on a Saturday in June, and meet her constituents on the East Shore.

Effective meetings have been happening on the East Shore on the health front, thanks to the East Shore Community Health Society and Selkirk College.

Of 1,000 health surveys sent out, there were 300 returned. At meetings in Boswell, Crawford Bay and Riondel, Greg Neelin from Selkirk College and three third-year nursing students gave excellent summaries and received many ideas and concerns from the 75 people who attended.

We attended the Crawford Bay meeting at the hall. Thank you Kathy and Liz Donnison for the lunch. There was also a wrap-up meeting on April 3 at the Gray Creek Hall from 6-9pm, which will happen before this issue is out in stores. Now is a good time to ask why we seem to have had to develop a grassroots method of getting better health care in this part of the Kootenays.

It has become painfully obvious that Interior Health is a failed organisation full of bloated bean-counters which is not going to help us get better health care. Nor are other parts of the present provincial government going to help much. We shall remember the eldercare society's failure, caused by the endless roadblocks thrown up by various government bureaucrats.

We are going to have to pull ourselves up by our bootstraps, or else give up, as so many of our seniors are doing or talking about doing, and move to a city where hospitals and other medical and emergency services are more easily available.

How can we make more services available to us? A good start has been made with the help of people in Boswell and the First Responders course so recently completed, with 11 graduates.

Our own local health care society mentioned above has training funds available for ambulance people. Now if we can get actual salary money for them, that is, more than \$2 an hour unless out on a call, we might get some people who will train and then stay on the East Shore. Two dollars an hour is so out of date that it brings back to mind the 1950s or even earlier, when that was not a

**RDCK Resource Recovery Facilities
EASTER HOLIDAY SEASON 2014
HOURS OF OPERATION**

ALL Resource Recovery facilities will be CLOSED on:

**April 18, 2014 - Good Friday and
April 20, 2014 - Easter Sunday**

**Crawford Bay Transfer Station will be open on Saturday,
April 19th, 2014 9:00am to 3:00pm (alternate day of opening)**

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

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Health Center, Crawford Bay

Anna Rose (250) 227-9155
BSCPT

Selkirk College Spring Classes

Felting with Danielle - Make a Ball and a Doll:
Thurs, May 1 & 8, 5:30 to 8pm, CBay School. **\$70**

Local Markets Course with Jen Comer:
Sat, May 3, 10 to 3pm, CBay School. **\$50**

Market Safe with Heather Love:
Sat, June 7, 9:30 to 4:30, CBay School. **\$89**
(includes manual, certificate) need 6 to run class

Dog Training: Saturdays starting in April, details TBA.
Limited to 8 dogs, show proof of vaccinations.

**To register: call 250-227-9218 ext 5518 or cell
551-5827. Email laverne@theeastshore.net**

bad wage.

Another outstanding emergency service we could have in the Kootenays is STARS, the Shock Trauma Air Rescue Society helicopter service first available in Calgary in 1985. There are six bases for STARS now: one in Winnipeg, two in Saskatchewan, and three in Alberta.

In 2012 STARS flew 65 missions into BC. In 2013 there were 100 missions. Look them up online, and download some of their newsletters with facts and figures: <http://www.stars.ca/> It is time to establish a STARS base in BC, either at the Cranbrook or Trail airport.

Great idea! Where is the money coming from? In Alberta STARS holds a lottery and annual calendar sales. The three provincial governments have contracts with STARS which pay for actual missions.

How would we fund STARS in British Columbia? The Columbia Basin Treaty is being renegotiated, and it is almost certain that we may expect more money to come to Canada and hence the Kootenays from the Columbia Basin Trust. The Trust will have enough money to put up the millions of dollars that a new STARS base and helicopter will cost.

It won't happen overnight, and I will write more about this idea in a future column of Hidden Taxes.

Park Clean-Up Day April 26

by John Edwards

Mark the date on your calendars now for our annual MCB Park & Hall Clean-Up, Fix-Up and Picnic.

Every year in early spring a bunch of local residents come out with rakes, shovels and wheel-barrow and whip the park into shape for the fabulous summer season to come.

Our Hall & Parks Association provides lunch at the Community Corner, and there's no better time to have a bite of food and a chat with neighbours that you haven't seen for awhile, or meet people whom you've never been introduced to before. All you have to do is mark the date and show up on that particular Saturday at around 10am or whenever you can make it.

Together, we'll keep our park looking its best. Thanks from your Hall & Parks Association!

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workshops...You name it!

Booking info, Kathy Donnison @ 227- 9205

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A non-smoking facility.

Our Guatemala Experience: Helping to Realize the Vision of Project Somos , Part 2

by Ali George

One morning, we headed off for a tour of the archaeological site of the Maya city of Iximché near Tecpán. Iximché was the capital of the Kaqchikel Maya kingdom from 1470 until its abandonment in 1524. The majority of its visitors today are indigenous Maya, and Maya rituals are still practiced there throughout the year. We were guided through the site by Antolin, a Kaqchikel shaman and construction manager at Somos. With our Somos guide Susan translating; Antolin introduced us to the architecture and cultural significance of Iximché: its mathematical and astronomical precision, its accurate measurement of the seasons, its symbolism and representation of where the Maya believe they reside in the universe. Only 40% of the city has been excavated. Most of the relics that were discovered at the site were either stolen or ruined, and the Kaqchikel people eventually managed to put a stop to the excavations. When I asked Antolin whether he was curious to see the rest of the city, he answered that he and his people were satisfied to know that their city was there under the earth, untouched and un-looted. He didn't need to see it.

That afternoon, we returned to Somos to host a playground day for the local school children. Heather and Greg regularly invite the children and their parents to visit the project, sometimes for a play on the wonderfully rustic playground (all hand built, mostly from materials that were found on site), sometimes for a library day, and sometimes to watch a movie in the community hall, which is always a thrill for the kids. We had a ball with the kids, trying to learn all of their names (Gladys, Erica, Kevin, Wilson; many children are named after folks who have sponsored their older siblings through organizations like World Vision), playing tetherball and soccer, taking turns on the zip line, climbing through the tunnels in the grassy hill and sliding down the slide, and playing music together. One member of our volunteer group made a marimba out of scraps of bamboo, and Greg brought out some percussion instruments and everyone jammed. Then we went off across the field (where an organic crop of black beans had just been harvested) to the community centre to watch 'Happy Feet' in Spanish!

Part of the plan for Project Somos is to grow organic fruits and vegetables, both to provide sustenance for folks who live there and also to sell in the local markets. The volcanic soil is dark and rich, with not a stone to be seen, and the climate is like late spring all year round, so there can be many crops grown in a year. Greg is teaching locals how to farm organically and sustainably. As I looked around the beautiful veggie garden, my eye was caught by some tree-like plants that were about 7 feet tall and looked like they were out of a Dr. Seuss book. When I asked Heather what they were, she smiled mischievously and said, "Kale!" No word of a lie - seven foot tall kale plants, with stalks four inches thick! Heather is determined to change the health of Guatemalans with kale (and other healthy vegetables, too, of course). The Guatemalan diet is really dominated by black beans and tortillas, with very few fruits and vegetables consumed. Heather has been teaching some of the local women who work at the project about nutrition and cooking and growing a variety of new foods, especially kale, which is so easy to grow (obviously!) and so full of nutrients. I've never been a fan, but I've been converted! Although, I don't think my garden will be able to grow kale trees.

After our last workday on the project, we were treated to homemade pizzas that were cooked in an adobe brick oven and homemade avocado-lime ice cream. As we sat around the campfire that evening, Heather asked us all to play 'Stick, Leaf, Rock', a game that she learned from a school group that had

volunteered at the project previously. Each of us was to share our answers to the following questions: what would 'stick' with us from our experience in Guatemala, what would we 'leaf' behind, and what 'rocked' about our time there?

There were many tears shed as we each took our turn to answer. The common thread in everyone's response was our deep appreciation for each other, for the beauty of the country and the many people that we had met, and gratitude at being able to contribute in such a meaningful way to a project that was already making such a huge difference to this part of Guatemala.



Our last day in Guatemala was spent in the beautiful Spanish colonial city of Antigua, which has been designated a UNESCO world heritage sight. To be honest, it was a bit of a shock to come out of the country, surrounded by indigenous folks in traditional (and modest) dress, and into a bustling urban university town filled with many young people who had moved on from the traditional ways. Antigua is also known as 'la Antigua Guatemala' or 'the old Guatemala', as it used to be the capital of the country until a devastating earthquake in 1773 led to the relocation of the capital to present-day Guatemala

City. The ruins of that earthquake are still visible in the town today. And what a town! So gorgeous, so brightly coloured, flowers everywhere, crumbled ruins standing against a blue sky, so many arts and crafts and textiles, Antigua-grown coffee everywhere, and a chocolate museum where you can learn to make artisan chocolates! One day is not enough time in Antigua!

And then we were on our way back home, feeling tired and happy and sad and elated all at once. My favourite memories of our trip? One was the smile on Grace's face as she watched her tin-can students playing on their new stilts. She turned to me and said, "Mom, I want to be a teacher!" Another is of Gus playing with his new friend Moy, the ten-year-old son of Antolin. Neither of them spoke the other's language, except for their names, hello, goodbye, please and thank you. But this didn't matter. They played, they laughed, they communicated with their hands

and miming, they played music together, they built things together. They became friends, with barely a word between them. Gus said, "I didn't know that you could be friends with someone that you couldn't talk with." And it occurred to me that words so often get in the way for us humans, when really all we need to do is work, play, make music and practice love and kindness together.

What will 'stick' with me about my experience in Guatemala? Tiny children begging right on the edge of a major highway. A Maya woman rinsing the soap out of another woman's hair beside a tin shack. Fields and fields of dried cornstalks. Freddy from San Pedro, who takes seemingly worthless Guatemalan coins and makes them into beautiful jewelry. Three children sitting in a doorway, laughing and laughing as Al made funny faces. An elderly Maya couple lying on the sidewalk, the woman draped over her unconscious husband, crying, hand raised palm upward to anyone who passed by. A little girl from Chivarabal named Leslie smiling up at me and slowly repeating our names together, "Aaaali, Lleeeslie, Aaaali, Lleeeslie". What 'rocked'? Absolutely everything! And what did I 'leaf' behind in Guatemala? My sincere desire to return to Guatemala and to Project Somos and to see these wonderful people again.

Check out Project Somos for yourself at www.projectsomos.org.

Need help with your business? Have a business idea to explore?

Community Futures is your small business expert.

We offer business loans, business management workshops, business library & more. Unemployed? Ask about the self-employment program.



Call Alison Bjorkman at 250-428-6356 to book a free appointment in Crawford Bay... www.futures.bc.ca

Growing communities one idea at a time.

Spring 2014 Highway Clean-Up

Date: Thursday, April 24, 2014

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

Call Tracy at 250.227.9226 or email tracya@kokaneesprings.com to get on the contact list for Riondel to Gray Creek.

Bags can be picked up at Gray Creek Store, Lakeview & Crawford Bay Market Trucks will pick up bags/boxes left by the road, beginning 11:30 pm.

For Boswell area, contact wesjan@gmail.com (Boswell clean up happening on Wednesday, April 23)

Honk for the volunteers & please drive carefully.



Happy Spring!

Sponsored by the Kootenay Lake Chamber of Commerce, Kokanee Springs Gold Resort and Yellowhead Road and Bridge.



Community Connections Grants, Grants, Grants by Greg Blackwell

In January and February Community Connections shared in our articles, various ways you can take your ideas and put them into action as grant sponsored projects or programs. There are literally hundreds, if not thousands of organizations that offer funding in Canada, and much research can be done by browsing the internet in the comfort of your own home. Sometimes finding the right grant for you and your project can feel daunting, but taking the time to read the qualification criteria can quickly filter you through the pile. It's also important to understand the objectives and guidelines of these granting organizations when looking to find an excellent match for your idea.

