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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

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News, Views,  
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## Twisted Roots Greenhouse & Gardens

by Ingrid Baetzel

This is the name and above is the bounty that has sprung forth from the fertile minds and the rich earth of Crawford Bay's newest community enterprise. The greenhouses and gardens are on Russ Anderson's property and have been brought to reality by the hands of a small group of people and handful of volunteer labourers. It is an evolving concept, but at its "roots," whether twisted or not, is the plan to go way, way back to a time of gardening and production that pre-dates many contemporary greenhouse endeavours by harnessing nature's inherent energies (solar, hydro-electric, wood fuel, etc...). The in-ground garden beds sit atop 1600 feet of wood-fire-heated water line. A logical valve system allows (via the underground heating room) an operator to control which beds get how much heating at which time. The system does not rely on contemporary methods and appears to be nearly apocalyptic-proof, provided the continued access to wood and water. Dirty, sweaty, gardening hats off to the crew for making this fantastic project happen. See Jacqueline Wedge's article in this issue (pages 12-13) for more information about how this operation can/will impact the community.

Photos: Jacqueline Wedge





# MS Issues

by Ingrid Baetzel

*Life began with waking up and loving my mother's face. - George Eliot*

This month brings a celebration of the life of the most important woman in my life. On April 14, my mom turns 70. I don't know if she'll have my head for putting that to print, but it's done. If she is upset about this, then don't forget to tell her when you see her that she looks pretty good for a woman on the twilight end of her 20's.

Doreen is a fresh, powerful, beautiful, vibrant, exciting, dramatic, creative and hugely alive person - at this age, as she has been at every other age. People have always thought she is younger than she is and that is likely because she has a playfulness that compliments her strength of spirit.

This woman is fire. She is a mover and a shaker and a creator of so much good. She burns with intensity and pulls others along with her - teaching and warming as she goes. She boldly crafts her path while creating new forests of ideas. She has bestowed so much - on her community, her students, her friends, her children...

One of the greatest lessons I took out of being raised by this woman is the importance of **accountability**. It is one thing that I strive very hard to teach my own children. Doreen taught me about my responsibilities on this earth; she somehow imbued in me the knowledge that every action I take has an echo. The

ripple effect of doing good on this earth is as strong and impactful as the effect of the opposite. People, the earth, the environment, human rhythms - all respond to our decisions. When we make poor ones, we must be able to stand in front of those who are affected and genuinely see that impact, gracefully acknowledge and take responsibility for the damage or hurt and move forward, having learned another lesson. When we make good decisions, we must be able to, again with grace, see the good they create and allow the benefits to wash over us.

Doreen has been a part of so much East Shore life and creativity. She is a potter, a writer, a teacher, a gardener, an outdoors-person, a cook, a mentor, a protector and a balanced and compassionate ear. She has donated so much to arts in the area. She co-founded the Hexagon Players, which has brought a great vibrancy to the region. Her gifts are immeasurable. Her strength and generosity are boundless.

She cherishes her home and her garden space and is the only reason that I have the miniscule perennial bed I can barely manage to keep alive and is probably the one person keeping my four houseplants from withering in neglect.

We are richer for having Doreen in our community. She chooses her involvements more carefully these days, but she has always been someone who holds this place up in her beautiful hands.

Happy birthday, mom. You are cherished, believe me. Thank you for your gifts and your lessons. I am forever grateful.

P.S. Thank you also for the bang-up job you always do as *Mainstreet's* proof-reader. I hope there aren't too many mistakes in this column, since I didn't let you read it before going to print. I love you.



## OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Retail Distribution, Subscriptions, Advertising, Layout:

Ingrid Zaiss Baetzel

(Subscriptions: \$40/year within Canada,

\$50 to the US, and \$75 Internationally)

Phone: 250.227.9246

Email: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

REPORTING: Galadriel Rael

Email: [lagala@theeastshore.net](mailto:lagala@theeastshore.net)

Proof Editor: Doreen Zaiss

Writers: Community

Article? Letter? Etc? Drop off at Gray Creek Store drop box,

mail to Box 140, Crawford Bay, V0B 1E0

or Best Yet, Email to: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

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

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**Next Deadline: April 22, 2015**

### Subscribers: Did you know?

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

## LETTERS TO THE EDITOR

### RESULTS OF ESIS BOARD SURVEY

Dear Editor: (to the board of the East Shore Internet Society)

Huh???

You asked us to complete this by the end of July and you are ONLY NOW getting around to sending out some results.

What you HAVEN'T included is:

- How many surveys were received – what does that represent in the total membership numbers?
- What was the distribution break down for each question?
- What safeguards did you have in place to ensure that there was only ONE response per membership?
- What steps did you take to ensure that only currently ACTIVE members were surveyed? Responses from persons not on the service are hardly valid if this was designed to 'improve' service.

The results you published in your newsletter report ONLY negative findings – why is that? For instance – 14% thought they were not getting good value – so conversely 86% felt they are.

Gabriela Gundlach,  
Crawford Bay



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 24, 2015.**

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, May 4,** at the Gray Creek Hall @ 9:00 am and is open to the public.



### Is now hiring Customer Service Representatives!

Full and part time positions are available. Applications available at the Gray Creek Store or email resume to [gcs@graycreekstore.com](mailto:gcs@graycreekstore.com).

Attn: Christy Musil

Questions?

Please call Christy at 250-227-9315.



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

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## RDCK Area "A" Update

by Garry Jackman,  
Director - Area "A"

**2015 BUDGET:** In March I covered the impacts around relative changes to tax bases for the municipalities and rural areas which participate in the services delivered through the RDCK. The total assessed value for Area A dropped by 2.16%, while the total assessed value for many other areas increased or saw less of a decrease than Area A. This means that for major services shared between various service areas (such as solid waste management and recycling, libraries, cemetery) when there are bottom line changes to taxation then Area A residents would pay (contribute) less on average per property than some in neighbouring jurisdictions.

The greatest number of common or shared services occur between the 11 rural jurisdictions which collectively saw an average tax increase from 2014 to 2015 of 6.3%. Area A alone saw an increase of 5.0%, slightly lower than the average for rural areas. The reasons for disparities are more complex than relative assessments, since we do not share all of the same services, but I can sit down with any who are interested to go into the details for this and prior years. Note Area A saw a net decrease in taxation of 6.1% from 2013 to 2014.

**THE STATE OF CANADIAN DEMOCRACY:** CBC asks whether politics is broken. That is the lead for a program which I have not yet seen (at the time I wrote this submission) but which sounds intriguing having listened to the outline for the story. Citizen engagement versus outreach by elected officials appears to be the focus. The last 'deep' conversation I had about federal politics jumped from decade to decade, recounting major influences on our country. I believe all young Canadians should have some level of education in political history and how it ties to our social history and well being, but those topics tend to become warped by partisan bias and perhaps that is why they are left for older students in college or university. I will be looking up the program (perhaps as a podcast since I have an evening meeting the night of the scheduled broadcast) and would encourage others to follow up.

**MORE ON AMENITY MIGRATION:** Last month I touched on a few trends which are pulling people into our region. New residents may be grouped as returning former residents, amenity migrants and economic migrants. An important motivator for people coming (or coming back) to our area is to enjoy the natural beauty and recreation opportunities. The largest group tends to be amenity migrants, who may be retired or semi retired and have a fair latitude in choices of where they can live at the particular stage in life they find themselves.

Usually migrants to an area are first visitors. Whether or not they choose to return for more visits or even decide to relocate depends on the quality of the experience they have when they are here. In a recent string of e-mail on the topic of economic development a number of related articles were offered up for discussion. In one article the research indicated that one fifth of new residents in Alberta chose the location based on previous experiences. That is huge considering how the influences of job opportunity and family must be key for most. In our communities many if not most newcomers are not looking for a job (they are either retired or not geographically tied down by their work) so the influence of experience is likely much higher.

So how do we enhance the experience of the visitor

and/or future resident? One way is by helping them enjoy the rich environmental assets across the area, ranging from the pristine lake to trails up to the height of land. At times we may seem reluctant to share information on what and where these assets are, perhaps due to a misguided sense that visitors would be less respectful or responsible than locals. At other times we simply may not have a clear guide or map on hand to help our visitors experience more of what the area has to offer beyond a drive along the scenic highway.

Another goal should be creating a memorable experience for our visitors. During the establishment of the International Selkirk Loop points were raised by the Idaho reps around how story telling adds value to an experience and makes a trip more memorable. This increases the chance of a positive referral to a friend or family member to visit the area plus details of the experience are better retained through remembering the story. An example would be looking at a beautiful view of the lake and mountains, but not quite being able to recall where the spot was versus also remembering the story about the steamships at Kuskonook or the first nation camps at Crawford Bay which ties it all together.

The process of identifying these rich environmental assets could be coupled with amenity mapping extending to other physical and cultural assets. The 'map' would ideally cover art, cuisine, geography and history among other features.

*If you have questions or comments on any topic please drop a note to [gjackman@rdck.bc.ca](mailto:gjackman@rdck.bc.ca) or call me at 250-223-8463.*

## The Fall Fair Lives On!

by Nancy Galloway

**Great news!** Volunteers have stepped forward to help in the planning for the Fall Fair, so it looks like the 104<sup>th</sup> Fall Fair will take place. Because we are starting so early, this year's fair promises to be especially wonderful, with goat races, chicken bingo, tug of war, eating contests, cake walk, Iron Chef competition, eating competitions, and – of course – amazing entries, great vendors and fabulous music and food.

**Theme:** This year's theme is "*Berries*", so those who participate in the eating contests will get to chow down on mixed berries with whipped cream – mmmmm.... The Iron Chef contest will be a little trickier this year, and might even include....berries.

**Show Us Your Gardening Know-How!** We have a special focus this year on life-long learning, and want all of you to help us with this. Share your experiences with the following topics:

- Experimental agricultural techniques, like growing tomatoes upside down; growing in hay bales; winter gardening in a greenhouse – or a topic of your choosing

- Beneficial insects in the garden;
- Coexisting with wildlife – this doesn't have to be deer – it could be hummingbirds or bats

We'd like to see a poster (think 'science fair') detailing your experiences with any of these. We are also happy to offer space for educational booths/new ideas if you have something to share along these lines. We are **EXCITED** to see what cool things all of you are up to.

**4X4 Challenge:** We are also throwing down the gauntlet and challenging you gardeners to see how much produce you can grow in a 4' square. Take a look at [www.squarefootgardening.org](http://www.squarefootgardening.org) and let's see how well we on the East Shore can do!

**Seed Saving:** Finally, we are introducing a new category this year for seed savers. We'd like to see what you are growing from seeds saved from last year. This can be fruit, flowers or vegetables.

## More Transit From and To Balfour Stronger Saturday Service in West Kootenay

BC Transit Press Release

**WEST KOOTENAY** – BC Transit and the West Kootenay Transit Committee are pleased to introduce a series of improvements including the introduction of Saturday service in Castlegar and on the regional connectors linking Nelson/Castlegar/Trail that will benefit the region as a whole.

Effective March 16, 2015, Saturday service will begin in Castlegar on both local routes and on regional connectors to Trail and Nelson. Local runs with coverage to the Castlegar hospital, the airport and Community Complex will start at about 9 a.m. Saturdays. The Route #98 Columbia Connector with service from Castlegar to Trail will see three round trips on Saturday. The Route #99 Kootenay Connector from Castlegar's Selkirk College to Nelson will also offer three round-trips on Saturdays.

**(EAST SHORE RELEVANT) Other improvements include Nelson's Route #10 North Shore with a revised Saturday schedule and a new weekday schedule to improve service reliability. Plus the Slokan Valley's Route #20 will see an added round trip on Saturdays.**

"For the West Kootenay Transit Committee, it has been a progressive process of trying to meet the needs of our region," said West Kootenay Transit Committee Chair Lawrence Chernoff. "Partnering with BC Transit, we were able to establish transit service on Saturdays to connect the West Kootenay communities."

"We are pleased to partner with the West Kootenay Transit Committee to better serve our customers," said BC Transit President and CEO Manuel Achadinha. "Improvements such as these help us achieve our goal of connecting people and communities by providing efficient and effective transit services."

*For more information on routes and schedules please consult [www.bctransit.com/west-kootenay](http://www.bctransit.com/west-kootenay)*



Western Pacific Marine Ltd  
Kootenay Lake Ferry Office

**OSPREY 2000 FERRY**

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**April 20 - April 30, 2015**

Western Pacific Marine Ltd. advises travelers that the Osprey 2000 will be out of service April 20 through April 30, 2015, 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.



## Administrative Assistant Wanted

South Kootenay Lake Community Service Society (aka Community Connections) is seeking a mature individual to fill a part-time Administrative Assistant role.

Responsibilities include bookkeeping/mail/cheques and minor administrative tasks such as website updates and editing documents.

The position will report to the Administrator and be up to 4 hours/week at \$20/hour. Hours will be based on workload and may vary depending on season.

**The deadline for applications is April 15.**

**Resumes can be submitted to [skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com)**





## April Horoscope

by Michael O'Connor

### Tip of the Month:

The first Solar Eclipse of the year occurred just hours before the equinox and at the last degree of the Zodiac. This is a sign for us all and has already and will continue to produce many pivotal and important evolutionary waves. This will, as ever occur on individual and collective levels.

Each according to their destiny, the movements of the planets both as single units and as collective forces are as the fingers with many picks, weaves, chords and notes with strums and beats, flicks and rips playing tunes according to the music of the spheres.

With the cosmic tool of astrology I can assist you to hear and heed your soul song. This month's horoscope highlights some of the celestial sound of the solar eclipse that will culminate into a powerful lunar Eclipse.

(Read more about it in my Newsletter – sign-up is free on my website.)

### Aries (Mar 21 – Apr 20)

The Sun in your sign suggests you are hot out of the gates. A revolutionary fervor is building. New modes of self-expression are coming out of you as if of their own accord. You are determined to enter new territory. You may feel torn between going your own way versus the responsibilities and joys of relationship. Whatever constitutes greener pastures for you will win.

### Taurus (Apr 20 – May 21)

Much is brewing beneath the surface and behind the scenes. It may be described as a soul searching experience. Your imagination feels unbridled. Thoughts, feelings, reflections and visions are swirling in your mind. Questions need answers and answers need questions. Yet you feel and see and can express the beauty all the while. After all, you are in the commune of your soul.

### Gemini (May 21 – Jun 21)

There is reason to say you are on a roll or are at least ready to get rocking. It may feel like it is now or never. Your higher mind has been sending down intuitions in a steady stream. You have had to push through inner inertia, doubt and hesitation and outer obstacles too. If you have not already, do it now. The coming weeks will prove pivotal. Make your big move!

### Cancer (Jun 21 – Jul 22)

Deep changes are and have been stirring. They are prompting new considerations and innovations too. Ambitions to invest one way or another are featured. You want to do what you love and love what you do. How can you make it so? Dreams weave with visions and intentions supported by prayers can become like arrows hitting their mark. Know what you want, ask and then receive.

### Leo (Jul 22 – Aug 23)

Amidst the reality of completions and endurance of endings, the sprouts of new life are already beginning to show. Even though wounds may have not yet fully healed the color and scent of spring is warming your heart. The time has come to bring down the next wave of inspirations that have been waiting for their moment. Share with friends for best results.

### Virgo (Aug 23 – Sep 22)

Everyone is feeling the shifts and changes and a lingering sense of uncertainty. Yet there is also the adventure of new possibilities in the air. Your ambitions are on a steady rise as thoughts and ideas exchanged

with significant others play on your mind. Tucking in some cultural perks all the while feels right to keep things simple and to remind you to be here now.

### Libra (Sep 22 – Oct 22)

The focus on health continues. While your physical health is implied, the shift now is to your relationships. Creating more harmony and balance is not a new theme for you. But you especially are aware that doing so is much easier said than done. Be open to receive the advice and encouragement of others and their talents, resources and other offerings too.

### Scorpio (Oct 22 – Nov 21)

The whirl and swirl of thoughts and premonitions, plans and imaginings are on your mind. You are willing to do the work and have been especially for the past several weeks. But you also want to enjoy life more. Spring is in the air and you can feel it all over. The scent and sight of beauty is an elixir you simply cannot and do not want to dismiss. It is the season to feel fully.

### Sagittarius (Nov 21 – Dec 21)

A creative, spirited and adventurous mood is on the rise. Yet this is one that you must engage, it will not simply lift you up all on its own. There is no rush or race to win, a slow and steady pace will fulfill the need. Like love there is a natural flow for you to follow. It is meant to lead you to new experiences and like all journeys it begins with the first step.

### Capricorn (Dec 21 – Jan 19)

Deep rumblings at the very core of your being are commanding your attention. At best they will rise as inspirations to make changes and create beauty in your world. A balance between what must occur and what could be is required. It is probably your style to get the heavy work done first. Ironically, this is the part you like best. Yet old commitments must yield for your destiny to be fulfilled.

### Aquarius (Jan 19 – Feb 19)

Many new thoughts and perceptions are activating your mind. You are excited about new possibilities, yet may feel a little uncertain as well. Though you have the energy and resolve, it may feel difficult to feel the traction and get a firm grip. As well, there may be a fog obscuring your view. It may take another few weeks before you can proceed with full clarity and confidence. Trust the timing of this flow.

### Pisces (Feb 19 – Mar 20)

You are entering a time of important choices and decisions. The next couple of months may prove very pivotal. Change is certain and it is up to you to direct it according to your specific needs and circumstances. This process will include a review of what might amount to be quite divergent directions. Focus to be emotionally open to a spectrum of possibilities.

Michael O'Connor  
Life Coach Astrologer  
sunstarastrology.com  
sunstarastrology@gmail.com  
250.352.6871

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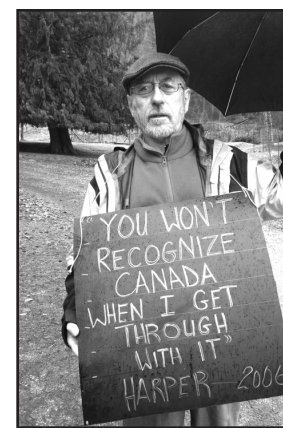
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# Word on the Mainstreet

## We Asked Around Town...

by Carol VanR

On the morning of March 13, 2015, concerned local citizens staged a protest at the Kootenay Bay ferry landing against the passing of Bill C-51, and they were not alone. Across Canada, thousands of people took part in the process to stop the bill, feeling it gives too much power to Canada's spy agency and police without enough oversight. Here are some of our community members' concerns:



any other G20 nations. This is a false flag capitalizing on a mostly irrational fear of terrorists in our midst to dismantle the Charter of Rights and Freedoms, a despised Liberal government legacy, it seems.



Shirley Wyngaard, Riondel: My biggest concern is where this will lead - the interpretation of Bill C-51. This is the way the Nazis started in the 20's & 30's. So read your history and you'll know why. I think the authorities, under proper guidance, need to get access to information, but under an open investigation & proper warrant.



Ben Johnson, Riondel: Bill C-51 is scary because of the amount of power it gives the government to defeat the Charter of Rights. It allows warrantless search and seizure. It allows indefinite detainment without charge. It gives these rights to the police without oversight. Who will be monitoring those authorities and police? People are

fond of saying, "I have nothing to hide. Why should I be concerned about my privacy?" But what about when something you love has been threatened? Like Kootenay Lake being sold to Nestle as a lot of Canadian water has been? All of a sudden you have a cause and a reason to be a dissident against government policy. You can be labeled a terrorist and treated as one. That is dangerous.





## Hacker's Desk

by Gef Tremblay  
*Spring Tooth*

Five years ago, on New Years Eve, I came to a major cross road. Melina and I were just starting a relationship and it was our first New Year together as lovers. She planned to go to a party where her ex boyfriend would perform. Another ex would also be present at the party, and yet another ex was visiting town and would sleep at her place for the night. The prospect of me being part of that event wasn't really enjoyable, but I was worried about the outcome of the night. I was quite confused.

To add to the mix, the last relationship I was in was one of jealousy and fear. I would follow my girlfriend everywhere, worrying that she would sleep with someone else. That behaviour drove me almost crazy, and on that New Year's evening I decided to let go of that fear, and decided to let Melina attend her party, while I would go party with other friends. That decision really liberated me from old patterns, and that liberation translated in an immense amount of energy, which I used to spend partying for many, many hours.

At one point during these festivities, I ended up in a fight with a friend of mine, which resulted in a cracked tooth. Luckily I didn't really remember what happened then, but since that night, this particular tooth has been giving me a lots of troubles. A few weeks ago, I got that tooth pulled out and with it came a lot of past energy. Not only the tooth's root canal had been infected for many years, the tooth itself carried a lot of history that could now be extracted from my life.

**Fractal: A geometric pattern that is repeated at ever smaller scales to produce irregular shapes and surfaces that cannot be represented by classical geometry.**

I like to reflect on small events like having a tooth removed and draw the link between its symbols and my personal history. Like the ever-repeating patterns of a fractal, I am often amazed at the relation between all the layers of my life, from the physical, to the emotional to family life and community.

Having that tooth removed right before spring felt like a cleansing for me. Letting go of a rotten and infected part of me, a part that had meaning and that I wanted to keep for some reason. I knew for a long time that the tooth had to go, but I had some emotional attachment to it. I had a root canal and many times it broke. It would actually vibrate when I would sing mantra, making it not so comfortable. I've learned that I can keep an actually dead and infected tooth in my body for many years, and that wasn't the first time. But why would I do this? On the physical level I didn't really feel it, but it brings the question: how and why would I do that on other levels, emotionally through

my communication with my family and my community?

There are two key learnings in this exploration: I hold on to stuff, which is sometimes rotten and takes a lot of my energy. Secondly, sometimes I have to use force, and extract what needs to be removed. I can't always be gentle and soft; sometime radical actions are needed to cleanse my life.

It's somehow easier to stay with what I know than step up to who I could be. Restraining who I am with past stuff is an easy way to stay locked. These old patterns that I keep with me for years, I know they drag me down and keep me at a lower level but for some reason I prefer to keep doing the same mistake. All these layers form who I have become and there is a continual battle between who I am now and who I could be without all my self-imposed limitations.

But why would I want to change? Am I not okay how I am? I often come up with the worry that I only want to change for the heck of it, as if I will grow tired of myself. What fuels that desire to change is actually not the desire to get away from myself, but on the contrary, I want to become myself. I feel that a lot of learned behavior and other habits are keeping me from being who I really am. Letting go of these infected parts of me is simply a process of liberation, to come back to who I am really below all these layers of pain and protection.

Change is not always a slow progression. Sometimes it needs to be quite sudden and even forceful. For my own path and through my own life, it's not too hard to apply this concept, but when it comes to interaction with other people, it's a bit more sensitive. I think the more people are involved the more difficult it is to have sudden change. In my life with Melina we both go through radical changes, and smooth progressions. Sometime force is applied, tension is created in our speech and in our actions, and something changes. Most of the time, we prefer the gentle way, though. Knowing our limitations and slowly dissolving

and healing these parts of who we are. In a greater community, change seems difficult. I am not sure how it actually happens. There is always a continual evolution and change. But when there is a need for radical change, how can that happen? In a small community, where there is strong leadership, like at the Ashram, you can experience radical changes once in a while. It was hard, and sometime people would be asked to simply change what they were doing. From computer tech to... well washing dishes. Although it felt radical when I was in the midst of these changes, I could see how it was needed, and how there weren't many ways to go about it.

But if in a community, there isn't a strong leadership, or some sort of elder group who sees at the level of the well being of a community, how can change be created? While most of the time the community is self regulated, what happens when sudden changes are needed? Through my involvement with Community Connections and other groups, the question often arises, of some sort of centralization of the knowledge and communication. I don't have the answers at this point, only questions.

I generally prefer to be on the gentle side of change, but I realize that sometimes I have to be bold, move forward and remove what needs to be removed without attachment. To become who I want to be, is actually not so much to change who I am, but simply letting go



## Hidden Taxes

by David George  
*China: a threat to world peace and our global climate?*

Look at a map of Tibet, an old one if you can find it. If not, any

recent physical map of the Tibetan Plateau will do. China has effectively taken over all of Tibet, and calls it, in Orwellian double-speak the "Tibet Autonomous Region". Notice how many major rivers originate there. You will see the Yellow, Yangtze, Mekong, Salween, and Irrawaddy just in the eastern half of the plateau. In the west, one which becomes the Brahmaputra, the Indus, and three or four tributaries which become the Ganges all rise around Mt. Kailash, near the western edge of the Tibetan Plateau.

Now imagine what would happen if all these rivers were dammed in Tibet. Major climate change anyone? Many countries in Asia will have serious problems. Deniers aside, climate change in Tibet is already happening, with decreased rainfall and retreating glaciers. Crops will fail in many areas. Countries with large populations will face famines on a devastating scale. China is already building many dams in Tibet.

China will pretty rapidly see the consequences of placing many dams on the Yellow and Yangtze rivers, but the other rivers run through many countries. Originating in Tibet, after the Mekong leaves China, it goes through Laos, along the border of Thailand, through Cambodia, and then Vietnam before it enters the South China Sea. The Salween runs through most of Burma, as does the Irrawaddy, before emerging into the Andaman Sea. The Brahmaputra joins the Ganges in Bangladesh before reaching the Bay of Bengal. Three tributaries of the famous Ganges go through Nepal before India. The Sutlej and Indus pass through India before joining in Pakistan.

If China disrupts the flow of these rivers, it risks the wrath of nine countries, although the military government in Burma is collaborating with China to build their own dam. **Two of those countries, Pakistan and India, also have nuclear weapons. Besides the religious wars we have seen developing in the 21st century, there is now the spectre of water wars.**

Why would China construct large dams in Tibet? The answer is threefold: electricity for China itself, clean water to replace that from China's own polluted sources, and power for large mining projects, mainly in Tibet, whose people will see no benefits from them. Nomads are being driven from their traditional lands so these mining projects can go ahead.

Gold, copper, lead, zinc, and chromium are abundant, as is lithium, essential for electric vehicle batteries. Canadian mining companies are involved, although China has a habit of taking these over, as it did with Vancouver based Continental Minerals. Other mining companies in Vancouver with Tibet interests are China Gold Intercontinental Resources, Eldorado Gold Corp., and Tri River Ventures.

Montreal companies Bombardier and Power Corp aided China in building a railroad to Lhasa, Tibet by supplying 361 railcars with oxygen for each passenger, and 53 sleeper cars for tourists. There is a doctor on each train. The line officially opened on Canada Day, no less, July 1, 2006. This line runs over a lot of permafrost, and has a station on the way which is the world's highest, at 16,627 feet or 5068 metres. The railway's purpose is obviously to permit resources extracted from Tibet to reach China, as well as to enable Chinese troops to get into Tibet rapidly. China is also importing Han Chinese into Tibet in large numbers.

A Canadian journalist based in Vancouver, Michael Buckley has written about environmental issues in Tibet, as well as producing three short documentaries. His 2014 book, *Meltdown in Tibet* (with a preface by the Dalai Lama) is available in the East Shore Community Library in Crawford Bay. His websites, [www.meltdownintibet.com](http://www.meltdownintibet.com), [himmies.com](http://himmies.com), and [wildyakfilms.com](http://wildyakfilms.com) are well worth a look online.

Trailers for his films and a short version of the film *Meltdown in Tibet* are available online.

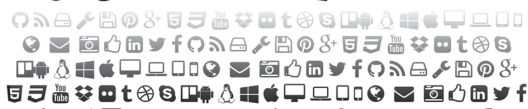
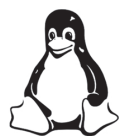
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# Anne Hawkes, Riondel's First Centenarian

by Pauline Butling & Jono Hawkes

Anne Hawkes celebrated her 100th birthday at her home in Riondel on March 14 with a festive plate of 100 cupcakes on hand for friends and family. Niece Sylvia Horwood hosted the event, together with Sylvia's son Neil and granddaughter Everan. Anne's two sons, Jono (from Australia) and Digger (from Calgary) joined the celebration a few days later. A congratulatory letter from Queen Elizabeth along with dozens of birthday cards filled the room with good wishes.