Often granting organizations will offer workshops to assist with grant writing for new and experienced writers. Since the first quarter of the year is usually very busy with grant writing and applications, organizations like Columbia Basin Trust, Columbia Kootenay Cultural Alliance, and Val Mayes Consulting, have already run grant writing workshops and online sessions in various locations up and down the east shore. The majority of these organizations are always available to discuss your ideas, and want you to be successful with your application. Never hesitate to call and ask about workshops, tips, and other resources that they may have available.

Most grants have deadlines and cycles, and many people get discouraged because they may have missed the deadline for a particular grant, but don't be! Even if you have missed a deadline, why not put everything together that you'll need for your application and have it "shelf ready" for when the next cycle comes around – you could become the first one in the funder's queue! And there's nothing more appealing than a well prepared application, handed in with time to spare.

Community Connections has a lot of experience sponsoring grant applications and projects. For an easy read which provides insight on our experiences of typical grant related activities and subsequent projects, have a look at our four page overview of the Grant Application Process and Project Life Cycle in 5 Phases on our website at www.cconnections.ca

These are some grant related east shore projects and their leaders getting us off to a great start for 2014.... Community Directed Youth Fund (East Shore Youth Council), East Shore Learning Hub (Laverne Booth), Medley & Arts Summer Camp 2014 (Lorna Robin), Art Connections 2014 (Geri Gomola), Invest Kootenay Promotion (Community Connections), Child Day Care (Kristy Winger), Spring Forum 2014 (Community Connections/EDC), Alliance Supporting Early Years (Kristy Winger), Food Roots Workshops (Lee Reidl). Do any of these spark ideas for you?!

As an example of some of our grants in action ... Community Connections has secured a small grant to promote Invest Kootenay. We have written about Invest Kootenay recently in *Mainstreet*. Invest Kootenay is a free database website service which brings together investors and any commercial property or business opportunity in the Kootenays. Check it out at www.investkootenay.com.

Soon, through our community and business directory and membership listing, we will be looking for an individual who would be interested in running this project. The approximate value of this contract is \$1200. We hope the project will generate interest in investing in opportunities that exist on the East Shore, so stay tuned for more on results from this economic based promotional project.

If you are an individual or group without support of a formal organization but have a good track record in the community, Community Connections may help you with, and sponsor, your grant application. Community Connections has sponsored almost 30 community based projects since our inception in 2010. To contact Community Connections www.cconnections.ca or please call or email our Administrator Greg Blackwell at 250-227-9218x5505 or cell 250-509-0751, at skootenaylakecss@gmail.com or gblackwell@theeastshore.net, or drop by our office 1-4pm Wednesdays at Crawford Bay School.

Confessions of a CE Coordinator

by Laverne Booth

This article was composed at 3:43 in the morning. Not unusual for this community education coordinator to be up in the night, thinking, alone with the potential of this project weighing on my mind. I'm looking for help!

Now that we are fully six months into the two year pilot project of the East Shore Community Learning Hub, some things are coming clear. There is a lot that can be done... Which direction to go in?

We have the full gamut of Selkirk College courses and resources available to us - What are people willing to pay for? A short on-line survey is going out this week to businesses in Area A trying to find out just that. Who is paying for the First Aid, Food Safe and Serve It Right kinds of courses and how can our local program help you out? I hope people know that there is a training fund from CBT of up to \$800 for each basin resident that is meant to support training for work (unfortunately not for self-employment). Please contact Paulette at Kootenay Employment Services (KES) in Creston to get hooked up. We have a KES computer in the office at the CBay School that you can use to contact KES or look for work.

FREE training is fantastic and twelve fortunate local residents got in on a one of a kind Advanced Computer Training program. We may be able to get another training program, but it has to be linked to work. Who are we training and for what work? How

do we get to the root of the issue? How can we generate more local income?

What training do we want as a community? Who wants to be trained in what? The biggest growing area of work in BC is firefighting, so should we train people in fire suppression? Or perhaps traffic control would be a useful skill. Or is it a small business incubator that would create more work and thus attract more young families to the community? What do you think?

As an educational planner myself, I am trained in a community development perspective. We can educate for health and well-being, social services, environmental health, business health and well being. There are so many ways of enriching life. Our region is home to so many fascinating people with rich assets of information and experience. How can we set up a transfer of skills, engage and focus together, enhance the social aspects of learning together?

There is so much potential... There are some limited resources from the outside, but the biggest potential we have is the time, energy and commitment of residents. An Advisory Council to the Community Education Learning Hub is being called together on May 1 to chart a direction for this community initiative.

I really appreciate seeing people come forward from all sectors of our community. Especially those new to the area who see the opportunity to get involved. People moving here bring many skills. It enriches the experience of those residents who have been around for awhile when there is new energy, new ideas. If you are inspired to get involved please call Laverne at 250-227-9218 ext 5518 or cell phone 250-551-5827 or email: laverne@theeastshore.net.



Western Pacific Marine Ltd
Kootenay Lake Ferry Office

**OSPREY 2000 FERRY
OUT OF SERVICE
April 22 - May 6, 2014**

Western Pacific Marine Ltd. advises travelers that the Osprey 2000 will be out of service April 22 through May 6, 2014, inclusive for maintenance. **The M.V. Balfour will be in service during this time - expect sailing delays.**

Western Pacific Marine Ltd. would like to thank you for your patience and apologizes for any inconvenience.



**RDCK
Recreation
Commission No. 9**

**Call for Grant
Applications**

Non-profit groups can submit Recreation grant-in-aid applications to the Rec 9 commission by **Friday, April 18, 2014.**

Applications can be downloaded from the RDCK website, picked up at the Credit Union East Shore branch or on the Riondel bulletin board. The Rec 9 meeting to review the applications is scheduled for Monday, April 28 at the Gray Creek Hall @ 9:30 am and is open to the public.

Befriending Conflict: Conflict Transformation with David Hatfield, M.Ed.

Sunday, April 27, 2014, 10am to 5pm - Crawford Bay School

- Join us at 9:30am for improvisational singing
- Fee: \$95 + GST includes lunch and refreshments

This workshop is open to all but may be of specific interest to parents, educators, non-profit board members, coaches, leaders, managers & those who work with conflict & facilitate change processes.



Facilitator: David Hatfield is an educational facilitator and leadership consultant focusing on conflict transformation, masculinity, rites of passage and improvisational singing. His work has been contracted across Canada and internationally since 1997. David holds an M.Ed. in social ecology. www.davidhatfield.ca

This workshop holds that conflict is inherently neither positive nor negative, and is an avenue to authentic, creative transformation. We are wise to befriend conflict and to become more conflict effective. This interactive and experiential workshop draws on transformative learning theory, emotional intelligence, Process Oriented Psychology and complexity and systems theory. Participants will map habitual patterns in emotional triggers and conflict response. Participants will gain an increased understanding of the strengths and weaknesses of their own responses and strategies to various conflict situations. There will be opportunities to focus on personally challenging conflict scenarios and to personalize the techniques being offered.

Columbia Basin Trust

Selkirk College

To register: lbooth@selkirk.ca or call 250-551-5827



Hacker's Desk

by Gef Tremblay
The Importance of Good Design

Driving down the road the other day, it occurred to me that I was in someone's head.

Not that someone was thinking about me, but my experience of reality was something that was designed, someone's ideas and concept were all around me, and I was part of these idea and concept.

From the Jeep I was driving to the road, the bridge, the signs and the villages, all of this was designed. Of course in the Kootenays, the human design is put in contrast with the natural design, and we are lucky to have that contrast. It enables us to see the difference between human and natural designs, and it also help us understand the different effects it has on us. Nature has a really positive effect on me, while human design can vary from a negative feeling of a crowded and polluted urban area, to the enlightening feeling of visiting La Sagrada Familia.

Deepening my understanding of design means for me to move from the practical technical skills of calligraphy, typing, color theory and illustration, to dive into the greater concept of what is design and its relationship to everyday life. Studying other paths of design, like architecture and communication, is also a vital part of expanding this idea. Christopher Alexander, architect, and Marshall McLuhan, philosopher of communication theory, are two of the authors who helped me understanding the greater importance that design has in our lives.

For McLuhan, the process of design, or the creation of medium, is qualified as an extension of the human. In his book, *Understanding Media: The Extensions of Man*, Marshall McLuhan explains how the medium is not only the message, but it's an extension of oneself. What influences the human is not so much the media, or the message that is on the medium, but the medium itself. That concept of the medium really expanded my view of design. I am not only creating flyers, posters and websites, but actually an extension of who we are, which changes completely the care I would put in a product or a creation. If I am to extend myself, I want these extensions to be the most refined and carefully created.

Christopher Alexander, a famous architect renowned for his architectural pattern language, expressing that the users themselves know more about buildings than the architect does, discusses in one of his talks how architecture has become toxic to the human being. He goes as far as comparing the level of mental illnesses to the poor design of buildings, cities and our general dwelling. His approach, which I find similar to McLuhan brings the idea that we inherently know about what is good and bad for us, and that our relation to our surrounding is primordial to our well being.

Some of his writing explains that architecture has derailed from the importance of creating a healthy dwelling toward an intellectual process focused only on the aesthetic and limited by financials goals. Although the aesthetic and financial limitations are quite real, the primary goal of architecture should be about how the user, the inhabitant will be part of his environment. These reflections brought me to look at what I create and question why and for who is this created. Is it in the best interest of the user? Am I abusing the aesthetic concept and not looking into how the public will relate to the product I create?

Beauty only for beauty is not the goal of design. Usability is yet another goal, but through these readings, I expanded the understanding of design to a more crucial goal. It brings the idea of design to be as important to what you eat, what you read and what you surround yourself with. It's an extension of oneself, and it can help us appreciate our reality more. If done improperly it's not only visually taxing, it's actually a detriment to our well being, which can have long last-

ing repercussions. That put a lot of responsibility in the hand of designers, architects, but also any makers and creators. What we put out there often stays there for a long time and affects not only our lives but other people lives. In that regard I think it's important to create beautiful healthy things.

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Mobile Clinic Dates:
April 8, May 6 and June 3 at the Crawford Bay Castle.

Ladies Golf Opens at Kokanee Springs

by Lynne Wood

Tuesday, April 22 marks the beginning of the 2014 season for the Kokanee Springs Ladies Golf Club! The Ladies Club plays every Tuesday from April 22 through September 23. Club captain, Lynne Wood, explained, "It is a terrific club; we have lots of fun and while all of us like to improve our game, we never take things too seriously."

Golfers who are in the area for extended periods during the spring and summer are encouraged to join the Kokanee Springs Ladies Club. A Ladies Club membership is just \$25 for the season. Club dues go towards prizes that all participants are eligible to receive. "It's a great deal, plus on Tuesdays ladies pay just \$50 including cart, to play one of the most beautiful courses in B.C." says Wood. This year, the Club is also offering a special \$30 rate (including cart) for those who only want to play nine holes (NOTE: this 9 hole rate only applies to those participating in the Kokanee Ladies Golf Club and is only available on Tuesdays).

Tee-times begin at 12:20pm every Tuesday, beginning April 22. Club members, guests and other interested players gather at 11:45 a.m. outside the Kokanee Springs Pro Shop.

Regardless of whether you are new to the sport or a seasoned 'pro' all are welcome to join the Ladies Club. "There are so many great reasons to join this Club - great value, great friends, the chance to improve your golf and, the opportunity for food and fellowship at the end of each game. You just can't beat it". For more information contact Lynne Wood at kokaneeladiesgolf@gmail.com!

Tom Sez

by Tom Lymbery

Volkswagen have finally shipped the last of their 63 year production of their iconic Van/Bus/Hippy Wagon. Final production in Brazil ceased Dec 31, 2013, not because of lack of demand but as stricter standards were hard to meet. A much rarer Volkswagen was the flat deck pick up - Oscar Wirsig had one of these in Gray Creek. When Ralph Wirsig drove it he found it could seat four across the seat, one on the left of the driver. The sides folded down to make the flat deck and with the tailgate hanging down, the rear lights were obscured!