Anne still lives in the house that she and her husband Job bought some twenty-five years ago. Nowadays she mostly sits in her favourite chair by the living room window, watching the world go by, but even a quick glance around the room shows how full her life has been. The walls are covered with framed photographs and paintings, many of them done by her. On the floor is a striking hooked rug that she and Job made one winter, its unusual design an exact copy of an Australian aboriginal painting. Photo albums fill up two shelves of an overflowing bookcase. Homecare workers arrive morning and evening to help with meals and such but Anne's mind remains sharp. Her eyes light up when visitors arrive. She questions, comments, listens, exclaims. She especially lights up when the stream of summer visitors begins—mostly nieces, and great nieces and nephews—whose summer holiday would not be complete without raiding Anne's raspberry patch and listening to one of Anne's stories in her cosy living room.

Born at the family home at Deanshaven in 1915, the fourth of seven children, Anne spent most of her childhood there, except for four years at a boarding school in England. She left Deanshaven again in the mid 1930s to study French and orthopedic nursing in Switzerland. Upon the outbreak of war she fled the continent (with the sound of guns resounding in her ears) to take up a nursing post at the Royal Cripples Hospital in Birmingham (itself the recipient of a direct hit from German bombs during her service). There she met and married Job Hawkes, a recent Cambridge history graduate and an Anglican minister. He took a job with the Flying Angel, an international network of hostels that served as a home away from home for merchant seamen, which took them to the ports of Cardiff and Newport in Great Britain, and Port of Spain in Trinidad. After several years of counseling sailors, Job and Anne, with their two sons, shipped to Australia in 1955. Anne reveled in the role of rector's wife in a series of isolated communities for another decade.

In 1968, now in their early 50s, Anne and Job's version of the mid-life crisis was to embrace the hippy life, meandering first all over Australia and then North America from Alaska to the Yucatan in a Volkswagen camper van. In 1970, they settled in Saint John, New Brunswick, where Job took up a position teaching history at the university. It was here that Anne blossomed as a painter, photographer and creative rugmaker. She exhibited her work, received many commissions and much praise.

In 1990, Anne and Job moved to Riondel where Anne continued her arts and crafts work while also applying her design talents to her back yard garden.

**6 Mainstreet April 2015**

While living in New Brunswick Anne had visited the East Shore almost every summer to visit her three sisters who built retirement homes on their Deanshaven properties in the 1970s (Ruth Barradell-Smith, Helen Butling, and Barbara Griffiths-Kniert). Although Helen and Ruth had died by the time Anne and Job moved to Riondel permanently, Anne was still very happy to finally return to live near her childhood home.



Anne Hawkes, Centenarian  
Photos by Allan Hughes

## Anne's words on living 100 full years

*What do you enjoy about life?*

**ANNE:** When I was a little younger I loved painting, photography, gardening, travelling (but not alone), swimming, doodling and turning found wood into sculptures. Now I enjoy reading, making lists, the visits of the children and, more than anything else, trees. Perhaps I should admit that something I have never enjoyed is cooking.

*The highlights of your life?*

**ANNE:** I've had so many wonderful experiences that it's impossible to pull out a few, but I do vividly remember, at the age of 15, after having been at boarding school in England for four years, being told I was leaving and returning to Deanshaven. Perhaps I've never been more relieved and excited.

*What has kept you mentally alert and creative for so long?*

**ANNE:** I really don't know. Perhaps because I've always been curious, perhaps because I've always accepted who I am and tried to make the best of things. But perhaps it's because of the things I haven't done, rather than what I have done. I've never worn high heels, I've never smoked, I've never worn makeup or dyed my hair, I've only ever been drunk once in my life (when I was twenty), I don't drive. Perhaps that's the answer.



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# Dining for Health

by Laverne Booth

Around thirty Area A residents attended a lunch and dinner workshop sponsored and organized by the East Shore Community Health Society (ESCHS) at Boswell Hall and Bob's Bar and Grill on March 19. Jenn Gray and Ave Campbell, nursing students at Selkirk College who are working with ESCHS as part of their program, gave a most informative presentation complete with handouts on the causes of diabetes and the lifestyle activities and eating habits that can prevent or reduce the likelihood of developing the Type 2 form of the disease. We then had a comprehensive discussion session with many interesting questions from attending residents. The posters and handouts were especially well received.

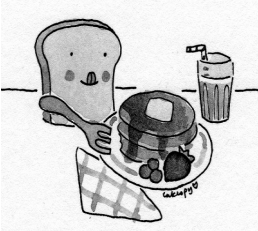
Also participating in the workshop in Boswell was Natasha Goldsbury RN, Diabetic Counselor in the Creston Valley Hospital, who described the kinds of services she is able to provide and gave a summary of other services available in Creston and how to access them.

Margaret Crossley and Wendy Miller prepared a tasty and enjoyable 'diabetic-friendly' meal of white bean and turkey chili, whole-grain bread, raw veggies with hummus and Tzatziki dips, and several types of healthy squares for dessert. All of the recipes were adapted from those available on the Canadian Diabetes Association's website ([www.diabetes.ca](http://www.diabetes.ca)), a wealth of information about the disease.

Based on the verbal and written feedback provided at the end of the workshop, ESCHS Board Chair Verna Mayers and her fellow board members will consider whether it will support future workshops on other health-related topics.



Selkirk College Nursing students Ave Campbell and Jenn Gray with some of the materials they had on display at the Dining For Health workshop.



## EASEY Presents:

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**To register, contact Ellie: [easey01@gmail.com](mailto:easey01@gmail.com)**

*\*This program is proudly sponsored by the East Shore Branch of the Nelson & District Credit Union*





## Tom's Corner

by Tom Lymbery

### Women with Chainsaws

I was very pleased to see a chainsaw course for women available on the Best Shore. Over nearly 60 years of selling chainsaws at Gray Creek we sold many to ladies and I always spent time helping them, not only to choose the right model, but that they knew how to operate it safely. This took time but built our customer base considerably. We also asked customers to please come back after they had run their saw for a while so that we could answer questions, and repeat some of the items that we had briefly talked about before.



Lea Belcourt learns how to sharpen a chain during a Women and Chainsaws course recently held in Crawford Bay, photo by Jacqueline Wedge.

When Kokanee Carnival of Sports was part of the Southern Interior Loggers Sports Assn. it brought as many people to the Bay as today's Starbelly Jam music festival. In order to expand the ladies' events I was able to get Frontier Saws of Trail (yes, they did build saws in Trail) to contribute two units that we used for a ladies' bucking competition. This had possible problems because some of the entrants had never used a saw before, but there were none, even though this was before chain brakes came out.

A compression release has always been important – making it possible to start the motor without having to fight the high compression of the engine. Pioneer's P20 series and Homelite's Super Mini units had compression releases so those were the models that women would have less problems starting and operating. When Jonsered put compression releases on all of their saws we found many homeowners trading their saws for easier to start machines.

Safety chain brakes appeared first of all on saws from Sweden - the first being on a Jonsered that only switched off the ignition. However soon they came

with a band brake on the outside of the drive sprocket that can stop the chain in milliseconds. Because a kickback makes you put your left hand up in protection, we have safety gloves with safety material on the back of the glove.

I hope you didn't have an instructor who suggested that you should start your saw with the chain brake on. Saws are not designed to have this stoppage preventing them from starting properly and we have seen several service problems (not covered by warranty) because of faulty instruction. If you have to use a saw on a roof or up a ladder, start the saw, letting it warm up, then leave the motor idling with the Brake On while you climb into position. You can then release the brake, make your cut and then shut off your saw to return to ground level.

In looking at Sarah MacCrimmon's website Women with Saws, I see her demonstrating chain filing using only one hand. This is unhandy and unlikely to achieve a sharp chain. We sell a small and simple vise that you can tap into a log to hold the bar firmly, allowing you to use both hands to guide the file correctly with sufficient pressure to sharpen quickly. An alternate method is to make a partial cut in a log that you can use to stabilize the bar. When you need a new chain please bring the old one with you so that we can match it correctly (there are many different sizes and types of chains). Our staff can also tell you if the old chain has more life if it is filed properly.

A dull chain is also dangerous – making you push on the unit to get it cutting at all. This is also very bad for the bar and chain as well as the engine, so learning how to file correctly is very important. Even the dust on the bark from a gravel road takes the edge off – but not as quickly as touching a stone. If you can reach your logs with a garden hose its well worth washing them before you cut them.

Chainsaw engines need higher-octane gas, as do outboards. Please use the mix oil specially designed for chainsaws at a 50 – 1 oil to gas ratio, and this applies even if you have an older unit that may say 24 – 1 on the gas cap. The oil has changed over the years, allowing for a cleaner burn and less smoke.

## The PAC Box

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

**PAC MEETING:** April PAC meeting is on April 20 at the CBESS middle room (learning lab). All parents/guardians are welcome & voting members. Join us!

**GROCERY GIFT CARDS:** The grocery gift card fundraiser is on-going throughout the year. For March/April, proceeds go towards the Hot Lunch Program. The May/June proceeds will go to high school extracurricular programming and travel. Upcoming deadlines are (sometimes tentatively): April 6, May 3 and June 14. Call the school for more info: 250.227.9218 and place your orders.

## Gray Creek Pass Report

by Tom Lymbery

With the snowpack reported at 83% of average will we see an early opening this year? This is the 25<sup>th</sup> anniversary of the Gray Creek Pass Road and the 63<sup>rd</sup> anniversary of the power line construction.

## Tom Sez

by Tom Lymbery

Our lake is unlikely to rise much until early May so you still have time to repair your docks and clean your beach. We stock *dipped galvanized* chain and bolts to aid your dock work. Lowering the water to the zero level at the end of each March is required by the International Joint Commission.

I quit smoking 52 years ago, but I still have great sympathy with those unable to escape the evil weed. Surely more effective drugs or systems can be made available. The savings from not smoking have been sufficient to pay for a lifetime of vehicles for Sharon and myself.

An early spring can see the pink cherry on the corner by the store blooming as soon as April 20. My folks made a trip from Nelson to Spokane on the *Gallopington Goose* in 1937 where my dad bought a package of tree seeds and this cherry is the last survivor of the seeds that grew.

Appliances are becoming more power conservative. If you get a new microwave or coffee maker you may find that it no longer has a clock - only turning on when you press a button. Clocks on almost every appliance waste power and are just a problem to re-set after power failures.

The March 1, 1915 edition of the *Nelson Daily News* reported the arrival at Nelson Banks of 6000 one cent coins. This was the first time small coins arrived in the Kootenays. In earlier years the smallest coin was a silver 10 center.

When Sharon and I were married (52 years ago this April) we took a week's honeymoon and got as far south as San Francisco. The only place we paid more than \$5 a night was a hotel on Knob Hill in SF that was \$8. This was before Chargex or Visa but we did have an Imperial oil credit card for gas.

Those beautiful green soccer fields you saw at last summer's World Cup of Soccer in Brazil came about from perennial rye grass seed imported from Manitoba. Brazil's fields are normally brown from the summertime heat.

Springtime burning of last year's grass is always dangerous. Every year we hear of a house, shop or both burned near Creston. Let's not see this on the lake.

Census people are currently making house calls with a comprehensive list of questions in Mexico. Much different from Harper's Canadian Census that is apparently showing our lake with thousands of supposedly empty houses.

Once the bracken fern has its leaves fully open there will be no more frost. Trying to change my computer from US spelling to *Canadian Multilingual Standard* should remove that underline from harbour and Kootenay. How do we get it in place for those who continue to use the misspelling *Grey Creek*?

The 2015 Calgary Stampede auction for ads on the tarps of the chuck wagons brought a top bid of \$170,000 for one.

20,000 pounds of illegal fireworks were disposed of by being set off in the day time in Midland, Texas.

Life is like a jar of jalapeño peppers - what you do today might burn your butt tomorrow.



# Trail Maintenance

by Farley Cursons, ESTBA Projects Director/Tipi Camp Trail Crew Coordinator

Trails can be a myriad of things to a variety of people. Trails can be as simple as a neighborhood foot path, as challenging as a long distance hiking trail or as complex as a shared use trail. It's essential that our approach to trail development and promotion respects the needs of all trail user groups. The same care, thought and hard work that go into new trail construction must be applied to effective trail maintenance. Thankfully, once a trail has been established it doesn't take much to keep the actual trail in good shape for many seasons. The Tipi Camp Trail Crew primarily clears tree blow-down and tidies up the trail heads.

Maintenance shouldn't substantially change the character of a trail or diminish user experiences. Just as a good trail appears to have always been there, good maintenance should be almost invisible.

It's important to trim back vegetation each season – or more frequently, if necessary. Maintain a high ceiling on trails used by cyclists or equestrians. Keeping the corridor open helps keep people on the trail. For example, cutting vegetation on a trail's uphill side allows users to stay on the center of the tread. Otherwise, they may be forced off the downhill side. Creative pruning along alternate sides of a trail accentuates curves to keep a twisty trail twisty. Don't trim more than necessary. Over-trimming tends to make a trail too straight, inviting speed if you're on a bike.

Straight lines are rare in nature, and they're rare in good trails. Trails should blend with the land. When building or maintaining a trail, the goal is to complement natural processes. Determine what that means for the area, then imitate it. A contour trail that snakes and dances across a hillside can be invisible from below. Trails that are pleasing to the eye are usually friendly to the land. Achieving balance between soil protection and recreation is what good trail design and construction are all about. A good trail is both sustainable and fun. Trails also must be appealing enough to keep users from wandering off and increasing the risk of erosion.

The following are guidelines provided by the International Mountain Bike Association (IMBA). IMBA is the internationally recognized authority on trail design standards. The Tipi Camp Trail Crew and ESTBA are well versed in these standards and skills are being developed for future trail projects on the Crawford Bay Peninsula and other East Shore locations.

**Erosion:** Erosion is the natural process of wearing down and moving rock and soil by wind and water. Trail erosion can be accelerated by a combination of trail users, water and gravity. All trail users loosen soil, especially on steeper grades where they resist gravity. Water compounds the process if it's allowed to channel or "focus" down the trail. Water takes loose soil with it, cutting deeper into the tread (clear path for travel) each time it flows.