Our Pilot Bay Lighthouse is the only one in Western Canada designed and built in the same shape and style as those on the Great Lakes.

If you have ever been stung by a jellyfish in the ocean, you will be interested in a new product that guarantees to keep jellyfish out of your swimming pool.

The pink flowering cherry overhanging the highway on the corner by the store can be in bloom by April 20 - when will it be out this year?

Please save some tomato seed to plant directly in your garden - seed in the ground somehow produces far more volume of tomatoes, even if a bit later to start ripening. You can easily grow enough to keep you in tomatoes until Christmas.

Kootenay Rockies Mapbook is coming out with the 6th edition in 2014. None of the other *BC Mapbooks*, or fishing mapbooks have got further than three editions. Are we in the most interesting part of BC, or not?

For about 100 years newspapers were printed using a linotype machine. The *Nelson Daily* and others didn't want any spaces at the bottom of columns, so used fillers for this. I was always interested in the oddball items that the printers used, and this may well be the origin of *Tom Sez*.

How do psychologists and psychiatrists get their statistics? How did they find out that male firebugs never use washroom urinals - insisting on urinating in a cubicle?

For those who spell it Grey Creek - why not Crawford Bay or Crenbrook or Cestlegar?

For many years we sold IXL brand pocketknives made of Sheffield Steel. I found I needed to oil all the blades before putting these on display, or else we would find customers fingerprints etched on the blades - do you realize what your fingers can do with their slight salt content?

Since this is close to April 1 - which one of this month's "Tom Sez" is a fiction? Answer next month - or please ask me by email (lymbery@netidea.com - There's only one that is fiction).

Gray Creek Pass Report

The Trans Canada Trail signs designed by the TCT's Clive Webber for our pass are likely to be the model of those used across Canada. The TCT is hoping for a connection with the International Selkirk Loop, which is bringing so many tourists from all over the US to Kootenay Lake.

In 2013 opening of the Pass to wheeled traffic was July 1. When will it be this year - and how deep is the snow at the 6800 foot summit? They now read the Gray Creek Snow Measurement Station established in 1947 by George Oliver and Vaughan Mosher by satellite transmission every three hours. I have some idea how the depth can be read this way but how about the most critical element the water content? Please see if you can figure it out at <http://bcrcfc.env.gov.bc.ca/data/asp/>

Vaughan Mosher was Betsy Brierley's father. He worked for the BC Water Rights setting up snow courses around BC - which must have entailed a lot of bushwacking and mountain climbing.

RURAL ALTERNATIVE ENERGY & RESILIENCY GUIDE TO EASTSHORE ENERGY SOURCES

KOOTENAY LAKE EASTSHORE is rich in natural resources. Sunlight, water, and forest can each provide the energy needed to light and heat homes and businesses. This is especially relevant as electricity prices continue to rise; there has been a cumulative 9.9% increase since 31 Dec, 2012.¹







The money spent in Fortis increases could instead be invested in the community through renewable energy start-ups, beginning to gain autonomy from the grid, and generating income to reinvest. The Eastshore could own and operate its own renewable, clean energy generating systems.

Community-owned renewable energy projects can also create stable employment, through maintenance and monitoring.

The technologies presented in this overview were chosen for their ability to draw on these resources efficiently, with less impact on the

local environment. Each technology has varying degrees of feasibility, and this is outlined in its description, as well as general information for those who are unfamiliar with renewable energy. **See the full report at yasodhara.org/sustainability/rural-alternative-energy-resiliency-report.**

1. Fortis BC online media centre: retrieved 8 Jan 2014. 6.6% increase 1 Jan 2013. 3.3% increase 1 Jan 2014

Our Resource	Our Power
 Conserve	start with conservation
 Water	micro hydro community electricity
 Sun	solar heat or electricity
 Wood	efficient automated wood heat
 Earth	heat found underground
 Wind	not likely feasible here

Potential generating capacity of a site can be estimated by approximating head, as well as flow of water available through a yearly cycle. Having an estimate of these things saves money and time, ensuring a site can be successful before bringing paid professionals onto a project.

Head refers to the vertical drop between an intake and the generating station. This can be roughly estimated with topographic maps when available, or measured by triangulating slope distance and angle with a clinometer (device which measures vertical angles).

There are techniques to manually approximate flow, but the most accurate data is collected over one or more years with an



Kootenay area hand-built micro hydro

installed weir and regular monitoring

As an example of possibilities here, Riondel has two creeks which provide drinking water to the town. Pipes supplying water can sometimes have turbines added at pressure-reducing valves, reducing costs significantly as much of infrastructure (intake at creek and pipes) is in place. Of these two creeks in Riondel, Indian Creek is a fish bearing creek, which would make environmental approval of a new structure more complicated. Hendrix Creek is not listed as fish-bearing. Either of these existing systems may be assessed for integration of micro hydro. In addition, any other year-round creek could be assessed for potential starting now, with the installation of a weir.

PHOTOVOLTAIC (PV) solar panels generate electrical energy. PV is a simple, timetested technology, and builds on a virtually untapped resource: sunlight. The panels use light to generate electricity in summer and winter (with snow clearing), on sunny and cloudy days, and even from the light of a full moon. The main prohibiting factor in BC is price of the panels, though community grants and other funding can be pursued for start-up.

PV arrays are either set up to operate off-grid - storing power in batteries; or connected to the utility grid: grid-tie. With gridtie, a purchasing contract is made with Fortis, who then install a



3-bedroom house, Yasodhara Ashram

bi-directional meter to measure power fed in, and buy it on par with current rates. Grid-tie makes the most sense if you have access to the grid.

However, if your panels are connected to the grid and you want to have power while grid power is out, you will need batteries to store the power. Batteries can be pricey, and an anti-islanding inverter which switches to battery power in order to prevent Fortis lines from being energized during power outages, thereby protecting line workers.

Photovoltaics are entering the mainstream market and it is now possible to buy kits from Canadian Tire or Walmart fairly cheaply. These kits are handy for camping, but have lower efficiency so not suitable if you hope for financial payback.

ARE PV PANELS RIGHT FOR YOU?

PV panels need a well-thought out location. Three main points to consider are outlined and expanded on below.

- Aspect and slope
- Available surface space
- Potential shading

Aspect: More or less south-facing. Racking can position panels southward on west or east sloped roofs. Ideal tilt of panels near latitude, 49 to 50 degrees.

Available space: Standard sized panels are 2.6 x 5.25 ft. Most traditional arrays need to have all panels identically oriented and pointed for inverter functioning.

Shading: One partially shaded cell can reduce power production of a module up to 75%.
For more info: www.energysavers.ca

BIOMASS via Wood Pellet heat is definitely a financially sound option on the Eastshore; most household pellet boilers and stoves are expected to pay themselves through savings (over electric heat) within 4-10 years.

Wood pellets or logs are clean burning and energy dense, and generate more heat per cubic foot than cord wood or chips. With pellets, heating can also be automated so that a space is kept at temperature determined by a thermostat.

Difference between stoves and boilers: stoves are space heaters primarily, and most effective with open floor plans. Boilers are integrated into home heating systems. A pellet boiler can replace an oil or electric boiler and heat by means of radiant floors, baseboard radiators and any other hydronic circulation heating systems. On carbon neutrality, Pacific Carbon Trust (PCT) identifies wood pellets as a by-product of the forestry industry and rates pellet heating as carbon neutral. PCT's calculation is based on net-gain of CO2 in the atmosphere.

Stoves, pellets and expert consultation are available at Grey Creek Store, Grey Creek.

GEOEXCHANGE is a good source for alternative heating and cooling, when there is an adequate area of diggable soil (not bedrock). This resource is especially viable with new homes or developments when pipe can be laid at the same time as a building's foundation, reducing cost of installation significantly.

Geoexchange simply moves and compresses the low grade temperature difference (heat or cooling) from the earth for use indoors. This is done by running heat transfer fluid through thermally conductive pipe. The fluid stays in the pipe at all times and only heat is absorbed from the earth.

There are two categories of systems: horizontal and vertical loops. Horizontal loops involve pipe laid horizontally and require more space, but are less expensive to put in. This heat and cooling technology is often installed into new schools where the exchange pipe can be laid directly under playing fields during construction. A vertical loop system has pipe that is laid into one or more vertical boreholes which can be upwards of 100 meters deep. The advantage is that there is much less space needed; however vertical systems are more costly because of the need for drilling equipment.

Author Eva Snyder thanks the following for their support: The Rural Development Institute, Teck Service Internship; Yasodhara Ashram; Selkirk College (Renewable Energy Certification Program); and the Eastshore residents of Kootenay Lake.

CONSERVATION of energy is the place to start. With any type of energy, the less you use, the less you need to pay for or find replacement for in case of outage.

Common losses of energy are heat through building envelope, and inefficient appliances. Enerstar appliances can be sought to replace their predecessors as they break down. A home energy audit would show where energy is used and where it is lost unnecessarily. Heat loss is common and preventable, increases demand on heaters, and costs money year after year. In the manual "Keeping the Heat In," (2007. Ottawa: Natural Resources Canada) practical DIY improvements are suggested. Using water, in most cases, requires pumping water, which uses energy. Behavioral changes like taking shorter showers will help, especially combined with low-flow appliances and fixtures such as faucets and shower heads which use less water while providing the same service.

MICRO HYDRO refers to very small (micro) hydroelectric power plants which generate electricity by diverting a portion of water from the waterway, without damming. These facilities benefit from the ability to generate electricity dependably, day and night, differentiating them from many other renewable energy sources like solar or wind. When a suitable site is available, this is a highly reliable alternative source of energy. The start up costs are high but revenue from a well-planned project would continue for decades.

CRITERIA FOR SUITABLE WATERWAY:

- Persists year round
- Is not habitat for fish or at risk species
- Has significant downhill drop between intake and turbine locations
- Is accessible by road

Formal hydrological assessment typically takes at least one year and includes environmental assessment and percentage of water to divert whilst preserving ecosystem health.

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FOOTLIGHTERS THEATRE SOCIETY

The Legend of Sleepy Hollow

by Brian Lawrence

The audience can count on being thoroughly entertained when Footlighters Theatre Society concludes its season with *Legend of Sleepy Hollow*, which

child of a wealthy farmer, he's sure his dream will come true. But Katrina has a boyfriend, Brom Bones (Liam Krahn), who is extremely jealous.

To complicate matters, a small army of restless spirits — including the most famous phantom of all, the Headless Horseman (Marc Archambault) — haunts the graveyard, and Ichabod finds that there's something shadowy and towering intent on taking his life.

The play features nearly two dozen actors with a wide range of ages, from preteen to senior, and experi-

Morgan Benty, Rylee Blackwell, Bobby Doran, Julie Draper, Anjali Ewing, Gail Kitt, Axel Marini, Sam Minteno, Kim Nicholson, Michael Niemi, Marybeth Stenhouse, Caleb Wells and Aaron Willicome.

It marks a first for Koop, too: his directorial debut. He studied theatre in university and has worked on film and stage, including several Footlighters productions, and has been enjoying the challenge of directing *Sleepy Hollow*.

"I like seeing them come up with their own creative ideas and helping them along that journey," he says. "I like working with different aspects of the show with the actors, and keeping them inspired to try different things."

And that inspiration will help them bring *Legend of Sleepy Hollow* to life, in a production that all ages will enjoy.

"It deals with love triangle issues," he says. "There's a lot of comedy, and there are a couple of scary moments."

Legend of Sleepy Hollow is the final production of Footlighters' 19th season, and will be followed by Centre Stage, a competition for the Kootenay Zone of Theatre BC, from May 28-31. Four plays are lined up for the festival, with two entries from Creston: *Almost Golden*, written by Suzanne Chubb and Jason Smith, which had its world premiere in December, and *As the Deer*, a one-man play written by Koop. Theatre groups from Invermere and Revelstoke have also confirmed they will perform.

After Centre Stage, the 20th season kicks off with *Dogsbreath Devereaux*, *The Dastardly Doctor*, from July 10-12, followed by a locally-written *Cinderella* from Dec. 4-6 and Walt Disney's *Beauty and the Beast* from April 16-18, 2015.

TRY NOT TO LOSE YOUR HEAD!

LEGEND OF SLEEPY HOLLOW
by Vera Morris

Produced by special arrangement with Pioneer Drama Service, Inc., Englewood, Colorado

Tickets: \$10 adults, \$8 seniors/students, \$5 12 & under
available at Black Bear Books, Kingfisher Used Books & at the door

April 10-12, 7:30 p.m. • Prince Charles Theatre, Creston, BC

Real Food Cafe is offering dinner specials on the nights of the performances. Info and reservations, 250-428-8882.

BRITISH COLUMBIA ARTS COUNCIL

FOOTLIGHTERS
We bring life to drama.

runs at the Prince Charles Theatre from April 10-12.

"It's going to be a fun, spooky romp," says director Jordan Koop.

Adapted from the 1820 short story by Washington Irving, *Legend of Sleepy Hollow* is set in 1790 in the countryside around a Dutch settlement in New York. It follows schoolmaster Ichabod Crane (played by Jesse Moreton), who comes to the farming community of Sleepy Hollow looking for a good life and a wealthy wife who will supply it. Once he sets eyes on the local beauty, Katrina Van Tassel (Bobby Doran), the only

ence; some have been onstage with other companies and with Footlighters, and for others, this is their first time. The cast includes Gary Atha, Jennifer Adams, Jessica Adams, Janelle Archambault, Lori Barker,

Kootenay Lake Art Connections

by Geri Gomola

Things are starting to come together! The grants have been applied for and membership applications are starting to come in and so we are pretty much assured of having the Art Connection this year. The Nelson and District Credit Union has been asked to sponsor us and the Kootenay Lake Chamber will be asked at the next meeting. It was a positive experience for the artists and venues last season and so I remain optimistic about our resources.

The one problem about applying for grants is that so many advertisers have an early deadline, especially the brochures. With money left over from last year I stuck my neck out a bit and put an ad in the Selkirk Loop magazine early in the year. With the dollar being down, I think that we may see more of an influx of American tourists this year and so that particular publication is of prime importance to us. We will try and get in on some radio coverage if the promotions are there again this year.

In the end, the main purpose of the Art Connection is to give the artists an opportunity to express themselves by showing their art work and so it is really important to have the artists and artisans on board as well as the galleries and venues. Although most venues will showcase a particular artist we are planning on putting more than one artist's work in places that are ideal settings for selling and showing, so that every artist has a chance to sell their work and every venue has a chance to showcase an artist.

Please let me know if you are interested in showing artists' work in your business. There does have to be a certain amount of wall space although sculptures may be seeking space. Because we are encouraging many businesses to participate we will include work by artists from the Creston, Riondel and Proctor areas if we have the space. The Art Connection will be from Wynndel to Kootenay Bay taking in the communities that branch off from there. The two \$200 draws were a motivational factor for tourists and community members and we hope to have the funds to do that again this year. That part will be funded by the membership's dues.

For more information call Geri Gomola at 250 -227-9085 or cell 250- 777-1479 and by email geririch@telus.net.

12 Mainstreet April 2014

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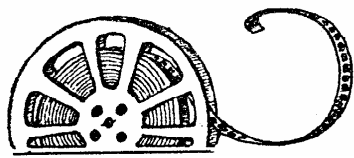
PUBLIC INPUT MEETING

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	14-Apr-14	6:30 pm	Gray Creek Hall
B	15-Apr-14	7:00 pm	Creston Airport, Emergency Response Building
C	7-Apr-14	7:00 pm	West Creston Millennium Hall
D/Kaslo CIP	7-Apr-14	7:00 pm	Royal Canadian Legion
D Affected Area	7-Apr-14	7:00 pm	Lardeau Valley Community Centre
E	13-Apr-14	1:00-3:00 pm	North Shore Hall
F	14-Apr-14	6:00 pm	Regional District Central Kootenay Board Room
G & Salmo	7-Apr-14	7:00 pm	Salmo Valley Youth and Community Centre
H	5-Apr-14	1:00-3:00 pm	Winlaw Community Hall
I	8-Apr-14	7:00 pm	Tarry's Hall
J	2-Apr-14	6:30 pm	Castlegar & District Community Complex (Monashee room)
Arrow Park	9-Apr-14	5:00-7:00 pm	Rock Island Resort
Burton (1 st meeting)	25-Apr-14	6:00-7:30 pm	Burton Community Hall
Burton (2 nd meeting)	26-Apr-14	10:00am-2:00pm	Burton Community Hall
Edgewood	14-Apr-14	7:00 pm	Royal Canadian Legion Hall
Fauquier	3-Apr-14	7:00 pm	Fauquier Community Hall
Castlegar	16-Apr-14	6:00 pm	Castlegar Community Forum - CBT Building
Creston	15-Apr-14	5:00 pm	Creston Town Hall, Council Chambers
Nakusp/Rural Nakusp & Bayview	27-Apr-14	noon-4:00 pm	Nakusp Community Complex
Nelson	14-Apr-14	2-9:00 pm	Nelson City Council
New Denver	15-Apr-14	7:00 pm	Knox Hall
Silverton	16-Apr-14	6:00-8:00pm	Silverton Memorial Hall
Slocan	14-Apr-14	5:00 pm	Village of Slocan, Municipal Office - Council Chambers

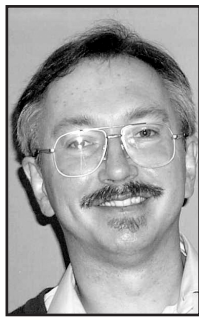
Please visit www.rdck.ca for additional information on meeting schedules and processes.

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Seldom Scene

by Gerald Panio



I'd like to thank Jim & Mary Donald for lending me a copy of this month's movie. Until they mentioned it at a staff party several months ago, I'd had no idea that Creston could boast of a starring role in an award-winning independent film. *Lovers in a Dangerous Time*, some five years in the making, first came out in 2011. In the true indie film spirit it's a labour of love, with co-stars and real-life partners May Charters and Mark Hug also serving as screenwriters, producers, editors, and directors. Talk about a dynamic duo! Mark's family still owns the orchard in which parts of the film were shot, and they once had the Hug fruit stand on the main highway through town. The impetus for the story came from Mark's 10th anniversary high school reunion. May Charters is not a Kootenay girl, and according to her biography at IMDB, May Charters "was born in Toronto, yet raised on movie sets all over the world by her film making parents."

The movie opens with Allison Adams (May) on a Greyhound bus from Calgary, heading to Creston for her high school reunion. She's a successful illustrator of children's books who's just thrown a monkey wrench in her career by ditching a well-paying gig with a book series about a nervous vomiting mouse named Victor. Sometimes success comes at too high a price. Allison is anxious about meeting her old high school flame, Todd Timmins (Mark). She'd lost her virginity

to Todd at a grad party, after they'd been friends since they were both about three years old. Todd stayed in Creston to help his dad with the orchard, while Allison headed off to the bright lights and big city. They never managed to stay in contact.

Todd's a typical small-town bachelor. We first see him sneaking away at dawn from a one-night stand with a local school bus driver. The fact that the kitchen cupboards in Todd's house are stocked with Chef Boyardee and the bathroom doesn't even have a door pretty much says it all. He's got a bit of a monkey on his back because his younger brother Bobby has just become a hotshot player for the Boston Bruins. All of a sudden life in the fruit business doesn't look so hot when your sibling is raking in millions. The fact that Todd himself was a pretty decent player back in the day, but somehow never had that extra spark to make it big, rankles even more.

When Todd and Allison first see one another at the reunion, it's clear that the old spark is still there. But a lot of water has gone under that bridge. Growing up has meant growing away from the innocent play of the 3-year-old versions of themselves we see in home movie vignettes throughout the film. They're both trying to shake the feeling that they've somehow screwed up their lives.

Todd puts Allison up in an old family house that's being rented out. They hang out, but shy away from the intimacy they once shared. Allison starts work on her own illustrated book about their shared childhood and adolescence.

There's a good chance they might fumble their way to a new relationship, but tensions suddenly ratchet up when Bobby (Mark Wiebe) comes to town for a visit. His clumsy attempts to share his new-found wealth only manage to piss off his older brother. Todd's never come to terms with the fact that his older brother turned

out to be the better hockey player. When Bobby rents a houseboat on Kootenay Lake and invites Todd, Allison, and some other high school friends for an overnight party, things turn a bit nasty. A drunken game of Truth or Dare degenerates into punches and branded buttocks.

But this is a love story and not a tragedy, so you know that however messy things get they're eventually going to work out. Naturally, it's going to take some hockey, some skating, some more drinking, more time on the lake, a bush party, a Greyhound bus, a Zamboni, and a few walks in the orchard. You know, the normal way drama often plays itself out around here. May Charters and Mark Hug are fine actors, with a natural chemistry that makes you accept every awkward moment, angry outburst, or loving gesture.

The picture of small-town life in *Lovers in a Dangerous Time* is pitch-perfect. Whether it's the high school reunion at the Rotacrest Hall, hunting deer in the orchard, conversation over beers at a local hotel, or memories of taking girlfriends for drives from the DQ to the grain elevators and back, it's life and life only with no superficial veneer of irony or condescension. The story starts in mid-summer, with the orchards in blossom, and takes us through all four seasons. The hills, fields, mountains, and lake have never looked better. Fine camerawork from Robin Charters. Some of the visuals have a candid camera feel, not quite that Hollywood polish, but it suits the naturalism of the storytelling. There's also an engaging soundtrack by the mysterious JBM.

The DVD's extras are well worth checking out, both the "Making Of" featurette and the deleted scenes. There are previews, stills, and other features on the website at www.inadangeroustime.com.

Now that Creston, Kaslo and Nelson have each had their day in the cinema spotlight, maybe it's time for the East Shore to step into the limelight....

Dance, Drama, Music & Performance Skills Taught at Medley Arts Camp

submitted by Lorna Robin

This year, all courses for Medley must be pre-registered by July 15. Pick up a brochure with a schedule and registration form at local outlets, or visit medleyartscamp.ca. Anyone wanting to volunteer or apply for a bursary is asked to please do so by July 1. On July 28, the fun begins!

CHILDREN'S CLOWN WORKSHOP - Ages 5-12 yrs with Vanessa Gendron: We will explore our inner clown through movement, voice, clown base exploration, and clown scenes, with props provided. We will create a short clown performance based on our skills learnt every day that will be presented at the end of the week for all at camp and parents/family. A video will be made available afterwards.

DRAMA WORKSHOP - Ages 12+ with Vanessa Gendron: A short (15-20 min) performance will be created through

the exploration of different themes and storytelling. Games and interaction will be used along with Laban movement techniques. Laban breaks down the way we move using three different areas of analysis: space, weight and time. Space can be either direct or indirect. Weight can be strong or light. Time can be sudden or sustained. When you put these all together, you end up with eight efforts that classify styles of movement, as well as something of the personality of the person making that movement.

SAMBA BAND - All Ages with Ben Johnson:

This workshop will have the participants drumming, shaking, and moving together like it's Carnival time in Rio de Janeiro. We will learn some Brazilian Samba School rhythms and breaks. We will culminate the workshop with an outdoor parade. All instruments are provided by Samba Lago Profundo. If you have some carnival clothing/costumes, bring them along! No previous experience needed.

KIDS ART STATIONS

- Ages 3 - 12 with Jacqueline and friends: Children will enjoy the messy mayhem of art & crafts while others are engaged in music classes. Supervised, safe, guided artsy projects for the young ones in your group include such wondrous fun as origami, zendalas, pom-pom sculptures, polymer clay, beading, and much

more. Fee includes all materials, instruction, and a small snack.