The goal is to encourage *sheet flow* – a dispersed flow of water down a hillside. When water is allowed to focus, it can do more damage than any trail user. Erosion is minimized when trails are designed to make water sheet rather than focus.

A contour trail gently traverses a hill or side-slope. It's characterized by a gentle grade and a tread that out-slopes slightly toward the low side. These features minimize tread erosion by encouraging sheet flow of water across the trail.

Subtle undulations in a trail create grade reversals and grade dips that also defend against water damage. These features diminish erosion by redirecting water off the trail. Contour trails are sustainable, environmentally friendly and appealing to users. They thwart water damage in ways that are nearly invisible

## Tread: Maintaining the trail tread:

1. Look for places where water is being trapped on the tread. It's best to do this when it's actually raining. Remove obstacles or features that cause puddles and force users off the trail to get around.
2. Restore the out-slope and/or remove berms. This is often the primary maintenance job. If a trail has become in-sloped or developed a berm, it will collect
3. Fill and pack any holes or ruts after removing a problem.
4. Because certain soil types won't bond to each other, you may need to fix a hole or a rut by skimming the surrounding tread down to its level. Don't forget to re-establish the out-slope.
5. On trails with very steep grades, or in rainy areas, armoring may be necessary to sustain the tread. Armoring means placing stones or other highly durable material into the tread surface. When using stones, be sure they're large enough not to be displaced by use. Proper armoring helps a trail bed last indefinitely.

**Natural Obstacles:** Rocks may roll onto a trail and trees may fall across it. In most cases, these things should be removed. But sometimes natural obstacles are a blessing, giving a trail an interesting, technical character. If the majority of people can pass over or through an obstacle while staying on trail, and it isn't trapping water, consider leaving it. Obstacles help keep speed down while giving experienced trail users the challenge they like.

As just mentioned, out-slope restoration and de-berming are essential to maintaining sheet flow across a trail. However, many contour trails (even those with proper out-slope) can benefit from improved drainage. If a trail doesn't have natural grade breaks or reversals to direct water, artificial ones can be added. IMBA recommends two types: rolling grade dips and knicks.

**Rolling Grade Dips:** A rolling grade dip (RGD) is an unobtrusive way to divert water off the side of a trail by altering the grade. Water is pulled from the trail, not forced off abruptly. RGDs are longer and subtler than traditional water bars. They also are more effective than water bars because they're large and durable, yet smooth enough to be negotiated by all users. They're a particularly good drainage device for trails used by mountain bikers. Unlike water bars, they don't entice cyclists to ride off-trail to get around them. And cyclists won't impact the tread by braking hard as they approach.

**Knicks:** Like a RGD, a knick is smooth and subtle. This is a shaved-down section of trail, about 10 feet in diameter, canted with the hill's natural slope. Knicks are typically built on flatter sections of trail where water tends to puddle. They work well on non-cohesive soils.

If a certain trail has become a maintenance nightmare it's important to stand back and look at the big picture. We often find that various problems along a section can be solved with one contouring re-route.

Perhaps a trail is almost always muddy because it goes through the lowest point in an area. It might have fall-line sections, steep grades, poor flow or vulnerability to floods. We would look for a new route that solves as many problems as possible. Of course, a trail that's viewed by one person as a steep, eroded, maintenance nightmare might be someone else's favorite challenge. When re-routing around steep sections, we will look for special features that make the new route challenging while keeping grades sustainable. It's important to think about "trail flow". Does the new passage fit the flow of sections it connects? How do we make the re-route more appealing than the old trail with a mix of suitable grades, interesting features and sustainability. The new trail must make users forget the old one. Make it more fun!

**Water Crossing** A water crossing doesn't always have water. It might be the site of seasonal runoff or be a rare flash flood zone. Every crossing is important for two reasons:

1. It's where a trail has the most impact on water quality.
2. It's where water has the most potential to damage a trail.

When water from two sources join, it's called hydrologic connectivity. An example is a trail that collects water and channels it into a stream. Runoff from trails may carry soil that causes sedimentation, which can harm aquatic plants and animals. A well-designed water crossing minimizes the trail's negative impact on water quality and the riparian corridor (the habitat along the edge of a river or stream). Good design minimizes hydrologic connectivity by building gentle grades near water crossings to direct flow off the trail. Never design a trail with fall-line sections oriented toward water crossings. This encourages land erosion and sedimentation.


When crossing a waterway, also consider how it may affect the trail. Will water be diverted by the tread? What will happen when the waterway floods? What seems like a perennially dry gulch could channel a roaring torrent following a cloudburst.

With the early melt this spring the Tipi Camp Trail Crew has begun to work on accessible trails. As of March 25 there is still too much snow for a 4X4 or ATV to reach the Peninsulas Trail Hub, but we can hike in from a bit lower if need be. The Trail Crew will be collecting GPS data for ESTBA and its new map which should be ready to present by the middle of May.

Thanks to increased funding the Tipi Camp Trail Crew will be replacing a number of old foot bridges and implement more focused remediation on trouble spots.

The Tipi Camp Trail Crew and the East Shore Trail and Bike Association would like to thank Kokanee Springs Golf Resort, Kootenay Lake Chamber of Commerce and the RDCK's EDC for continued funding and support.

**For more information or to become a member of ESTBA please e-mail: eastshoretrailandbike@gmail.com**



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## Carousel

### A Footlighters Presentation

by Brian Lawrence

Footlighters will be presenting Richard Rodgers and Oscar Hammerstein's fabulous musical *Carousel* at the Prince Charles Theatre in Creston, April 16-18 with a 7:30 pm show time.

*Carousel* is the second musical by the team of Richard Rodgers and Oscar Hammerstein II, following the huge success of, *Oklahoma!*, their first show. This 1945 work was adapted from Ferenc Molnar's 1909 play *Liliom*, transplanting its Budapest setting to the Maine coastline.

The story revolves around carousel barker Billy Bigalow (Brian Lawrence) whose romance with millworker Julie Jordan (Britney Boehmer) comes at the price of both their jobs. He attempts a robbery to provide for Julie and their unborn child; after it goes wrong, he is given a chance to make things right. A secondary plotline deals with millworker Carrie Pipperidge (Jennifer Adams) and her romance with ambitious fisherman Enoch Snow (Jesse Moreton).

Other prominent characters in the show include Jigger Craigin (Devan Coward), Billy's partner in crime; Mrs. Mullin (Paula Carpenter), the owner of the carousel; Julie's compassionate cousin Nettie Fowler (Dixie Lee Dyck), the Starkeeper (Gary Atha) and a Heavenly Friend (Peter Simon).

The show includes the well-known songs *If I Loved You*, *June is Bustin' Out All Over*, *Blow High Blow Low*, *When the Children Are Asleep* and *You'll Never Walk Alone*. Richard Rodgers later wrote that *Carousel* was his favourite of all his musicals. In 1999, Time magazine named *Carousel* the best musical of the 20<sup>th</sup> century.

*Carousel* is the fifth Rodgers and Hammerstein musical to be presented in Creston since the opening of the Prince Charles Theatre — *Oklahoma!* (1988), *The King and I* (1999), *South Pacific* (2007) and *The Sound of Music* (2011).

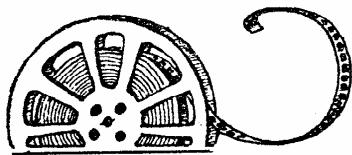
Heading the production staff is director Frank Goodsir, who recently wrote and directed the highly successful local production of *Cinderella*. Assistant director is Brian Lawrence. musical director is Simone Wiebe and pianist is Joanna Wilson. Wiebe has also assembled a small group of talented musicians to add to the musicality of the show. The colourful costumes are being created by seamstresses Jennifer Dewald, Carla Simon and Elva Atha. The challenging set design and construction is headed by Bill Dyck with assistance from Renee Pypers. Several brightly colored carousel horses have been painted by well-known local artist James McDowell.

The 70<sup>th</sup> anniversary of the show opening on Broadway is April 19, the day after the local run closes.

Tickets for this show are available to Creative Fix, Black Bear Books and Kingfisher Used Books, all in Creston. Prices are adults \$10, student and seniors \$8 and children under 12 years of age \$5. Despite rising costs, Footlighters has not raised its prices since 2002. Buy your tickets early, as only a few, if any, will be available at the door.

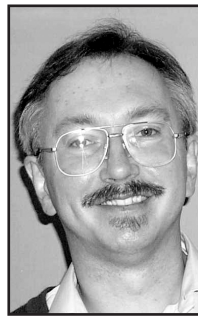
For those looking for a dinner deal, show your tickets at Real Food Cafe for an enticing dinner special. Info and dinner reservations, which are essential, can be made by phoning 250.428.8882.

Help Footlighters celebrate their 20<sup>th</sup> season of presenting live entertainment in our area of the Kootenays. Come see *Carousel*.



## Seldom Scene

by Gerald Panio



If memory serves, I've already written a review in which I sang the praises of the mammoth *VideoHounds's Golden Movie Retriever*—2000 oversized pages of movie reviews and sundries. My favourite section is the Category Index listing anywhere from a handful to a wheelbarrow full of movie titles under categories such as Archery, I Was a Teenage Criminal, Killer Appliances, Trees & Forests, and Yuppie Nightmares. One major category is Childhood Visions, but I've always thought there should be an additional index for Creepy Kingdom of Childhood movies. These movies—which would include René Clément's *Forbidden Games* (1952), Robert Wise's *The Curse of the Cat People* (1944), and Guillermo del Toro's *Pan's Labyrinth*—approach childhood in the same disturbing way that the original *Grimm's Fairy Tales* and Heinrich Hoffmann's *Struwwelpeter* stories do. This month's featured film, Spanish director Victor Erice's *The Spirit of the Beehive*, would take pride of place in this unique genre.

Erice is one of cinema's least prolific masters. *The Spirit of the Beehive*, his first feature film, was made in 1973, and since then he's completed one remarkable film every ten years or so. I'd consider him a great filmmaker on the basis of *Beehive* alone. This is one of those movies that you want to go back to again and again, the way you never tire of listening to certain pieces of music.

Also reminiscent of music is the impossibility of saying exactly what *The Spirit of the Beehive* is about. The setting is the small village of Hoyuelos, near Segovia. The time is 1940. The place is as rustic as they come, with its earth-toned buildings of stone and baked mud and plaster seeming to have grown straight out of the parched and rocky plain. The prairie offers endless vistas of furrows amidst which sprout lone trees that seem more symbolic than organic. The landscape is somewhat isolated from, but still haunted, by the ghosts of war and Franco's fascism. One of the first things the viewer sees is the large red yoke & arrows symbol of the fascist Falange party, stuck to the wall of a building like an incongruous spider. The closest parallel I can think of to *Beehive's* extraordinary visual appeal (kudos to cinematographer Luis Cuadrado) would be Terence Malick's *Days of Heaven*, but the former film's colours are more muted and there is more of the chiaroscuro of lamplight and moonlight. One of the loveliest, eeriest scenes has children jumping through the flames and sparks of a bonfire, looking a touch fairylike, a touch demonic.

I think the first character we meet is the father, Fernando Fernán Gómez, a bourgeois landowner married to a younger wife. They, along with their two children and a maid, live in a massive old house that is all half-empty rooms and echoing floors. We never learn what Gómez does for a living, but he seems to be on good terms with the authorities and puts all of the passion that's missing from his marriage into the raising of bees. He sits at his desk late into the night, recording observations in a journal. Even the bees, however, don't seem to bring him peace. There are elements of chaos, desperate haste, and mortality associated with the life of the hive that run counter to its clockwork complexity.

The mother, Teresa Gimpera, puts her passion into unanswered letters to someone—a soldier, maybe a former lover, maybe a child—in a distant city. Near the end of the film, she'll consign one such letter to

the flames. Whatever has changed remains a mystery. Teresa obviously cares for her husband, but the too-big house with all its surfeit of rooms is a metaphor for alienation. One example of Victor Erice's masterly use of the medium is a scene where a medium close-up shows Teresa feigning sleep in bed while she hears her husband slowly undressing, and his partial shadow plays on the wall behind her. The implied psychological distance is chilling. Has a failing marriage ever been captured so simply, so eloquently? As with a number of other powerful scenes in the film, this one doesn't have a word of dialogue.

Husband and wife are secondary characters in *The Spirit of the Beehive*. The true stars are the two young daughters, Ana and Isabel. Ana Torrent, who was perhaps six (eight?) when the film was made, is the younger sister. She communicates an intensity of feeling and reflection that would give Sylvia Plath

pause, without for a second letting the audience forget her innocence, her joy in life, and her vulnerability. Ana's just a kid, not an archetype. When her sister tells her about the existence of spirits that do not die, she's sets out to meet one. With her big red lunchbox, she's Little Red Riding Hood in a Castilian Wonderland.

Isabel Telluria, playing the sister, is a couple of years older and, naturally, much much wiser. She's a bit of a trickster, helping Ana out in school one minute, playing a nasty practical joke on her the next. We first meet the sisters when they go to the town hall to watch a movie that has been brought in on a travelling movie truck. This kind of mobile cinema was one of the few forms of "big city" entertainment available to isolated rural communities around the world. The crew would set up a massive old projector and load in the big reels of film

while the whole town crowded into the biggest place in town, dragging their own chairs with them. This time around, Hoyuelos gets a dubbed-in-Spanish *Frankenstein* (the James Whale/Boris Karloff version). Not the kind of story to fail to make an impression on two imaginative young girls who have likely never left their village.

Ana is upset that the monster and a little girl die in the film; Isabel tells her that the deaths aren't real, just movie trickery. But Isabel goes on to say that spirits are real, and eventually takes Ana to a derelict farmhouse/barn with a well she says is haunted. Ana's convinced, returning again and again on her own in quest of the spirit or spirits. At one point, she even finds a monster-sized boot print beside the well. With the vistas of empty plains and the ever-blowing wind, it's easy to believe that there's a spirit world only a step away.