DANCE FUSION - Ages 5-8 yrs with Slava Doval: This will be a fun and creative class that will introduce students to dance fundamentals and to the joy of movement expression to great music. Students will learn the basics of across the floor patterns, turns, jumps, leaps and the beginnings of choreography. They will learn through creative games and explore the Joy of Dance.

DANCE FUSION

- Ages 9 -13 yrs with Slava Doval: Join a fun and encouraging class that will teach dance basics as well as teach students musicality. Slava will introduce students to a fusion of styles, including Contemporary, Hip Hop, Jazz, Bollywood and more. Students will gain confidence by learning dance fundamentals with technique exercises, as well starting to learn simple and fun choreography. We will explore more Urban styles as well, including some basic floorwork. Students will have fun and connect with each other, the music, and build dance skills!

PARTY DANCE - for All Ages with Slava Doval: This class is Slava's unique blend of moves from various cultures that love to celebrate! Expect to sweat, feel invigorated and dance to great music! Class is open level, but is geared towards youth and adults, no experience necessary. There will be a focus on popular Urban Styles that are gaining momentum in the wide world, so you can learn some sweet new moves to try at your next dance party. Learn moves to DanceHall, HipHop, Bhangra, Bollywood, Cumbia, Kootenay Remixes and more! Shoes are not required, but recommended.

Continued on next page...

April 2014 *Mainstreet* 13

on the East Shore of Kootenay Lake
JULY 28 - AUGUST 1
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 A week of fun and learning for all ages - take one course or several
 Pre-registration required by July 15th
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Music ♦ Art
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Project EOS

submitted by **Drew Rideout, Daniel Wensink, Daelin Peel-Smith, Iyra Cristofoli-Couling and Kate Okros**

We are a small group of four students ranging from grade seven to grade twelve, from Crawford Bay School, B.C.

We started this project, The High Altitude Balloon (HAB) Eos mission, as a small scale science project to expand our knowledge in physics and space. In this project we will send a helium weather balloon into near space, and with our very best efforts, attempt to recover it. If we recover the balloon, we will use the digital footage from the onboard camera and devices to make a video presentation. We hope to collect other data including: pressure, temperature, altitude and humidity. We will present the video and data to our school, and upload the footage to YouTube and other online sites for everyone to see.

This project is going to be dependent on the community around us for funding and mentoring. We will need help with many subjects in this project, and we are searching for mentoring in: physics, space, weather, technical components, to name a few.

Funding is also going to be a major component in making this project a success. If you would like to support this project in any way, please contact our mentor, Kate Okros, at kokros@sd8.bc.ca or call Crawford Bay school at (250) 227-9218.

We need to raise \$1,400-\$2,300. Our launch will take place in the first week of May 2014, weather permitting.

Thank you for taking the time to read this, and we hope you take an interest in our project.

Medley Continued...

FIDDLE BEGINNERS with Velle Weitman: Have you always wanted to learn to play the violin or fiddle... or at least try? If you feel like this is always something you have wanted to do, don't wait, you are never too young or old to start. In this course you will actually learn to play the violin in a fun and safe group setting. You will learn proper technique to get you started, and guaranteed a fun time. A combination of Fiddling and the Suzuki method will be used to get you going. Violin rentals can be made available to you. Don't be shy :) You don't have to read music to take this course. Please register early if you need to arrange a violin rental.

FIDDLE BLUES/JAZZ with Velle Weitman: You have been playing the violin for a few years and maybe you would like to try out some new tunes in the Jazz and Blues Category. You will learn some specific techniques and scales in the jazzy world of violin. Techniques from Mark O' Connor, Vasaar Clements, and Jean Luc Ponti are a few of the artists we will be exploring, and copy catting. Improvisation is something that will also be explored during the week. Scores of tunes will be provided for you. You can walk away from the week with a greater sense of style to your playing.

FIDDLE AROUND THE WORLD with Velle Weitman: You have been playing the violin for at least a few years We will be exploring all parts of the globe in this course. We will be learning pieces from French and Metis Canada, American Old Time/ Appalachian all the way to the Middle east in Macedonia. You will be given a package of tunes before the course. You will learn some history from each of countries: how fiddling came to be in these parts of the world and how the music was passed down through generations. You will learn new tricks to make your sound authentically ethnic sounding, and you may fall in love with a new style.

INTRODUCTION TO BLUES VIOLIN - Ages 12+ with Lorna Robin: Find out the fun of being "blue"! This class is for teens and adults with at least **14 Mainstreet April 2014**

Crawford Bay School's First Annual DAY OF PI

Sponsored by **Food Roots**
by **Jacqueline Wedge**

March 14 (03.14) is celebrated all over the world, and now on the East Shore.

Community volunteers baked beautiful yummy pies, and students wrote poems and stories, painted flags, made pie plate creatures, and memorized many numbers after the decimal of pi. Congrats to our grand winner (Grade 3) Ocean Peel-Ring who, amazingly, memorized 61 numbers.

Who would have thought that the circumference of a circle in relation to its diameter could be so fun? ...and delicious. Our bake sale sold all 28 full pies: bumbleberry, apple-plum, pumpkin, and raspberry-rhubarb. Thank you to all pastry-purchasers, participating pi(e) poets, & math lovers.



a few months of playing under your belt. You should know major scales A, D, G, and C, and have a basic understanding of sharps and flats. Learn slides, swing, blues licks and tricks, more about flats and sharps, blues scale, and twelve-bar blues patterns. We will wail a few tunes. You will need to bring your own violin.

MANDOLIN - Ages 12+ with Catherine McGrath: This class will focus on the major pentatonic mode, a five-note scale that is the basis of many folk music styles worldwide. Students will learn how to play the scale, how it differs from a regular major scale, and some simple folk tunes that employ it. Once students have achieved a reasonable familiarity with the pattern they will learn the first steps in beginning to improvise with it.

ACCORDION BLUES/IMPROV - Ages 12+ with Catherine McGrath: Students will learn what the blues scale is and how to build it from any key. They will be given time to practice the scale in a specific key and then be introduced to patterns or riffs within the scale. Finally they will be given the chance to improvise using these riffs within 12 bar blues.

FOLK BAND BASICS - Multi Instruments - Ages 12+ with Catherine McGrath: Participants will learn the basics of performing folk songs together as a band. They will learn to support vocals by playing sustained notes and fills, take instrumental breaks using the melody or a pentatonic improvisation, modify volume when necessary so that quieter instruments and vocals can be heard, and keep a basic boomchuk rhythm. Songs will be chosen by the group from a selection of well-known North American and world folk music. Songs will be played in one big circle as well as smaller groups. You will gain a basic understanding of how to play supportively in band and jam situations. Requirements: Basic proficiency on any acoustic instrument (guitar, upright bass, accordion, mandolin, fiddle, banjo, saxophone, keyboard, harmonica, drum, noseflute, etc) and/or basic singing ability.

Pi/Pie Day was delicious and worthy of repeating every year! Remember, on March 14, circles rule and squares drool.

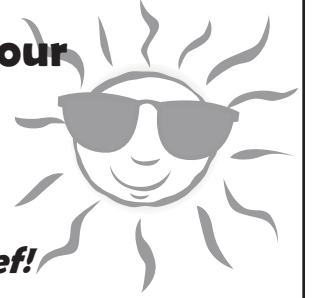
Other noted winners of the Pi Contest include as pictured, back row, left to right: Olivia Wedge-Darchen, Sarah Wensink, Zoe Zaiss-Baetzel and Hailey Middlebrook. Front row, left to right, Asha Cristofoli-Couling, Taryn Derbyshire, Thea Rude, Ocean Peel-Ring and Arthur Brunton.

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BOSWELL HALL

Booking/info: **Judy @ 250-223-8664**

KLEZMER INTRODUCTION - All Instruments - Ages 12+ with Catherine McGrath: This class will focus on the 3 main modes used in klezmer music. Students will first be shown a specific mode, given time to practice it, and then taught a tune that uses the mode. By the end of the class students will take beginning steps towards improvising using the modes within the context of the tunes learned. Requirements: Any melodic instrument. Intermediate skill level.

MARIMBA INTRODUCTION - Ages 8+ with Jacqueline Wedge: For any ability and many ages, however space is limited - first people to sign up will get the opportunity. Using bass and tenor marimbas, xylophones, and metalophones, we will learn 1- 3 songs per day, experimenting with melody, harmony, ostinato, bass lines and percussion. Instruments are provided. (maximum 10 students)

UKULELE INTRODUCTION - Ages 10+ with Jacqueline Wedge: Limited to 15 people, instruments supplied. Strumming is easy to learn, for beginners of all ages. Strumming will be combined with picking for those needing more of a challenge. You can also bring your own uke. Ukuleles are cool!



SINGING FROM YOUR GUTS - All Ages with Bessie Wapp: Everyone Welcome! Life is the only experience required to growl, groan, wail and moan. Meet the "Bear", "Matron", "Diva", &

"Elf"; create improvised vocal grooves on the spot; and generally explore the rich swamp of the human voice in a relaxed, supportive, and FUN environment!

BALKAN CHOIR - Ages 12+ with Bessie Wapp: Add your voice to the bold dissonance & clear sweetness of ancient multi-part Eastern European acapella songs of love, harvest, war, badly arranged marriages,



Tom's Corner

by Tom Lymbery

Salespeople

In writing the heading for this, I started with "Salesmen," but remembered that in recent years there are many more female representatives. In the years 1931-1947 when the ferry ran from Gray Creek across Kootenay Lake, our store saw every salesperson on the road, as they had to wait in the lineup by the store. If one arrived too late for the last sailing at 4.30 pm then he would rent a cabin, and often be invited to have supper and next morning's breakfast with us.

Des Askey was the salesman I remember most. He represented MacKay Smith & Blair Co, who were drygoods wholesalers in Vancouver, also selling many other lines such as Dry Bak waterproof clothing (which were so stiff that they were known as "Tin Pants.") Des sold Dad our first battery radio in 1937. Since he was a regular, he sometimes stayed over in our spare bedroom. Des lived in Invermere and dropped in to see us after we opened our three-story building in 1979. I was most interested to see him again as he was to see how our store was expanding. About 1955 Des got us to handle the first Philips electric razors which sold for \$14.95. I can remember Conrad Feenie buying one, and I was able to sell his trade-in the next day.

Gaults Ltd. was another Vancouver dry goods operation which survived longer than MacKay Smith & Blair. They kept their wholesale department going until about 2005, surviving over 100 years from 1894. When we opened our larger store in 1979 all we had to do was to mention that, and they shipped us a good supply of children's, ladies' and men's wear to fill our new second floor shelves. After they moved to Richmond, Sharon and I visited their operation to place booking orders with a most helpful saleslady. The last item we bought from Gaults was their entire stock of boot caulks, so perhaps we have enough spikes to keep loggers' boots on the logs for more than 20 years.

Wood Vallance Hardware in Nelson was almost the first business that Dad established credit with in 1913. He tried buying hardware from Mc and Mc (McLennan, McFeely & Prior) in Vancouver, but found that once he added the freight, Wood Vallance was competitive. Their salesman would drop in every week or so and write down our regular orders. They found that specialty items, such as the four-way mousetrap, sold well on their retail floor, after I had asked for items that they weren't stocking. Steven Swolski called for them for some years, - he had gone to school with Sharon in Crawford Bay. About 1983 we found we were their largest customer, after they had lost the vital Cominco account.

When I made an annual trip to Vancouver I would usually go to Mc and Mc to pick up some items that Wood Vallance didn't handle. Often there was no one on their sales floor, and often people asked me if I was their salesperson. I am sure that I could have made some cash sales and put the proceeds in my pocket.

Grocery wholesalers in Nelson were W. H. Malkin Co. Ltd., and McDonalds Consolidated. In the early Depression years of the 1930s, McDonalds went to a strictly cash-with-order operation, which my Dad wasn't about to accept, so he continued paying their statements as regularly as ever. He found out later that the manager paid Dad's orders out of his own pocket!