Ana's fantasy crosses over into reality when an injured young deserter (escaped criminal? man on the run from the fascists?) takes shelter in the abandoned building next to the well. Is it a simple coincidence that this young man ends up near Hoyuelos? Could he be Ana's mother's lover, trying to come home? No way to tell. Ana treats him as she would a lost puppy, bringing him food, giving him her father's coat for warmth, tying the lace of the shoe on his injured leg. It's a strange, perfect idyll that can't last. When it's shattered, Ana does a fugue. She spends the night in a wood, meets a benevolent Frankenstein's monster (a hallucination?), and is found by her father the next morning sleeping beside a towering fragment of ancient Roman aqueduct. Her recovery is slow but sure.

How deeply has she been affected by her experience? Impossible to say. The beautiful last shot of the film has her standing silently in the shadowed light of a main window outside her room. A lush green tree waves in the wind outside, but this window is also a doorway through which spirits may be called. And call them she does.....

(Reo's Videos in Nelson has a copy of *The Spirit of the Beehive*—on VHS!)



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*Left: The work of Danielle Tonossi, and, further left, Val Van der Poel's Wisteria & Warbler - watercolor on rice paper. Both artists are featured in this year's Art Connection.*

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- **Bicycle Maintenance** with Sandy Oates, behind CBay School, Friday April 10, 17, 24, from 3-5pm. Free for members of ESTBA (\$20/yr adults, \$5/year youth under 19). Drop in.
- **The Singing Soul** with David Hatfield, performance area, Cbay School. Friday, April 10, 7-9:30pm, \$25. Sat, April 11, 9:30 - 5pm, \$80 (or \$100 for both) + GST. Need 10 minimum.
- **Conflict Transformation** with David Hatfield. Cbay School performance area. Sunday, April 12, 10-5. \$100 + GST. Need min 10. Please pre-register.
- **Volunteer Management** with Farley Cursons, Learning Place, Cbay School. \$90 + GST. Need min 6.
- **Healing our Eyes, Feldenkrais**, with Susan Grimble. Sat, April 19, 1-5pm, \$50 + GST. Need min 7.
- **Plant ID** with Lorna Robin. Sat, April 25, Learning Place, Cbay School, \$7 + GST. Drop in okay.
- **Geo-Caching for Families** with Kaylah Lewis. Sun, April 26, Learning Place, Cbay School. \$36/adults, children free under 19.
- **Healing with the Arts** with Dania Kaltara. 12 Sundays starting May 10 from 1-4:30, Learning Place, Cbay School. \$300 for all sessions. Min required: 8 people.
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**To register:** Drop by the learning place at the school, fill out a form, put a cheque (payable to Selkirk College) in the mailbox, or mail to ES Learning Hub, Box 100, Crawford Bay, BC V0B 1E0. Or come by the Learning Hub on Tues to Thurs from 10am to 4pm. First to register & pay for each class gets name in a draw for a free class.

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## Kootenay Lake Art Connection:

June 27 to Sept 1

by Geri Gomola

There will be all types of art created and expressed this year. We have some incredible artists and artisans in the Kootenays. If you are looking to find a perfect functional item that compliments your home and wardrobe, chances are you will find it in one of the galleries or venues. There will be woven, quilted and forged items. There will be wonderful mugs for your morning coffee. There will be a phenomenal assortment of shawls for your outings and beautiful quilts for your beds. There will be fine art paintings and sculptures that will enhance your home and look great in that special place or on that special wall. There will be hand made one of a kind special jewellery. Start thinking about what you might need and I am sure you will find it this summer in one of our many venues and galleries. Prices will vary and the artist and artisan will have their name and phone number on their pieces. You usually find the artists biography explaining what type of art they make and if you can't find that perfect piece to match something make a request and the artisans may be able to create what you are looking for. Some of the artists will be showing for the first time and some will have years of experience, but one thing you can be sure of is that hours of work have gone into each piece.

The grants have been applied for and starting to come in and the memberships are being renewed. If you are an artist and want to be part of the Art Connection this year or you are a galley or business on the east shore between Wynndel and Riondel that has a wall for one of our artist or artisans. Let us know. Deadline is April 30, 2015.

We are having a juried art show at the Wynwood Cellars Estate Winery again this year. If you are an artist member who creates one of kind of paintings or any art medium that can be hung on a wall as an expressive or decorative piece let us know.

This year there will be a theme and criteria as well as a \$150 gift voucher for the first choice. The voucher will be for art supplies at one of our local suppliers.

The juried art show will take place on June 26, 2015 at the opening reception. There are usually eight pieces chosen to hang in the tasting room throughout the summer for your perusal and most work is for sale.

The brochure will be available at the Chamber of Commerce in Creston, Kootenay Lake Chamber info booth, Kootenay Lake Ferry, Chamber of Commerce in Nelson and all venues and galleries. Watch for the signs.

Representatives in each areas are: Val Van der POEL for Wynndel, 250-866-5772 Karen Arrowsmith for , Boswell, 250-223-8177, Geri Gomola for Gray Creek 250-227-9085, Lillianne Dejonghe for, Crawford Bay & Riondel 250-227-9652.

Regional District of Central Kootenay and Columbia Basin Trust Fund are confirmed supporters of the project this year and we would like to thank them for their continued commitment to the project.

## Bessie Wapp Returns To Medley Arts Camp

by Lorna Robin

Nelson's Cultural Ambassador, Bessie Wapp, will be returning to Medley this summer to teach three new courses: *Harmonic Voice for ages 12 to*



*adult, Children's Choir for ages 8-13, and Theatricks* – Bessie's inspiring and fun "tricks of the trade" theatre for ages 8-13. Slava Doval, another well-known teacher who has East Shore roots, will be bringing her trademark blend of dances from cultures that love to celebrate, creating a uniquely Kootenay style for all ages to enjoy.

Because you asked us - More art is in the mix for this year, including two painting courses for ages 13 to adult: *Self-portrait with Zora Doval*, and *Landscape Painting with Shirley Wyngaard*. Instruction will include learning through fun exercises and creation of paintings: selecting, analyzing and interpreting images; methods of transferring image to painting surface; understanding and effective use of shape, line, colour, value and texture to create contrast, perception of space, lighting choices and methods, demonstrations and practice of brush technique, paint application techniques, and color mixing. Students will receive individual attention and be encouraged to develop their own style.

Other returning favorites will be *Ukulele and Marimbas with Jacqueline Wedge*, and *Samba Band with Ben Johnson*. Ben will also provide additional ukulele instruction for those who already know the basics. Visit [www.medleyartscamp.ca](http://www.medleyartscamp.ca) for further developments, or email [info@medleyartscamp](mailto:info@medleyartscamp) for answers to any questions.

Medley Arts Camp happens July 27-31, and is a great addition to a family vacation – there is something for everyone at Medley.

## TWISTED ROOTS: Twisting & Rooting for YOU!

by Jacqueline Wedge & Nathalie McCoy

Kale. Mustard greens. Lettuce. Arugula. Radishes. Herbs. Mesclun. Orach. Chard. All of these are currently being grown in our new, beautiful, year-round, heated Crawford Bay greenhouse. In fact, as we speak we are literally eating all of these things (our first harvest!), a salad that has, at its root, more love, dedication, tenacity, pride and heart-felt vision than we could ever have imagined.

Though a community greenhouse had been discussed by many locals for nearly a decade, it took a certain symbiosis for this present one to be fully realized. Russ Anderson, along with his loyal and private co-pilot, and a few keen, motivated folks started putting the structure (which was procured from Sam Anderson) together back in May of 2014. Gradually, metal posts and beams started sprouting up, water systems were creatively manufactured, trees were felled for firewood to feed the raging woodstove nestled in the underground room, pipes were welded together and pipes laid through the earth for the in-soil heating/cooling systems, building materials were donated, and people came together to ensure that progress continued. (We will attempt to write more about this in a later *Mainstreet* edition.) At the heart of it all was the knowledge that eventually GOOD FOOD would be grown for our families and neighbours.

Well, they were right.

Things ARE growing and we have a great network of volunteers planting, weeding, transplanting, and watering the plants to ensure a continuous supply of fresh food for our hungry local populations. This is occurring within the context of, and on the backs of the handful of awesome people who got this thing off the ground. The mantra seems to have been "build it and they will come." And it really does seem to have evolved organically, with those big strong arms putting up the structures, big beautiful hearts giving countless wintery hours for troubleshooting and selfless commitment, many hands in the soil, many brains in the storming, many spirited folks who have stepped in at just the right time, providing essential materials, expertise, direction, contact, or willingness. There are too many people to thank (we need more time... more chocolate...).

Our goal is to share the growing lusciousness with the school hot lunch program, local markets and eating establishments, and a CSA (community supported agriculture) program. This membership harvest program is one of our main focuses, where there are a limited number of "food shares" available.

With the support of our awesome local school, we are in a position to teach many young people about what it takes to grow their own yummy food, and save seeds from their favourite species/varieties so that they can keep certain strains alive and viable for their own precious futures. Children are also making clay garden markers and signs, enriching the whole interactive experience.

Carrots. Beets. Broccoli. Peas. Tomatoes. Peppers. Chilies. Beans. Edible flowers. Onions. Potatoes. Cucumbers. Spinach. Pumpkins. Yes, we will be growing lots of edible greatness outside the greenhouse as well.

Want to buy delicious, pesticide-free, wholistic locally-grown produce? Watch for roadside veggie stands this summer, and a booth at our local market. There will be a few fund-raisers occurring year-round, to help offset some of our capital costs and maintenance bills. Donations of seed trays, pots, seeds, building materials, and fencing are very much appreciated (please contact Jacqueline or Russ at [twistedroots@theeastshore.net](mailto:twistedroots@theeastshore.net) for such green god-

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Please join us on Mother's Day for a fantastic **PLANT SALE**, where we will be selling some greenhouse bounty, potted plants / seedlings, and of course tea and cookies (corner of Wadds and Crawford Creek Roads.)

If any of this strikes a chord with you or you have any questions, "like us" on Facebook and get in on the conversation at twisted roots. As for other modes of communication, we are too busy to be filtering a mountain of phone calls, and won't have a website up and operational for a while. Without trying to sound too bossy, visits to the physical site are encouraged only if you are prepared to weed the lettuce beds, transplant some tomatoes, or bring us chocolate. Seriously. The plant sale will be the optimal time to schmooze with the crew and see how you can become involved.

We look forward to providing this amazing place and you sweet folks with the healthy veggies you so deserve. Peas and carrots.

## EASEY does it!

by Ellie Reynolds

### A Natural Playground in Crawford Bay Park

*'The care we show, as a community, in how we design and build our children's' playspace, results in our children feeling cared for and respected'* - **Adam Bienenstock, CEO of Gardens for Living Inc.**

When you drive past the sign that says **Crawford Bay, Artistic by Nature** and you look around you at the scenery and beautiful artisan offerings of the town, you might think - 'yup, that seems fitting'. If we feel happy being defined by the words 'artistic' and 'nature' would we not want those same words to describe the playground at the Crawford Bay Park too? After all, where children and families gather and play could be the showcase of a community that values artistry and nature and the natural 'resource' of children. We have formed a playground committee that is in the process of re-imagining the playground, so that it too could claim to be 'Artistic by Nature'.

I've been thinking a lot about playgrounds lately, A LOT actually, and reading a lot about playgrounds, and \*play\* in general; what it means for children, for their development, physical and mental - their need for play and how our culture provides for that need. As a young child growing up in urban London, I remember the day that the new adventure playground in my neighborhood opened its gates. It was the direct result of local parents who lobbied tirelessly and pushed local government to provide an outstanding Play-space that would truly excite, challenge and stimulate kids to play. It went way beyond traditional playground equipment and was at the current cutting edge of playground design for its day. It's still standing, 25 years later, and just as well used. That playground was an enduring feature of my childhood. I was taken there at least twice a week and daily in the summer time. It was where you met new friends, experimented with new challenges, hid yourself away, got wet and best of all - you got to go down the BIG slide, all 20 feet of it. But having said that, what I remember most clearly wasn't actually sliding down that slide, it was climbing the mound up to the slide's summit, a slope which was planted quite thickly with bushes. We would hide in those bushes, and have the illusion at least, that we were out of our parents' sight. In was a bit of the wild, in the middle of the city.

This brings me to today. If what kids like to do best is climb, scramble and hide in the bushes, why do we spend tens of thousands of dollars on steel and plastic manufactured play systems, anchored in a desert of wood chips? They lose their appeal after a short while and children become bored and therefore take greater risks, leading to increased injuries from using the equipment outside of what it was intended for. It's an adult's view of how children play, it's standardized, and though it caters to the need for gross motor activity, it offers little for their imaginations or spirits.

The Natural Playground Company states on its website that they have interviewed over 6000 children who all said they preferred natural playgrounds over equipment playgrounds when shown pictures of both. Just think about your own childhood memories of play: - digging in sand, mixing water into dirt to make mud, building forts, rolling down hills, climbing trees - sound familiar? These are all forms of natural play, and modern children aren't any different in gravitating to these play forms too (though they may be chal-

lenged to get outside enough in general, but that's a different article).

"Natural playgrounds should be the standard for all our playgrounds. They truly connect children with nature through play and are a sort of classroom for the next generation of environmental stewards" -Dr David Suzuki .

So what exactly is a natural playground? Basically its a playground that features natural and naturalized elements such as boulders, logs, stumps, sand, water, outdoor musical instruments, interesting topography like berms and hills, native vegetation and other natural looking structures. They are designed to bring nature in and offer children exciting spaces to play and learn with all their five senses. Playing in such spaces stimulates children's creativity, problem solving, social cooperation and curiosity about the natural world. Natural playgrounds not only cost much less than traditional equipment-based playgrounds, but they are also actually safer. It turns out that in natural settings children are actually more careful, calculating risk more effectively and to date, no children have been seriously injured playing at a natural playground. Small scrapes and bump perhaps, but no serious injuries, none. Our playground will be constructed to meet CSA Standards.