Nelson was the distribution centre for both East and West Kootenays for many, many years. It was the largest town in the BC interior, more important than Kelowna or Cranbrook, as it had most of the government offices as well as being a CPR Divisional Point. The CP built large diesel shops that could do anything up to a major overhaul. Nelson's Greyhound was also the largest Divisional point in BC until the Rogers Pass and the Nelson - Creston highways opened.

National Fruit and McDonald Jam were competing fruit wholesalers in Nelson. During the 1939 - 1945 war we bought from all the companies we could, because of the shortage of everything. Once supplies became more available I dealt with McDonald Jam as they were also the Coca Cola bottlers, and also made Silver King soft drinks. Malkin's was helpful in those times when anything not rationed was so hard to find, for instance sending a few bars of hand soap when they got some in. Three or six were much better than nothing, and we had to apportion these to those customers with the greatest need.

How about George Futa from Cranbrook, who sold us five year light bulbs? He had a Japanese car with two propellers that he could use for fishing in our lake. Doug Hempstock came to the store one morning asking "What's that car doing in the lake out in front of the creek?" I took a photo of George landing a fish out his car window, just before he drove up our boat ramp.

Cigarette and tobacco salespeople are a thing of the past - we only get those checking that we are not selling tobacco to minors. If I am there I always ask if they can provide any help to get some of our staff off the noxious weed, but they answer that is not part of their mandate.

Once we started selling chain saws in 1956, sales and service representatives visited from Purves Ritchie who distributed Industrial Engineering (Pioneer) saws. They had to help their deal-

ers with service problems as well as encouraging sales. Ron Peterson especially liked visiting my dad when he could borrow some English magazines such as Country Life. He had been an RCAF pilot stationed in England, which he came to love. He had also been part of the "Bridge Too Far" operation, flying into Holland to support that attempted attack to move the invasion closer to Germany. I can remember him shooting a deer in our upper orchard one evening in hunting season, and giving it the meat to us.

Other saw reps included Mike Acres of Grand Forks, who grew up servicing saws. He soon started looking for antique saws to build his collection, which led to the publishing of his book, "Chain Saws - a History," which fascinated most of us who have owned a variety of saws. Mike was also active in the Southern Interior Loggers Sports Assn. so he came to be Master Judge at Kokanee Carnival of Sports in Crawford Bay, as well as organizing the show at Grand Forks. He is still very active in chainsaw and parts supply with his business Consolidated Equipment.

We also had salespeople who brought their stock with them. The first of these was a Nelson man who came up with such oddball items that we soon called him, "The Nitwit Salesman." Another was Marvin from Kamloops who came with a motorhome and even a used Greyhound bus to carry his stock of all sorts of things we needed to stock, from nail clippers to dustpans and much more.

One of the lady salespeople had a line of notions that included condoms, some of which came in colours and shapes. I wanted to stock these in the shape of our old "visible" gas pump with its Husky Gas dome on top. However I couldn't order the thousands needed to get a production run - perhaps in Malaya. At least the Catholic Church no longer influenced Canadian politics with the requirement that each condom be stamped "For Prevention of Disease Only!"

Currently the sales reps we see most of are those representing stoves and fireplaces, and we do get to know these people better when we visit their operations in Calgary or at the coast. One of the best and most effective was Emma when she was on the road for Blaze King from Penticton. Not only when she visited our store, but any time we called her at her office, - whatever she promised happened.

With fewer salesmen today, one of the problems is finding suppliers, since stores that handle the variety of products that we do are so few and far between. We have 60 to 70 regular suppliers, and even keeping track of these can be a problem.

Regular salespeople become your friends and we look forward to their next call.



Here's Rick from Hjukstrom Ltd of Surrey BC showing off at the store with one of the superb Swedish steel axes his company supplies us with.

Medley Continued...

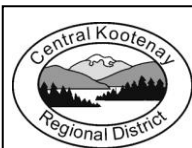


drunken husbands, and more! For teens & adults; some singing experience is helpful but not required.

STILT-WALKING - Ages 6+ with Bessie Wapp: Find out what it's like to be 8 feet tall! We'll warm up our bodies, and learn about balance, core strength, and what to do if we fall (so we don't hurt ourselves). Then we'll strap in and take our first steps! This will be an outdoor class, with adjustable stilts provided by the instructor. No experience required. (maximum 12 students) Children under nine years old must be accompanied by a parent assistant.

COMMEDIA DEL'ARTE MASKED CLOWN - Ages 12+ with Bessie Wapp

Got a hankering to wear a mask and play the Fool? The Braggard? The Miser? The Villian? Come explore the rich cast of characters in the Commedia del'Arte masked clown tradition. We'll play games to build trust, cooperation, and confidence; make masks; & make each other laugh! For teens and adults, no experience required. (maximum 12 students)



AREA "A" EDC Economic Development Commission

**next application deadline:
May 31, 2014**

**A submission can be made at any
time -- submit early so we can help
you to succeed.**

**Projects for Area A (East Shore, Riondel
to Wynndel)** relevant to the promotion of economic development may be eligible for a grant from the Regional District of Central Kootenay. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

Please phone for an application form or request by email:

Lorna Robin, EDC Chair 250-225-3333
lornarobin@bluebell.ca

Approval/funding lag time 6 to 8 weeks

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

email skootenaylakeccs@gmail.com
or phone 250-227-9218 x 5505.

CB Library – East Shore Reading Centre

by Cathy Poch

David George has been doing an excellent job of informing us of the hidden taxes we pay throughout the year. But did you know...that RDCK collects and distributes our taxes that support the two reading centers here in Crawford Bay and Riondel. Yearly, we submit a budget to RDCK supporting our need for the monies granted. This comprises the majority of our funding. Extra funding comes from fines collected and donations, in both monies and items for the shelves.

We know that we are supported by the community, by your usage of the facility and the above donations. However, and yes here comes the plea...like most organizations here on the East Shore we need help. Our Annual General Meeting isn't for a few months, so you have plenty of time to ask members of the current board what their duties are and what their vision for the Reading Center is. Do you have an idea that you would like to see implemented? Is there an area you would like to see expanded? Items not here that you would like...? We do try to keep current, but are always on the lookout for new authors and titles. Give joining the board a thought or two. Like many other clubs and organizations, we could use your help to stay current in the community.

Staying current...we have new titles coming in weekly with some of the newer items shelved including Season 4 of *Downton Abbey*, James Patterson; NYPD Red 2; Scott MacGillivray, one of our Canadian home renovators, book on adding value to your home; donated items include a collection of books by Australian author Bryce Courtney (well worth a read) and a re-issue of Nora Roberts *Garden Trilogy*.

I am constantly amazed at the number of residents on the East Shore who don't realize that we have a library...so if you haven't been come on down, check out what we have on the shelves; membership is free to those living here (those tax dollars at work), bring a new neighbour down. Hours are Tuesday and Saturday from 12:00 – 3:00 PM and Thursday evening from 7:00 – 9:00

Riondel Community Library

by Muriel Crowe

Our third annual library open house was a wonderful event. The evening was enjoyed by more than seventy people thanks to many volunteers and Winnie Fung's amazing Memoirs Class members. Many of the class members shared some of their writings and Peggy Tugwell related one of her delightful stories. Deberah Shears entertained us with some entrancing piano music and Terry Turner opened the historical society display room to the delight of many. Our appreciation and thanks go to them in particular. My personal thanks go to the many library volunteers who organized and ran the event while I sat back and enjoyed. Thank you!

Downton Abbey fans will be pleased to know that we have the DVD sets for four seasons as well as a copy of *The Chronicles of Downton Abbey*. As well we have several new DVD's for the very young and a mixture of other genre DVD's. If you are requesting purchase of DVD's based on TV series please indicate what seasons interest you the most. Unless a series has wide appeal it is unlikely that we would order more than two seasons in the near future.

Our volunteers look forward to seeing many of you in the library soon. We are planning to be part of a new event later this spring. This will be a fair that invites any and all local groups to display information about their organization and events that they sponsor. Watch for this and many more important events this year. In the meantime please drop in, browse and borrow.

16 Mainstreet April 2014



pebbles by Wendy Scott PARTY

What does a person need to put on a party? Well, games, prizes, contests, and lots of fun. And that's what happened last Thursday at the library

in Riondel Community Centre; about seventy people came to join in the fun and games – and check out books, of course.

But the event was crowned by writers and they were the main attraction. For the past six weeks in the Riondel Community Centre, Wai Yin Fung has hosted a Memoir writing workshop, and on Thursday, we were privileged to hear the results of those busy weeks.

A person might say it's easy to write a memoir, after all, isn't that just like copying a few diary pages? Knowing what my diary looks like, I believe there's a lot more to this discipline, and judging by the results we listened to on Thursday, a successful memoir must be honed carefully, shaken up a bit, tossed out to friends for criticism, cut, polished, and finally, read out. The reading is most important because without that a person does not hear their own words spoken.

Hearing your words read aloud – that is exciting, daunting, yes, and horrifying – did I really write that? What was I thinking! This can be the first reaction, but what do you think of other people's words? That's different. Isn't it. The written word always conveys thoughts that were at least half hidden until inscribed on paper other than a diary page – since a diary, by definition, is yours alone.

And therein lies a problem; private words are often destroyed rather than risk the chance of discovery; diary pages torn one by one and tossed into a furnace, or ground to pieces in a shredder are gone forever. Since this decision is often that of a teen aged girl, it is nearly always followed by regret and the attempted reconstruction, a miserable parody of the original thoughts.

That's why a Memoir course is an important and vital step towards teasing memory into recollection and presentation; allowing the mind to reach back into what, for some, can be a particularly difficult spot. Once reached, explored and recorded, these moments become shared memories, and let's face it, once voiced, they are no longer singular, but somehow manage to gather detritus from so many other lives, and in doing so pale in comparison.

When Memoir turns into Remember When – that's when the fun starts and even the sad moments can spin off into amusing anecdotes and take on continuing episodes that require more parties.

A memory spoken triggers another, and another, and before long you have the first five pages of your new novel! After all, there was a legitimate reason for this event to be sponsored by Riondel Library – we love new books and local authors.

Now is the time to start writing – don't wait for inspiration. I think it was Mark Twain who said it comes through your fingers, so pick up a pencil and begin.

BOOK REVIEW

by Tom Lymbery

THE ICE PILOTS – Flying with the Mavericks of the Great White North, by Michael Vlessides, publisher Douglas & McIntyre, 270 pages, \$21.95

Buffalo Airways has to be the most unorthodox airline anywhere. Flying 70 year old propeller driven planes out of Yellowknife in the coldest country Canada can produce. This outfit would be little known if the TV show ICE PILOTS hadn't created a worldwide following. It even brings people from Europe to see the operation's DC 3s and DC 4s that were built for use in World War II - or even fly in one, since Buffalo actually has a daily scheduled flight to Hay River, (\$335 return fare)

I can easily relate to this, since Sharon and I made a return flight in a DC3 from Dawson City to Old Crow (well above the Arctic Circle) when Air North was still flying these, surprisingly comfortable aircraft. This was a trip we call the *Watermelon Flight* that I have earlier written about. Today there is a retired Canadian Pacific Airlines DC3 on a pedestal at Whitehorse, Yukon, serving as the largest weather vane anywhere.

Buffalo has a current total of 41 planes or 14 different types listed on its fleet. All are kept well painted in the company's colours of green and white. Why is it called Buffalo Air? Its founder and principal owner is Buffalo Joe McBryan who started the operation in 1970 and stayed with the planes he was flying at that time. Joe is a hard headed man whose work ethic is phenomenal – something he expects out of his 50 plus employees. His son, Mikey is the one the author refers to most in this book, for he is the outgoing one of the family, appearing regularly in the TV series.

Joe McBryan has always been unhappy with the TV program, since for viewer interest and excitement it features many more mechanical problems with the planes than actually happen. Naturally Joe is proud of his maintenance record, and the service that can be done inside the vast hangar, which was built by Max Ward of Wardair fame.