Myself and my husband Charles have spent many hours online viewing photos of natural playgrounds from all over the world and it's very exciting to think we can build one here. Looking at a good design makes you want to be a kid again. It makes the idea of play seem irresistible. I would love to feel our

new playground might actually become a place I would take my children to as a destination in its own right, and once there that we might, actually, \*gasps\* meet other children. Outside of the school, there isn't yet a real meeting hub for families during weekends or vacations, let alone for our summer visitors and their children. I am truly excited at the fun we could have as a com-

munity, getting our natural playground built. These projects can really build community, and we all have much to gain from such a playground being built here, and not just kids and parents, but local businesses and all who live nearby. Think Starbelly, but also think of driving by on a ordinary Sunday and seeing local families gathering to picnic and play.

Some of you might be thinking 'yes, that's all well and good for urban children who are deprived of nature, but we've got it here in abundance'. While I agree that our children are fortunate to live close to existing natural beauty, why not bring that beauty into our playground? We intend on using local Cedar and fir logs, local boulders in the landscaping, local mulch and other landscaping materials - and to utilize the talents of our own artistic carpenters and volunteers to bring the project into being. Charles' design-in-progress has space for eating and relaxing as well as active play for all ages of children, with two embankment slides, a tunnel and cave, sand and water play area, and a central wooden deck and climbing structure (the swings and merry-go-round will be grandfathered). And more if we want it. You will soon be invited to a community input meeting to review our design and make comments or suggestions.

We are looking for local sources of free or discounted materials like freshly cut logs and stumps in many lengths and diameters, smooth boulders of various sizes, sand, gravel and fill, as well as volunteers to help with fundraising, site prep and construction and landscaping. We are currently applying for grants, accepting donations and planning fundraisers for the playground. Please contact 'easey01@gmail.com' for information about how to donate time, materials or funds to this project. Stay tuned for more updates...



### AREA "A" EDC Economic Development Commission

**next application deadline:  
May 31st, 2015**

**Projects for Area A (East Shore, Riindel to Wynndel)** relevant to the promotion of economic development may be eligible for a grant from the Regional District of Central Kootenay.

**Potential applicants are invited to come to a meeting and tell us about your idea... we will help round out your plan and connect you with an appropriate umbrella organization.**

For information please contact:  
Lorna Robin, EDC Chair 250-225-3333  
[lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca)

**Community Connections** (aka South Kootenay Lake Community Services Society, SKLCSS) is a registered society that may be able to sponsor your application.  
email [skootenaylakeccs@gmail.com](mailto:skootenaylakeccs@gmail.com)

\*\*\*\*\*

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## Riondel Community Library

by Muriel Crowe

I think we are all looking forward to the final passing of winter and the flu season. My personal thank you (and I'm sure that of all other volunteers) to those who stepped in to fill the gaps while others were ill or away. Volunteers really are wonderful people.

You will notice a change of desk personnel this past while. All the volunteers are still active, some just wanted a change of focus. This has come with some suggestions for small changes including perhaps more hours open to the public. Please let us know if you find our hours too restrictive or inconvenient. Another wee reminder is that we can request books for you by inter-library loan and we will consider purchasing books that you request if they are not available by loan.

We are preparing for our fifth annual open house on April 16 in the Riondel Community Centre, This year we are hoping to have some students or other under twenties take part in a writing contest and plan to have some more senior authors reading also.

There will be the usual events as well: the murder mystery continues, the fish pond will be splashing and a new library contest will appear. The Historical Society plans to join in with their wealth of information and fun. Food, oh yes there will be food as well.

We hope you can all join us and if you are in the library in the meantime check to see if the Easter Bunny has visited.



## pebbles by Wendy Scott A Straight Path

Today it's a scenic drive around the northern tip of Vancouver Island from Fort Rupert to Port Hardy in Quatsino Sound. One

hundred years ago travellers faced many hours on a four foot pathway crafted across the Island by a Scottish settler; his name was Alec Lyon. But in 1904 when Alec and his wife, Sarah, decided to build their family and a business in Port Hardy, they packed their belongings into a rowboat and set off from Fort Rupert. That would be 100 nautical miles. It's no wonder they were, and would be for several years, the only family and the only business in town. In that remote spot, most of their customers were Indians arriving by canoe. Alec, I imagine, prompted by Sarah, decided business would be quite a bit more lucrative if the store were easier to get to.

Indian trails had criss-crossed the Island for centuries but Alec wanted a straight road to the West Coast. Since this was rain forest country, his friends told him he couldn't do it without by-passing bogs to avoid all that muskeg. Alec, being an innovative and determined Scot, began splitting small trees into four foot lengths and laying them side by side. The "corduroy trail" continued and by 1916, stretched from Coal Harbour on the West Coast to a spot across the bay from the tiny settlement of Port Hardy. It had missed its original destination, Sarah and Alec's store, by nearly a mile of water. By 1927 Alec's vision of a road from east to west was realized. But the road stayed true to the original trail and again by-passed his store and the community that had, by now, grown up around it. If the road does not reach the town, the town must go to the road. Alec moved. Everyone moved and Port Hardy began to settle in at its present site.

It's odd to think that only forty years after Alec and Sarah set up business in Port Hardy, Frank Downing, dressed in his Royal Air Force uniform, boarded the MV Anscorb in Proctor and sailed across Kootenay Lake to land at Kootenay Bay. Frank was a carpenter and there was a town to be built in a mining camp beside the lake. He knew he had to head north from Kootenay Bay landing, so he began what would be a long hike through the woods to Riondel.

It's due to the Alec and Sarah's, the Frank and Leslie's, and all those who set out for an adventure – and still do; it's because we may live at the end of a terribly crooked road (365 bends from Riondel to Creston) it's because there are corners to turn around and roads to walk along and paths to explore that we find just the right town and just the right house to tear apart, rebuild, paint and polish. That's why Riondel has become known as "A work in progress". And that's why there's always a ladder next door to borrow.

## BOOK REVIEW

by Tom Lymbery

*FLING WING – the New Age Bush Pilots with Adventures from a Pilot's Log* by Jack Schofield, Coast Dog Press, 148 pages, \$24.95

Fling Wing means *Helicopters* and this book tells the story of commercial helicopters in BC and the growth of Okanagan Helicopters into the world's largest rotary wing operator. This all started in Penticton when three partners in a crop dusting operation decided to find out if a helicopter could do that job better than a fixed wing plane. This was a short season job so they needed to find longer term employment for their expensive machine.

In 1948 Carl Agar flew their Bell 47- B3 copter which had an open cockpit and a 400 pound lifting capability – the same machine used on the "M.A.S.H" program. He challenged the manufacturers maximum vertical height of 3000 feet and found a way to climb to 8000 feet. Thus Okanagan Helicopters was able to obtain contracts for the Kemano project to transmit power to Alcan's aluminum project at Kitimaat. This was the turning point that established Okanagan as the world's foremost helicopter company. A most important connection to Igor Sikorsky who had designed the first helicopter in 1940, helped them obtain the larger Sikorsky machines for the Kemano operation.

The head office was no longer in Penticton and soon to be purchased by other interests, then later to lose the original definitive orange colour when the name was changed to Canadian Helicopters.

This book continues with the life of pilot Peter Barratt who flies for Okanagan but moves to Vancouver Island Helicopters when Okanagan suddenly changed its systems, and later to Peter forming his own company. An avid fly fisherman he starts using copters to take fisherpeople to high elevation lakes that are inaccessible otherwise - *Putting the Fly into Flyfishing!*

Even if you are not particularly interested in helicopters this is a most entertaining book.

**RIONDEL LIBRARY 5th ANNUAL OPEN HOUSE**  
Riondel Community Centre



Thursday, April 16 - 6 to 9 pm

**Featuring:**

- Young Writers
- Tips from published authors



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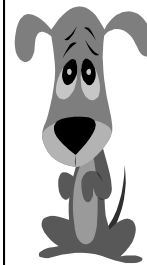
Health Center, Crawford Bay

(250) 227-9155

## CRESTON VETERINARY CLINIC

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**Mobile Clinic Dates:**

April 7 and May 5 at the Crawford Bay Motel.

- Planning a wedding?
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Consider renting the **BOSWELL HALL**

Booking/info: Judy @ 250-223-8664

**Next Deadline: April 22, 2015**



# Volunteer History & the Canadian Code for Volunteer Involvement

by Farley Cursons, Operations Manager/  
Co-Producer, Starbelly Jam Music Festival

In the early days of European settlement in Canada, the Native people who lived here showed the pioneers how to survive in their harsh new land. They taught them how to forage for food in the forests, to construct shelters, to build and paddle canoes, to travel on snowshoes, and to cure illnesses such as scurvy. They also introduced them to new plants such as corn, pumpkin, squash and beans that soon became the mainstay of their diet.

As the pioneers struggled to adjust to their new way of life, families depended on each other to survive and prosper. People willingly pulled together to help one another in times of need. This spirit of mutual assistance was needed to combat the wilderness and the rigors of the long Canadian winter, as well as to prevent social isolation.

In this tradition of cooperation, farming neighbors frequently combined efforts to accomplish vital work such as clearing land, building houses and barns, harvesting the crops, making quilts and spinning wool for clothing. These relationships within the settlements also instilled a sense of what we call community. As more and more settlers arrived in a district, the commitment to voluntary cooperation to achieve common goals continued, and volunteer organizations began to form.

In the 17th and 18th centuries, humanitarian developments on the British and French communities in eastern and central Canada were focused around religious institutions and social reform movements in Britain and France. A similar pattern of mutual assistance was to take place when the first homesteaders began opening up the Canadian West in the late 19th century.

Back in 1688 in New France, a crisis was reached in the town of Quebec as the ranks of the destitute were swollen by residents who had lost everything they owned in a major fire a few years earlier. Concerned for their less fortunate neighbors and alarmed at the increasing number of beggars in the streets, public-spirited citizens of Quebec took action to help these individuals.

They established what was probably the first voluntary agency in Canada. Known as the Bureau des Pauvres, this agency was managed by a board of volunteer directors (primarily prosperous merchants), run by volunteers and supported by donations from the community. Money, food and clothes were gathered through collection boxes around the town and door-to-door solicitation each month.

The Bureau des Pauvres offered a comprehensive package of relief that was available even to non-residents. Elderly, incapacitated and sick individuals were given food, money and, wherever possible, a place to live. If work could not be found for the unemployed, they were given the tools with which to carry on their trade, along with food, clothes and lodging, until they were back on their feet again. A landmark in the history of Canadian voluntarism, this community organization was in operation until about 1700, by which time religious charities began taking over its responsibilities.

While the direct effects of volunteer work are felt at the individual or community level, the cumulative action of many millions of ordinary citizens from every region of the country has had a profound impact on virtually every aspect of Canadian society and has, in fact, fostered its growth and development.

Volunteers are ordinary citizens who have chosen to become involved in providing a needed service, solving a problem or advancing a worthy cause. Recognizing a particular need in society, they make the effort to translate ideals into reality without thought of payment.

The traditions upon which Canada was founded and built have influenced the development of our spirit

of volunteerism. Beginning with the Native communities and continuing with the European settlers and immigrants from other parts of the world, there has always been a strong emphasis on hard work and self-reliance and on taking responsibility for our own life and actions.

Thinly scattered across a vast land and tested by an often inhospitable climate, Canadians have also been nurtured on an understanding of the benefits of mutual assistance. From the Desjardins credit unions that began in Quebec in 1900 through the diverse farming cooperatives that were established in Western Canada at the beginning of the 20th century to the Antigonish Movement that gave birth to a variety of cooperatives in Atlantic Canada in the 1930s, Canadians have relied on each other for our survival and progress.

There has always been an equally strong tradition in Canada that fostered a sense of responsibility to our neighbors and a concern for all our fellow citizens in need. And, with growing awareness of the impact of chronic poverty, prolonged illness and disabilities, and of the crises that can result from natural disasters and economic events beyond our control, Canadians have become increasingly sympathetic to the idea that none of us is self-sufficient all of the time.

Most volunteer organizations have been inspired by compassion or a sense of injustice. The past 125 years have seen the birth of countless voluntary organizations in health care, social services, arts festivals and many others, all of which involve volunteers as founders and supporters, both as board members and as front-line volunteers.

While some forms of organized volunteer activity were adapted from European and, later, American and other models, others were responses to our own particular needs. Today, as an expression of our own social values, the evolution of volunteerism and the voluntary sector in Canada is unique.

Many of the earliest initiatives in health care and social services in Canada were taken by organizations led by public-spirited citizens. In most of our early communities, it was the voluntary effort of ordinary citizens, often working through their religious or cultural institutions, that led to the establishment of orphanages, hospitals, and homes for the aged, as well as to the creation of health and welfare agencies that worked with families to provide much needed assistance.

As the value of these programs was proven and the financial burden of supporting them became too great for private philanthropy alone, government (at first the municipalities, then the provinces and, later, the federal government) responded to public demand and eventually assumed responsibility for key aspects of the health and welfare system.

People today tend to lead more structured lives, are more results-oriented, autonomous, tech-savvy, and have multiple responsibilities and interests. The type of volunteer roles Canadians seek evolves throughout the life cycle to reflect changing priorities and circumstances. Volunteers bring their personal talents and interests, professional skills, and education to volunteering in order to respond to needs in their communities. Volunteers seek a range of options and opportunities where they can see the value and impact of their contributions in the community. More people are interested in group volunteering, short-term assignments, and virtual volunteering, and they view volunteering as a way of contributing or gaining skills.

Organizations today are considering the motivations and goals of their volunteers as well as the goals of the organization, developing a more reciprocal relationship. In addition to addressing specific needs of the organization, volunteers want the flexibility to determine the scope of what they can offer. This two-way relationship reflects a more mutual approach to building community. Engaging community in the work of any organization requires a culture that believes talent, from whatever source, is critical to the success of the organization or cause. That means boards of directors and paid staff have to be intentional and deliberate in enabling and modeling the engagement of others in

delivering on the mission of their organization.

Non-profit organizations accomplish their goals through their human resources. By using a planned approach to identify the work functions (both paid and unpaid) needed to achieve their missions, organizations are able to engage the talents and skills of people and increase their organizational capacity through targeted recruitment. The skills needed to effectively engage volunteers needs to become a core competency of most or all staff members. It is also important that the Board and Executive Director, and senior staff champion a culture and structure that supports and values the role and impact of volunteer involvement.