The book explains much about this family operation that you won't find from the TV program. For instance why has Joe purchased several Lockheed Electras? – a plane that doesn't fit in with the others. The reason is that so many jets and newer planes do not use Avgas, so that this fuel is no longer readily available to refuel the DC 3s and 4s. The Electra is powered by four turboprop engines that use the same fuel as the jets. This allows Buffalo's Electras to carry freight into the far north, and be able to re-fuel there. To find pilots and service people for this faster and different plane has required Joe to find people with differing qualifications than his regular staff. Please google Electra if you are interested.

The author is a former editor of the magazine *Up Here* published in Yellowknife, so is familiar with the city he used to work in. He spends time with Mikey and reports on Mikey's Mondays – when a fresh stripper arrives at a Yellowknife nightspot.

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Next Deadline: April 23
www.eshore.ca

Asana of the Month

by Jayanti Holman

Parsva Bakasana - Side Crane Pose



Benefits

- Strengthens the arms, wrists, shoulders, and abdominal muscles, and spine.
- Lubricates the nerves, ligaments, joints & tendons of the hands, wrists, and forearms
- Engages and improves muscles of the core
- Massages the abdominal organs
- Improves flexibility thru the spine, back and groins
- Stimulates digestion and detoxification
- Improves balance, concentration, poise & grace
- Increases ability to handle life's difficulties with ease

Cautions

- Ground the palms of the hands to promote wrist health and avoid injury
- Avoid if you have any current wrist, hip or lower back injuries.

Doing The Pose

- From standing, lower down into a squat with your big toes and knees touching, balancing on the balls of your feet.
- Exhaling, twist your torso to the right. Bring your left elbow to the outside of your right thigh as you place both palms flat on the floor keeping them shoulder-width apart.
- Spread your fingers wide and press your weight evenly into both hands. Keep your elbows slightly bent. Begin to shift your body forward.
- Rest your hips on your right arm and your knees on your left upper arm. Your right hip and knee create a flat beam across the backs of both arms.
- Engage your core, hug your knees together and tilt your torso forward over your hands, as you lift both your feet up off the floor.
- Hold and breathe evenly and naturally for 3-10 breaths
- *For this pose, you can rest hips and knees or only knees, play with the two variations to see what works for you.*

Focus While In The Pose:

- Set a blanket or a pillow in front of you in case you fall forward
- Keep your feet together and press out through their inner edges.
- Spread your fingers wide and distribute your weight evenly across both palms & fingers.
- Keep your heels & buttocks drawn close together
- Look forward as much as you can without compressing your neck
- Draw your abdominal muscles in strongly.
- Straighten your arms as much as you can.

To Come Out Of The Pose:

- To release, gently lower your feet to the mat and come to centre
- Repeat on the opposite side

East Shore Hospice News

by Nicole Schreiber, East Shore Hospice Coordinator

Hike for Hospice

In honour of National Hospice Week, East Shore Hospice is hosting our 12th annual Hike for Hospice on Sunday May 4 in Riondel.

Registration is at 9:30am at the Riondel Community Centre and the hike begins at 10am. After the hike, a luncheon will be held in the centre, with musical entertainment and prizes for those individuals who raise the most funds.

Gather pledges, join us for a fine hike, and help spread awareness of East Shore Hospice and the palliative care assistance that is available here on our shore. If you cannot participate in the hike, please considering pledging a hiker. 100% of funds raised on the East Shore stay on the East Shore! All ages are welcome; have the kids bring their bikes! Pledge forms are available at East Shore stores and postal offices and the Credit Union. You can also sign up online at chpca.convio.net/EastShoreHospice to gather pledges. For more information please contact Nicole at 227-9006 ext. 29 or email hospice@theeastshore.net.

Hospice care focuses on helping people to live as fully as possible until the very end of life, with dignity and comfort. East Shore Hospice volunteers provide palliative care for people of all ages, as well as 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.

Health & Happiness

by Sid Kettner

Nuts! I love them, but are they good for me? A resounding, "Yes." Not only as a tasty and delightful snack, but as a very nutritious food. Be they walnuts, peanuts, cashews, pistachios or Brazil nuts, they can reduce your risk of dying from the most common causes of death—heart disease, cancer and lung disease—and a host of other life-stoppers. Recent studies involving over 118,000 men and women, observed over 24 years have now verified the importance of this all-natural snack food. And the greater the frequency of enjoying these nuts, the more the risk for overall mortality drops.

Well, "Please pass me a handful now," I can now hear you say. And that is about what you should ingest daily—about 3 tablespoons or a small partially closed handful. But why are they so healthy?

They are rich in unsaturated fats, protein, fiber and vitamin E but low in carbohydrate. They have as much anti-oxidant capacity per serving as do tomatoes and broccoli. They can improve blood pressure, sugar control and cholesterol levels.

But won't we gain weight on them? They are high in calories but the latest research shows that those who eat nuts more frequently are actually leaner. It is now believed that much of the fat in nuts is not actually digested. And they tend to satisfy hunger better than many foods, so people tend to eat less at the next meal or snack. Good news for those of you trying to shed a few pounds right now. So go ahead, substitute nuts for less healthy foods such as chips, cookies or salad toppings. Nuts can also stand in for meats.

Vary the way you ingest them. Top salads with them instead of using cheese or meats. Sprinkle them on low-fat yogurt. Add them to steamed vegetables and vegetable stir-fries. Grind them up and thicken sauces with them and substitute them for some of the flour used in baking. Don't salt them. Store them in sealed plastic bags in your freezer or airtight containers in your fridge. Best of all—enjoy them daily!

Notice of Passing



Frances Choquette

Frances Choquette, 69, of Crawford Bay passed away on Sunday March 9 at Kootenay Lake Hospital surrounded by family.

She was born to the late Henry and Polly Reilkoff on October 2, 1944 in Canora, Sask. She taught school in the Caribbean before becoming a part of east shore in 1976. She married the late Rick Choquette in 1982.

Fran taught at Crawford Bay School until 1990, then moved on to pursue her Masters and worked in child protection until her retirement in 2005.

Our crazy mom loved to read, had a passion for masonry and woodworking culminating in the rock walls and fireplaces she crafted by hand in the home she built with Rick. She gardened, raised chickens, geese, llamas, was an amazing seamstress and was the strongest person, capable of anything. She was sweet, stubborn, thoughtful, patient, and a fighter to the end.

Franny is dearly missed by her children Sadie and Tobias as well as her three grandchildren Gaelin, Hugo and Wren. We love you Franny and will never forget. Thank you for bringing us into this world and providing us with all we ever needed.

In lieu of flowers, the family requests unwavering support and respect for the nurses of Kootenay Lake Hospital for their incredible care and kindness.

A service will be planned at a later time. Contact tobmacd@hotmail.com for details.

Next Deadline: April 23
www.eshore.ca

Eastshore Garden of Remembrance

by Wendy Scott

Ah – Spring! No matter how much we claim to enjoy four seasons, all of us, I'm sure, breathe a sigh of relief when that first day of spring finally arrives. And this year who couldn't don a jacket and head outside – even if only to stand and enjoy the sunshine – along with the still nippy breeze.

Of course it becomes all the more special simply because by opening that door and taking a step we are, metaphorically speaking, stepping out of winter and into spring.

The garden is awakening as well with green shoots and promises of more to come. Soon you will be able to visit the new bench and you will also be able to spot a few new plaques on other benches.

Get in touch with us if you have requests for the garden and we'll do our best to fulfill them.

Wendy Scott – wmescott@gmail.com 250-225-3381
Muriel Crowe – mcrowe@bluebell.ca 250-224-3570

April 2014 Mainstreet 17

SERVICE DIRECTORY/CLASSIFIEDS

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

BUSINESS SERVICES

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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.

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

STEEL WHEELS - Septic systems planned & installed. We dig too, mini hoes for you. Dave or Donovan. 250-227-9646.

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.

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.

MASSAGES & WELLNESS FOR WOMEN - Reflexology according to the clock of Chinese medicine, Rebutology: European method for deep tissue, Breuss spine massage with St. John's Wort oil, relaxing massage, Reiki, hot and cold stone therapeutic massage. Call Geraldine, certified therapist in Europe, over 15 years of practice, 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.

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

Next Deadline: April 23
www.eshore.ca

CLASSIFIED SECTION

ANNOUNCEMENTS

East Shore Community Facilities Committee Meeting - Monday April 7, 7pm, Learning Place (corner community use room). Crawford Bay School. Everyone welcome. Come & see what is happening with the facility you helped to build! Join us for dessert & coffee

CBESS FUNDRAISER - PASTA NIGHT FEB 28TH: What a great evening it was, with the Crawford Bay Hall packed and everyone digging into an ALL-YOU-CAN-EAT pasta dinner!

Thanks to the musicians - Farley, Daniel, Matt and Andy - they kept the groove light and fun as over \$3000 was raised to support the CBESS high school trip to the west coast. Thanks to all who came out and supported this sweet cause - because of you this was a success! We wish to thank the following businesses for their donations to the event, and we ask that you support them as they have supported us: LAKEVIEW STORE, RIONDEL MARKET, STARBELLY JAM, NORTH WOVEN BROOM, AFREAKAN BEADS, DOG PATCH POTTERY, LA GALA JEWELRY, SAPPHIRE HAIR SALON, THE EAST SHORE MAINSTREET, GRAY CREEK CLAY, BAREFOOT HANDWEAVING, FLICKERING GODDESS, SHPRIXIE-LAND, AMBROSIA ARTISAN CHOCOLATES, KOOTENAY FORGE, BREATHLESS

18 Mainstreet April 2014

GLASS, JEM FITNESS, LEAH WILSON - ARTIST, BLACK SALT CAFE, KOOTENAY CO-OP, BC WINE GUYS, OLD WORLD BAKERY, OSO NEGRO, SAFEWAY, REAL CANADIAN WHOLESALE, SAVEON FOODS

AUTOMOTIVE

2005 Chev Uplander AWD. AIWI - \$4000 OBO. 250.227.9246.

BIZANNOUNCEMENTS

Sirdar General Store: A unique place to shop on Duck Lake. 2014/15 Fishing & Hunting Licences, Tags & Regulations plus 2014/15 CVWMA Fishing & Hunting Permits. Fishing Tackle, Groceries, Creston Valley Bakery Baked goods, Island Farms Mile Products, Ice Cream Treats, Chips, Peanuts, Chocolate Bars, Soft Drinks, Water, Juices, Energy Bars & Drinks. Greeting & Post Cards, Souvenirs, Local Crafts, including Birdhouses. Post Office, Money Orders, Express Post envelopes. Faxes & photo copies. 8050 Hwy 3A, Phone 250-866-5570 or Fax 250-866-6811. Happy Easter!

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

BUSINESS SERVICES

Fax service, photocopies, (with no PST/GST) Tom

Lymbery - Notary Public, 250-227-9315, fax 227-9449, 250.227.9448 for Notary Public.

CLASSES/EVENTS

SUMMER ART CAMP on the EAST SHORE! Kids art-in-the-park at the community corner, a fun-filled 5-day bonanza of creativity & recreation for 5 to 12-year-olds. JULY 22 to 26 (Tuesday to Saturday). 30\$ per day includes yummy lunches, painting, life drawing, games, group projects, felting, papier mâché, beading, yoga, ukuleles, puppets, mandalas, crafting galore, nature activities, team sports, contests (everybody wins!), theatre sports, and much more. Subsidies available upon request. Pre-register at 227-6803 (Jacqueline) or moonrakings@theeastshore.net. Watch for future ads and posters to see detailed schedules.