**History of the Canadian Code for Volunteer Involvement:** The original Canadian Code for Volunteer Involvement was introduced in December 2000 to launch the International Year of Volunteers (2001). The Code was targeted at boards of directors, volunteer management staff, and volunteers of non-profit organizations. It was intended to promote discussion about the role volunteers play in organizations. Across Canada, many organizations adopted and implemented the Code in their work with volunteers, and in doing so, created a solid base for involving volunteers in their work.

**Purpose of the Canadian Code for Volunteer Involvement:** By adopting the Canadian Code for Volunteer Involvement, non-profit organizations commit not only to strengthening their volunteer engagement strategy, but also to strengthening the capacity of the organization to meet its mandate and contribute to a stronger community.

The Canadian Code for Volunteer Involvement is designed to initiate thought and discussion within organizations about the role of volunteers and the impact effective volunteer engagement can have on achieving strategic goals and advancing the mission of the organization.

The Code recognizes and reflects the changing realities of volunteer engagement and management practice, and supports the work of those who manage and support volunteer engagement within an organization. It is intended to be flexible enough to apply to a broad range of organizations: small, medium, and large, with different levels of resources, in both rural and urban

settings, crossing a range of mandates, led by paid staff or by volunteers. Elements of the Code are designed to be inclusive and can be adapted to apply to a diversity of people, cultures, communi-

ties, opportunities, and approaches.

For volunteer engagement to be effective, the organization's leaders must act as champions of a culture and structure that supports and values the role and impact of volunteer involvement.

By adopting the Canadian Code for Volunteer Involvement, non-profit organizations commit not only to strengthening their volunteer engagement strategy, but also to strengthening the capacity of the organization to meet its mandate and contribute to a stronger community.

The Canadian Code for Volunteer Involvement is designed to initiate thought and discussion within organizations about the role of volunteers and the impact effective volunteer engagement can have on achieving strategic goals and advancing the mission of the organization.

Is your organization struggling with its capacity to manage? Is your board of directors still wondering exactly what they are supposed to be doing? Perhaps your having trouble recruiting and keeping volunteers for your project? Are you drowning in details with little to show for it?

**Join me, Farley Cursons on April 18 at the Selkirk College Learning Hub in the Crawford Bay School and spend the day reviewing the 14 Standards of Volunteer Involvement that I have adopted to manage the myriad of organizations I work and volunteer for. The workshop is from 9am to 5pm with a lunch break. For more information or to register call Laverne Booth at 250 227 9218 ext 5518.**





## Ladies Golf Opens at Kokanee Springs

by Lynne Wood

The 2015 season for the Kokanee Ladies Golf Club opens Tuesday, April 21 this year. The Ladies Club plays every Tuesday afternoon at the Kokanee Springs Golf Course from April 21 through September 22.

Golfers who are in the area 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 club co-captain Lynne Wood. The club is also offering a special \$30 rate (including cart) for those who only want to play nine holes (PLEASE NOTE: both the 18 and 9 hole rates only apply to those participating in the Kokanee Ladies Golf Club games and is only available on Tuesdays).

Tee-times begin at 12:20p.m. every Tuesday, beginning April 21. 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 please contact Lynne Wood at kokaneeladiesgolf@gmail.com!

## Next Deadline: April 22, 2015

### Yoga & Asana Basics

Bridge Pose~Setu Bandhasana

*Opening the heart and navel is not a common action in our daily lives. With so many of our actions directly in front of us, reaching into space behind us can bring about a deeper connection to that which supports us.*



#### Benefits

Strengthens the thigh & buttock muscles  
stretches & strengthens the abdominal muscles  
tones the abdominal organs  
stretches the front of the hips, increasing flexibility  
nourishes the thyroid gland & brain  
helps regulate metabolism, keeping weight in check  
keeps the spine elastic

#### Doing the Pose

lie on your back, knees bent feet on the ground hip distance  
bring your heels close to your buttocks, arms by your sides  
inhale, press down thru the feet, raise your hips up vertebra by  
vertebra until your weight rests on your feet & shoulders  
lift your chest up from the back ribs towards the sky  
interlace your hands as you squeeze your arms straight along  
the ground, draw the shoulders together & under your chest

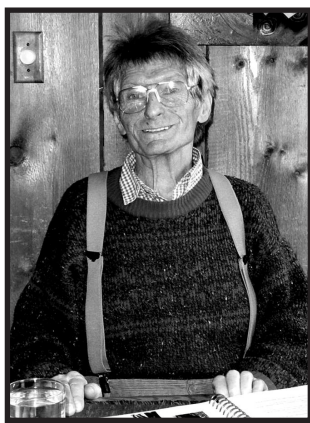
#### Focus in the Pose

Keep your head & neck in line with your spine, eyes look up  
keep your legs & feet parallel  
shoulders press down, away from your ears, neck long  
move smoothly and gently into & out of this pose  
relax the front of your throat

By Jai Holman

## Notice of Passing

Joe Gnilka



After 20 years of the ups and down of a complicated illness, Joe passed away peacefully at his home in Kootenay Bay in the company of his wife Christa and friends.

He was born in 1932 in Neisse, Silesia, the last of seven children. Slowly the war moved closer and made it necessary to pack up and leave. With his mother, sister, aunt, cook and cousin they biked, walked and later

boarded a refugee train taking them south to Prague, Passau and eventually to Austria. From there, it was up to Frankfurt where they settled.

With all the destruction around, his older brother suggested carpentry. It was all the same to Joe and so he began his apprenticeship and after three years emerged a proud journeyman working in Frankfurt for a few years.

Canada needed workers. His brother Walter applied to immigrate and on Christmas Eve 1951, they landed in Halifax. They took the train west to Winnipeg. Over the winter they worked in a logging camp in Grand Prairie, then moved to Edmonton and from there got involved in the Kitimat/Kemano project. Joe came back with stories about peaceful encounters with bears and lots of snow.

Next stop was Vancouver where he worked on various jobs, including the Second Narrows Bridge. Fate conspired and he met Swami Radha who taught yoga. She needed a larger place so Swami Radha, Walter and Joe pooled their money and found a place in Burnaby. Joe put his skills to good use and fixed up the house. People came for hatha yoga lessons and Satsang in the evening. In 1956 Swami Radha and Joe took a trip around the world to visit ashrams and various teachers. Deciding to move out of the city they found the property owned by Bobby and Dorothy Brown and bought it with the money from the sale of the house in Burnaby. In the fall and winter of 1962, since the house was to be demolished, Joe made many trips to bring everything that could be taken. "Ora et labora" (prayer and work) was the norm for the next few years as Yasodhara Ashram became established. Liking the area and being offered a house in Kootenay Bay, Joe moved and settled in. He became an electrician, plumber, pump installer and beekeeper, which should be listed first. He loved his bees dearly and only when the mites became a big problem and the boxes with the honey too heavy to lift, did he give them up. His other passion was planting fruit trees, especially Graevenstein apples.

I (Christa) met Joe in 1965 in Munich when he visited Walter. In 1968 I came to Canada with a friend. We arrived by ship in Montreal and my 2CV Citroen (flower power) made it all the way across the country. My plan to stay for half a year turned into 47.

More Gnilkas were moving in. Hubertus bought a house on the Riondel Road in 1971. As engineer, mechanic and electrician the brothers could fix just about anything. Walter came in 1985, lived beside the Ashram and later up the hill in Kootenay Bay.

Joe was a very generous and welcoming person. His house was an open door where anybody was welcomed and allowed to stay for three days, then had to work or contribute in some way. There were rules, but enforcing them was another matter. He detested keys and when we flew to Germany a sign on the door invited people to use the place, just leave it as you find it. In summer it was truly an open door with a porcupine walking in at night, having smelled the pears, bats flying around the living room or a bear sauntering in

during the day. He had no prejudice toward people; everybody got a chance to prove himself/herself. Over the years he took on a number of apprentices to pass on what he had learned. His workshop was available to anybody; tools could be signed out and hopefully returned in proper fashion. Of course it was frustrating having just sharpened a chisel, which was the one people took. Or looking for his favourite hammer. Having lost his childhood home it was important to him for everybody to have a roof over their head and he helped where he could. He acquired a lot of skills and shared them freely. Losing the ability to work with his hands, to walk and being dependent was very difficult. He was ready to say goodbye.

A big thanks goes to the ambulance crew and first responders who took him to the hospital so many times. He is missed by his wife Christa and the many friends he has made over the years. God be with you my love, go in peace. A celebration of life will be held at a later date.

## Joe Gnilka

by Wendy Scott

A glassed in, private place looking out onto forest and lake; a comfortable wicker arm chair; the right book, and a maybe a sketch pad – These were all parts of Joe's world, but not all of his world, and not his entire life – not at all.

Joe began his search for this private place; this room with a view in the process of an adventure and a journey from North Vancouver; a journey of discovery undertaken for his friend, Swami Sivananda Radha.

Joe believed that a person's spirituality should develop along with their physical well-being. In the 1950's, working as a contractor on the Lower Mainland, he discovered Hatha Yoga classes in West Vancouver, and this is where Joe and Swami Sivananda Radha met. The rest, you might say, was a travelogue of B.C. Swami Radha's goal, conferred by her Guru in India, was to establish the first Ashram in Canada. With Joe's help – and assistance from many friends, a house was purchased in Burnaby and became The Divine Light Mission.

Joe lived at The Divine Light Mission, but his building contracts often kept him away until late in the day – sometimes too late to find enough in the kitchen for his evening meal. With the 1960's well under way in Vancouver, the Divine Light Mission began to lose its focus. It was running the risk of becoming simply a drop-in-centre for those in need of a meal and a place to stay. The peace and tranquility was slipping, and the house would eventually be demolished to make room for an apartment complex.

Joe and Swami Radha began a search that would take them all over BC, and as far as Banff and Jasper in Alberta. Eventually they came to the East Shore of Kootenay Lake to inquire about the Ledlanet Ranch. The owner, Bill Fraser, told them of the 'Yasodhara' waterfront at Walkers Landing. Since Yosadhara was the name of the wife of Siddhārtha Gautama – the founder of Buddhism, there was, of course, no hesitation on Swami Radha's part and she was honored by the suggestion. The property was purchased from Dorothy and Bob Graham Brown, and in 1965, with Joe's help, and six truck-loads of furniture from the Burnaby building, the Yasodhara Ashram became a part of Riondel's first century and continues to attract those seeking a touch of temporary seclusion without losing the necessities of daily life.

Being a contractor, Joe had a sharp eye for special places, and not many could have the serenity of Joe and Christa's own spot in Kootenay Bay above the lake that continued to be such a memorable and vital part of their lives. It was a place to come together in peace and quiet.

**JOE GNILKA, 1933—2015**



## Notice of Passing

**SHANNON NICKISCH**

Shannon Louise Nickisch (nee Wood) passed away suddenly in Sirdar with her husband and daughter by her side on February 21, 2015.

Born in Creston on September 12, 1944 Shannon was the eldest daughter to William Moline and Carmela Wood. Growing up in Tye and then later in Sirdar, she along with her four siblings attended Sirdar School until Grade 6. Thereafter, she attended Prince Charles Secondary School, until her Grade 12 graduation in 1962.

She was known for her shorthand and typing, which held her in great stead, as she moved to Creston and worked as a secretary for PCSS. Not many months later, during a Christmas visit home she met and fell in love with her future husband. After her marriage on December 28, 1963 to Christoph Nickisch in a double wedding ceremony along with sister Judith marrying Chris' eldest brother Alf, Shannon returned to Sirdar to live and raise her family.

The next year, the arrival of a daughter and then four years later a son, completed her family unit. On July 1, 1965, Shannon became the proprietress of Sirdar General Store, where she worked right up until her passing. Being a wife, mother, homemaker and self-employed kept Shannon very busy, but she managed to volunteer for many causes, the annual Cancer Daffodil campaign, teaching Catechism at the Holy Cross Church, member of the Creston Valley Hospital Board (before the inception of the Interior Health Region) and various other committees' and community initiatives too numerous to list, all with the intent to better the lives of the residences of this Valley.

She enjoyed cooking, gardening, reading and was the local historian for all things related to Sirdar and its heritage. In 1977, she became Postmaster for the Sirdar Post Office and this part of her career was always of utmost importance to her.

Education and schooling were also meaningful causes that she supported with great passion. In the fall of 1982, she was elected as a then School District #86 School Trustee. For the next 17 years she traveled considerably throughout the Creston Valley and environs to preserve every child's right to a well-rounded education in what was increasingly challenging times where school closures and district amalgamations caused strife for many in the public education sector.

Shannon's board position of secretary for Wynndel Community Centre was likely a record for longevity for volunteer positions held. She served in this capacity for almost four decades, and the Annual Wynndel Christmas Craft Fair and preparing regular community newsletters being favourite projects that she handled with aplomb.

In her early years, Shannon delighted in the charms of the great outdoors, whether it was fishing, hiking or camping often criss-crossing western parts of Canada initially via tenting trips with her family. In her later "pre-retirement" years, she enjoyed RV trips, roughing it in the 5th wheel, most recently driving across Canada and then later visiting Waterton Lakes National Park as fondly remembered adventures.

Travelling to Hawaii, in celebration of her silver wedding anniversary in 1988 as well as several trips to Europe, most recently in 2006, where she particularly enjoyed Ireland were also favorite destinations. She was a long-time member of the Catholic Women's League and Royal Canadian Legion in Creston; bowling, square dancing and swimming were preferred activities that she enjoyed for many years when she was physically able to participate.

One of her all-time favourite pastimes was visiting with friends and relatives. Shannon welcomed strangers and friends alike, often getting their signatures in her store guest book to preserve the honour of one's visit. A Queen Elizabeth II Diamond Jubilee Medal recipient, in a November 2012 ceremony held in Nelson, local MLA Michelle Mungall venerated Shannon with this medal to commemorate her much admired community dedication and socially motivated spirit.