Medley Arts Camp, July 28 - Aug 1, Crawford Bay School, ages 6 - 106. Drama, clowning, fiddle, DanceFusion, Balkan Choir, stiltwalking, ukulele, Samba Band, mandolin, accordion, Party Dance, Folk Band, Klezmer, more... check it out at medleyartscamp.ca

NOTICES

ATTENTION SEASONAL USERS OF PILOT PENINSULA TRAIL SYSTEM: The Tipi Camp Trail Crew will be doing trail

maintenance and remediation projects throughout April and May. Our high visibility crew will at times be working with chainsaws and may not hear approaching trail users. FOR ALL OUR SAFETY, If you encounter our team please announce yourself, keep dogs on a leash and/or dismount your bicycles as you pass. For information call 250 505 3173

LET US KNOW your interests: would you take a course on fire suppression, traffic control, raising chickens, computer basics, computer short cuts, internet marketing, images and photos manipulation, etc... Call to discuss at 250-227-9218 ext 5518, cell 551-5827, or email laverne@theeastshore.net

RENTALS/REAL ESTATE

Kokanee Homes: www.kokaneehome.ca. Short and long term accommodations in Gray Creek and Crawford Bay. We are open! Emergency and nightly requests welcomed. Pet friendly and responsible owners. Great off-season rates. Hot tub and sauna available! For availability, please email or call 250.505.4690 or 250.227.9583. We accept Visa/Mastercard.

Next Deadline:
April 23/14

SUNSET SEED COMPANY



Your Complete Farm, Garden & Pet Care in Creston, BC
250-428-4614

NOW OPEN! We look forward to seeing you.
1628 Canyon St, Creston (right next to 7-eleven)

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time - Winter Schedule in effect

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

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 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.
Interior Health Authority, Community Care Nursing
and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR APRIL 2013

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

April 1: Dr. Grymonpre
April 2: Dr. Moulson
April 3: Dr. Lee
April 8: Dr. Grymonpre
April 9: Dr. Moulson
April 10: Dr. Lee
April 15: Dr. Lee
April 16: Dr. Moulson
April 17: Dr. Lee
April 22: Dr. Lee
April 23: Dr. Moulson
April 24: Dr. Lee
April 29: Dr. Lee
April 30: Dr. Moulson

**Please Note: Lab hours 7:30 - 10:30 am, Weds
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**

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 Nicole Schreiber (East Shore Hospice coordinator) at 250-227-9006 ext. 29 or email at hospice@theeastshore.net.

BOSWELL HALL HAPPENINGS

Yoga: Thursdays, 9:30-11:00 am.
Marilyn Arms 250-223-8058
Tone & Trim Fitness: Mondays & Fridays 9am
Darlene Knudson 250-223-8005
Carpet Bowling: Resumes in October
Line Dancing: Resumes in the Fall.
Vinter's Group: No vintners this month
Book Club: 2nd Thursday of the month 2pm
Melody Farmer 250-223-8443
Quilter's Guild: 3rd Tuesday of the month 1pm
Jan Brooks 250-223-8667
Boswell & District Emerg Vols: No meeting

BOSWELL SPECIAL EVENTS

Hiking Club Meeting: April 16, 2pm. Contact Melody Farmer, 250.223.8443
Earth Day, Weds April 23, 12 noon.
Contact Wes or Jan Brooks 250.223.8667
Rural Crime Watch Public Meeting: Saturday, April 26, 2pm. Contact Herve Blezy, 250.276.4282

HIKE FOR HOSPICE

12th annual Hike for Hospice Sunday May 4th in Riondel. Registration at Riondel Community Centre at 9:30am; hike begins at 10am. Luncheon and prizes at Centre after hike. Pledge forms available at East Shore stores and post offices or sign up at chpca.convio.net/EastShoreHospice to gather donations online. For more information contact Nicole at 227-9006 ext. 29 or hospice@theeastshore.net.

THE KOOTENAY LAKE CHAMBER OF COMMERCE OFFERS...

Opportunity to exchange time assisting tourists this summer for rental space at the Tourist Info Booth in Crawford Bay (between Barefoot and the Forge). For additional information please call Lois at 227-9367, or email info@kootenay-lake.bc.ca.

LET US KNOW

Let us know your interests: would you take a course on fire suppression, traffic control, raising chickens, computer basics, computer short cuts, internet marketing, images and photos manipulation, etc... Call to discuss at 250-227-9218 ext 5518, cell 551-5827, or email laverne@theeastshore.net

EAST SHORE FACILITIES MEETING

East Shore Community Facilities Committee Meeting - Monday April 7, 7pm, Learning Place (corner community use room). Crawford Bay School. Everyone welcome. Come & see what is happening with the facility you helped to build! Join us for dessert & coffee

BOSWELL NIFTY NEEDLERS THIRD BIENNIAL FABRIC ARTS SHOW: SATURDAY, MAY 31, 2014 1 - 4PM BOSWELL MEMORIAL HALL

An inspiring event for all quilters and those interested in fabric arts will be held on May 31 at the Boswell Memorial Hall. Fabric arts decorate our lives, and include wearable art, fabric wall-hangings, table runners or cushions, as well as bed quilts. There will be a heritage quilt area, a seasonal corner of Christmas items, and a display of quilting projects recently completed as a special tribute to Darlene Masuak, a dearly missed guild member who passed suddenly last September. Small quilted or sewn items - perfect for gifts - will be sold at nominal cost, and there will be a raffle for a hand-crafted quilt stand constructed by a local artisan. The cost of admission is \$5 and will include refreshments. Please come and view the beautiful quilted items and enjoy the warm atmosphere at Boswell Hall, located at 12374 Boswell Road, along the East Shore of the spectacular South Kootenay Lake.



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Over 15 years experience for all
your construction project needs

- Great hourly rates & reliable, strong work ethic
- Concrete, framing, roofing, drywall, siding, flooring, finish carpentry, tile setting, plumbing & wiring experience

Call 250-227-9246 or 250-551-7697
baetzels@theeastshore.net



The Fitness Place



Spring Hours
8-10am, Monday-Saturday
6-8pm, Monday-Friday

Spring Special
Buy a 3 month membership
any time in April for just \$60!
(Wow, save \$30! Enjoy the Fitness Place
11 times/week (that's more than 40 times/month) for 3
whole months. What a deal! And your first visit is free!

Located above Crawford Bay School gym -
second right on Walkley Road.
Elevator available if steps are a problem.

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

APRIL 2014 SCHEDULE

April 6: Br. Jeff Zak, 11am

music - Marie Gale

April 13: Canon Jim Hearne, 11am

music - Marie Gale

April 20: Rev Robin Celiz, Anglican, 1pm

PLEASE JOIN US FOR A COMBINED SERVICE AT HARRISON

MEMORIAL CHURCH

music - Deberah Sheares

April 27: Linda Moreau, 12:30pm

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

Sunday, April 6: 1:3 pm Rev Robin Ruder Celiz

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

April 20: Rev Robin Ruder Celiz, 1pm. This is a joint service w/ Riondel Community Church at Harrison Memorial.

For information call Karen Gilbert: 227-8914

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

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 2:00 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: 250.229.5237

Next Deadline:

April 23, 2014

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

or Lion Jim at 250-227-9622.

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

PARENT ADVISORY COMMITTEE

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

Call Ingrid to be put on the agenda - 250.227.9246

Nov PAC Meeting: April 14 (Monday) at 7pm in the CBESS school library.

All parents/guardians welcome!

April 2014 Mainstreet 19

April 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Badminton, CBESS Samba, 7-9, CBESS Dr. Grymonpre	16+ Vball, CBESS, 7pm Dr. Moulson	Improv, Comm Corner, 7pm Many Bays Practice, Rio Community Centre, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee		Badminton/Pickleball/ PingPong, CBESS, 10 am
6	7	8	9	10	11	12
	ES Community Facilities Mtng: Leaning Place, 7pm	Vet Clinic Badminton, CBESS Samba, 7-9, CBESS Lions Mtng, 7 pm Dr. Grymonpre	16+ Vball, CBESS, 7pm Dr. Moulson	Sleepy Hollow, PCSS Improv, Comm Corner, 7pm Many Bays Practice, Rio Community Centre, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Sleepy Hollow, PCSS Fit Club, CB Hall, 6pm	Sleepy Hollow, PCSS Badminton/Pickleball/Ping- Pong, CBESS, 10 am
13	14	15	16	17	18	19
	CBT Comm. Init Pub Mtng, GC Hall, 6:30pm	Badminton, CBESS Samba, 7-9, CBESS Dr. Lee	16+ Vball, CBESS, 7pm Dr. Moulson	Comm Health Mtng, CB Hall, noon Improv, Comm Corner, 7pm Many Bays Practice, Rio Community Centre, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Rec 9 Deadline Fit Club, CB Hall, 6pm	Badminton/Pickleball/Ping- Pong, CBESS, 10 am
20	21	22	23	24	25	26
		Badminton, CBESS Samba, 7-9, CBESS Lions Mtng, 7 pm Dr. Lee	Mainstreet Deadline 16+ Vball, CBESS, 7pm Dr. Moulson	Rio Lib Open House, 6pm Improv, Comm Corner, 7pm Many Bays Practice, Rio Community Centre, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Fit Club, CB Hall, 6pm	Rural Crime Mtng, Bos Hall CB Park Cleanup, 10 am Mary Donald Luncheon, Rio Comm Centre, 1:30 pm Badminton/Pickleball/Ping- Pong, CBESS, 10 am
27	28	29	30			
Conflict Transformation Workshop, CBESS, 10-5 Bottle Drive		Badminton, CBESS Samba, 7-9, CBESS Dr. Lee	16+ Vball, CBESS, 7pm Dr. Moulson			

SPRING FORUM 2014

WHAT'S HAPPENING?

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

SATURDAY MAY 3rd

1 - 4 PM

The doors will open at 12:30pm for munchies and milling around.

At CRAWFORD BAY SCHOOL

Everyone is welcome!

Bring your promotional material or samples to display and share on tables that will be available!

☆ A Rural Economic Perspective – with Grand Forks Mayor Brian Taylor

☆ Kokanee Springs Resort – with Rowley Ramey
☆ Other Local New Business TBD!

☆ Individual Speak-Ups

Sign up when you come in, and you will have one or two minutes to introduce your business, group, or project and tell us what is new for 2014.

☆ BREAK AND REFRESHMENTS

☆ Community Connections ☆ Invest Kootenay

☆ Kootenay Lake Chamber of Commerce

☆ Local Economic Activity

☆ Riondel Fire & Ambulance ☆ Other Area A Updates

Sponsored by Community Connections & Area A Economic Development Commission

ES Health Centre 227-9006

Drug & Alcohol: 353-7691 Child & Youth: 353-7691

Public Health Dental Screening/Counseling: 428-3876

Community Nursing: 352-1433 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

ADVERTISER	PAGE	Thank You	4
Alternative Energy	9	Turlock Electrical	10
B-57 Excavating	10	Western Pacific Marine	7
Bespoke Stone Gardens	1		
Black Salt Cafe	1		
Boswell Boat Launch Fundraiser	2		
Boswell Hall	14		
Bottle Drive	2		
Chamber Info Booth Opp	2		
Christine Peel R.Ac	10		
Community Futures	6		
Conflict Workshop	7		
Crawford Bay Hall & Parks	5		
Crawford Bay Market	10		
Credit Union	10		
Creston Vet Clinic	8		
EDC	15		
ESIS	10		
Earth Day Hwy Cleanup	6		
Eastshore Physiotherapy	5		
Fitness Place	19		
Footlighters	12		
Gray Creek Store	10		
G.R.S. Contracting	10		
Harreson Tanner	2		
Hike for Hospice	4		
Hulland and Larsen	10		
JB Construction	10		
Kootenay Insurance Services	16		
Lakeview	10		
Mary Donald Luncheon	2		
Medley Day Camp	13		
Nelson Commons	11		
RDCK Comm Init Mtngs	12		
RDCK Rec 9	7		
RDCK TS Easter Hours	5		
Riondel Market	1		
Sapphire Hair Salon	10		
Selkirk Courses	5		
Spring Forum			
Studio Ponnuki	8		
Sunnywoods Farm	14		
Sunset Seed	18		

Transfer Station Hours

CRAWFORD BAY:

Sun & Tues

10 am - 4 pm

BOSWELL:

Weds/Sat:

11 - 3 pm

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