Her father William Moline (Pat) Wood, sister Judith Ann Nickisch and most recently her mother Carmela

(Cam) Wood, predeceased her.

Shannon will be dearly missed by her husband Chris; daughter Lynnae Nickisch (Derick Todd) of Sirdar; son Shawn (Pat) Nickisch and granddaughter, Cali, of Brisco; siblings William Santo Wood, Sirdar, Susan (Mike) Harris of Nakusp, and Carmen (Ben) Conn of Wynndel; and numerous nieces, nephews, cousins and their families.

Visitation and a gathering of family and friends was held Sunday, March 8, 2015 at G. F. Oliver Funeral Chapel. A Funeral Mass was held at Holy Cross Catholic Church, Creston, BC on Monday, March 9, 2015, with Father Tom Kakkaniyil Celebrant. Interment followrf in Forest Lawn Cemetery, Erickson.

Friends wishing to make a memorial contribution may do so to the Heart and Stroke Foundation of BC, 208 - 1212 West Broadway, Vancouver, BC, V6H 3Y2.

## ANDY OPPEN

by Wendy Scott

Andy as a former member of the Canadian Air Force and a photographer for CBC sometimes went off-course just to fly again over this surprise of a town in a forest beside a long, blue lake in BC's Kootenay country; Andy began to wonder about the small community that seemed to be so well laid out on that mountainside beside the lake. Eventually he had to come down to ground level and look for himself. As many of you are quite aware, something happens to a person's psyche when they follow what seems like a time tunnel of tall evergreens along Riondel Road; there's a glimpse of the golf course and then you pass the big willow tree at the edge of town. The town, invariably, is a pleasant surprise.

Andy and Isabella were not immune to this effect, and they too were captured. Another surprise here, for strangers, is involvement. It happens quickly, and sometimes it is total immersion. The Oppens were enfolded and soon became known as the king and queen of Russel Avenue.

When Bruce and I moved into our own house in Riondel - right across the road from the Oppens - we were greeted by all our neighbours: Ted Powney, George Stewart, Gabe LeClaire, and Marie and Harry Zelinski, who are the only remaining members of that list. Leslie Downing brought us two miniature roses as welcome gifts, but it was Andy who came to our door on moving day and said his wife had lunch ready whenever we could take a break. That was only the first of many, many invitations, and it was not long before we experienced Isabella's extended Block Party on Christmas Eve. It was considered an insult - and a bit silly on anyone's part - to pass it up.

This was when Andy's stories came into their own. He held fort in the living room and we traveled with him by land, sea and air while Isabella rolled around her kitchen, ensconced in her favorite kitchen chair, designating duties to guests and making sure the right selections were placed on the correct platters and circulated in a timely fashion, as well as putting her own spin on some of the tales drifting in from the next room.

We anticipate your next visit, Isabella; your plants and flowers still bloom in selective garden plots around town - as do Andy's stories.

When planes pass overhead, above the clouds like phantoms, we think of you, Andy, on another recognition, in the realm you knew so well.

*Life, forever dying to be born afresh,  
Forever young and eager,  
Will presently stand upon this earth  
As upon a footstool,  
And stretch out its realm amidst the stars.*

-H. G. Wells

## Notice of Passing

**LUIGI SALVIULO**

In loving memory of Luigi Salviulo, who passed away March 15, 2015 at the age of 89 years in Creston, BC.

Funeral services were held at the Holy Cross Catholic Church with prayers on March 20 and a funeral mass on Saturday March 21, 2015. Celebrants were Father Tom Kakkaniyil and Father Jim Ratcliffe. Interment was at Forest Lawn Cemetery, Erickson, BC

Friends wishing to make a memorial contribution may do so to the Heart & Stroke Foundation of BC, #4 - 1551 Sutherland Ave., Kelowna, BC V1Y 9M9 or the Kidney Foundation of BC, 3200 - 4940 Canada Way, Burnaby, BC V5K 4G6.

## Notice of Passing

**OBITUARY - IDA CASTON**

In Loving Memory of Ida Caston, who passed away on March 16, 2015 in Creston, BC.

A Memorial Service will be held at a later date at Crawford Bay. Friends wishing to make a memorial donation may do so to the Heart and Stroke Foundation, 4 Sutherland Ave, Kelowna, BC V1Y 9M9

## Notice of Passing

**Andy George Jerome Oppen**

Our dear Andy passed away March 22 in Lethbridge. He is survived by his loving wife, Isabella (Scott) and by four children: Bill Oppen & Lorraine Beggs of Dawson Creek, BC, Karen (Oppen) & Doug Patching of Lethbridge, Katie Oppen of Ottawa, ON, Gordon Oppen & wife Muriel (Mudryk) of Edmonton. He will also be greatly missed by his eight grandchildren and nine great grandchildren.

Andy was born in Camrose AB in 1927 to Norwegian-Canadian parents, Anton and Nina (Aker) Oppen. He is the youngest of five children who have all predeceased him.

A memorial service will be held in Riondel. For further info call Lisa Benschop at 250-254-1573 (Creston).

**Next Deadline:  
April 22/2015**

**mainstreet  
@theeastshore.net**

**www.eshore.ca**

**250.227.9246**



SERVICES DIRECTORY

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

**AUTOMOTIVE/MARINE**

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

**BUSINESS SERVICES**

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

**CONSTRUCTION/CONTRACTORS/TRADES**  
**HULLAND AND LARSEN CONSTRUCTION** - experienced residential construction & custom finish work. 250.551.2915 or 250.505.3570. (see ad in contractor section)  
**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**

**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.  
**KOOTENAY SOUND HEALING CENTRE** on Riondel Road, offering sound healing treatments, gong meditations and Acutonics® classes. Theresa Lee, certified Acutonics® teacher and practitioner, 250-225-3518 kootenaysoundhealing.com  
**MESSAGES & 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  
**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 refl req'd. 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 - MASSAGE PRACTITIONER:** Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Level 1, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

**RESTAURANTS**

**CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING** - available for community events, wedding receptions, workshops etc. Non-smoking facilities. Call Kathy, 227-9205.  
**MAXX AND NAMBI'S FAMILY RESTAURANT:** Open 7 days a week, Sunday breakfast: 9-noon. (located beside Newkey's)  
**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. Please Call James Linn at 250 225 3388

*Creativity, Community, Conscience*  
 mainstreet@theeastshore.net

*Next Deadline:*  
*April 22, 2015*

CLASSIFIED SECTION

**BIZ ANNOUNCEMENTS**

**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.

**JOB OPPORTUNITIES**

**ADMINISTRATOR:** South Kootenay Lake Community Service Society (aka Community Connections) is seeking a mature individual to fill a part-time Administrative Assistant role. Responsibilities include bookkeeping/mail/cheques and minor administrative tasks such as website updates and editing documents. The position will report to the Administrator and be up to 4 hours/week at \$20/hour. Hours will be based on workload and may vary depending on season. The deadline for applications is April 15. Resumes can be submitted to skootenaylake-css@gmail.com  
**CUSTOMER SERVICE REPS:** The Historic Gray Creek Store is hiring Customer Service Representatives. Full/part time positions available. Applications available at The Gray Creek Store. Email resume to gcs@gray-creekstore.com. Questions? Call Christy at 250-227-9315



*Readers may have noticed these Rural Crime Watch signs at the north and south ends of Boswell over the past few months. They were put up as part of a system that is already in place in a lot of Alberta and Saskatchewan communities, according to RDCK director, Garry Jackman. So far, there are not many of these Crime Watch areas in rural BC. The program was initiated by people who live in the area, particularly those who are seasonal residents. It addresses concerns about off-season (and every season) B&E's, robberies, vandalism and suspicious activity. Many snow birds in the area get robbed during winter. The idea is that those who want to be a part of the program must submit to a criminal record check themselves, and then they join an email list that coordinates with the RCMP to help both parties by giving a heads up in the case of a string of incidents. Sgt Bob Gollan agreed to appoint a corporal and implement signage. This signage is apparently not supposed to indicate a vigilante group, rather, one working cooperatively with authorities. Jackman says that there are reports of areas using these signs showing a lower B&E ratio than those without them.*

Photo/Story: Ingrid Baetzel



*Do you know where to go if you had to evacuate due to a Wild Fire or Flood?*

**ESS Volunteers are hosting a 2 Hour Evacuee Registration and Referral Training Session**  
**Crawford Bay Hall, May 7<sup>th</sup> at 7:00 pm**

- Find out how Emergency Social Services (ESS) Volunteers respond in the event of an emergency.
- Learn how to register evacuees and provide basic services for the first 72 hours in the event of a single dwelling house fire or a large scale emergency.

*This orientation session is provided free of charge and refreshments will be provided*

*- No strings attached - No obligation to join ESS -*

For more information please contact:  
 Alanna Garrett Emergency Coord: 250-428-0299 [agarrett@rdck.bc.ca](mailto:agarrett@rdck.bc.ca)





# 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 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 2015

**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. Moulson  
April 2: Dr. Lee  
April 7: Dr. Grymonpre  
April 8: Dr. Moulson  
April 9: Dr. Lee  
April 14: Dr. Grymonpre  
April 15: Dr. Moulson  
April 16: NO DOCTOR  
April 21: NO DOCTOR  
April 22: Dr. Moulson  
April 23: Dr. Lee  
April 28: Dr. Grymonpre  
April 29: Dr. Moulson  
April 30: Dr. Lee

**Please Note: Lab hours 7:30 - 10:30 am, Weds  
Call to make appointments at 227-9006  
on doctor days and Thursday morning.  
Tues, Weds & Thurs (8:30 to 12:30)  
Phone: 250-227-9006 Fax : 250-227-9017**

### BOSWELL HALL HAPPENINGS

**Yoga:** Thursdays, 9:00-11:00 am. Marilyn Arms 250-223-8058  
**Tone & Trim Fitness:** Mondays & Fridays 9am  
Darlene Knudson 250-223-8005  
**Vinters** - 7pm, April 8  
Jeanne Kay Guelke 250.402.3791  
**Book Club** - April 9, 2pm  
Contact Melody Farmer 250-223-8443  
**Quilters Guild** - April 21, 1pm  
Contact Jan Brooks 250-223-8667  
**BADEV** - April 9, 7pm  
Contact Rod Stewart 250-223-8089

### BOSWELL HALL SPECIAL EVENTS

**Earth Day Clean Up and Lunch:** April 22.  
Contact Wes or Jan Brooks: 250.223.8667

**Dinner Hosted by the Crawford Bay Gang:**  
Sat, April 22, 6pm.  
Contact Mike Jeffery: 250.227.6807

### OPEN WRITING GROUP

Open Writing Group at the Crawford Bay School Library,  
4-6pm - cookies & tea provided. \$3 drop-in. Dates: April  
27, May 25, June 22, July 27, August 31 and Sept 28.

### CELEBRATION OF LIFE

Colin Horwood's Celebration of Life will be held on  
Saturday May 2nd at 2:00 pm in the Riondel Commu-  
nity Centre. All welcome.

### THANK YOU VOLUNTEERS

The Board of Directors of the East Shore Community Li-  
brary would like to thank all the Volunteers who donate  
their time and effort to keeping our library operating.  
Thank you for all your hard work! Volunteer Apprecia-  
tion Week, April 2015.

## The MAINSTREET

Contact: Ingrid Zaiss-Baetzal

Phone: 250-227-9246 Fax: 250-227-9264  
Box 140, Crawford Bay, B.C. VOB 1E0

E-mail: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)  
\*\***ADVERTISING RATES**

**\$35.00** - 3<sup>1/4</sup>" wide by 1<sup>3/4</sup>" high  
**\$40.00** - 3<sup>1/4</sup>" wide by 2<sup>1/2</sup>" high  
**\$45.00** - 3<sup>1/4</sup>" wide by 3<sup>1/4</sup>" high  
**\$50.00** - 3<sup>1/4</sup>" wide by 4" high  
**\$55.00** - 3<sup>1/4</sup>" wide by 4<sup>1/2</sup>" high  
or 6<sup>3/4</sup>" wide by 2<sup>1/4</sup>" high  
**\$65.00** - 3<sup>1/4</sup>" wide by 6" high  
or 6<sup>3/4</sup>" wide by 3" high  
**\$85.00** - 3<sup>1/4</sup>" high by 9" high  
or 6<sup>3/4</sup>" wide by 4<sup>1/2</sup>" high  
**\$100.00** - 3<sup>1/4</sup>" wide by 10<sup>3/8</sup>" tall  
**\$130.00** (quarter page) 5<sup>1/4</sup>" wide by 7<sup>1/2</sup>" tall  
**\$150.00** (third page) - 6<sup>3/4</sup>" wide by 7<sup>1/2</sup>" high  
or 3<sup>1/4</sup>" wide by 14<sup>1/2</sup>" tall or 10<sup>3/8</sup>" wide by 4<sup>1/2</sup>" tall  
**\$225.00** (half page) - 10<sup>3/8</sup>" wide by 7<sup>1/2</sup>" tall  
**\$400.00** (full page) - 10<sup>3/8</sup>" wide by 14<sup>1/2</sup>" tall

**Sample Sizes - more sizes available.**

**Column Width:** 3<sup>1/4</sup> inches - double column  
width: 6<sup>3/4</sup> inches - full width: 10<sup>3/8</sup> inches

**Services Directory:** \$5/month, up to 3 lines.

**Classified Ads:** \$5/first 30 words,  
10¢/word after the initial 30.

**\*\* 30% MORE FOR COLOUR ADS\*\***

## KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time - Winter Schedule in effect

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

## CHURCH CALENDAR

### RIONDEL COMMUNITY CHURCH

#### April 2015 SCHEDULE

**April 5:** Easter Sunday - 2pm. Celebrate Easter with us at  
Harrison Memorial Church - Crawford Bay.

Music: Simply Brass and Choir.

**April 12:** Catch the 10:40 ferry and join us at St. Michael's Angli-  
can Church, Balfour, 11:30am.

**April 19:** Brother Jeff Zak, 1pm

Music: Marie Gale

**April 26:** Canon Jim Hearne, Anglican, 11am

Music: Marie Gale

Please check [www.riondel.ca](http://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

**No services at the present time. Contact Christ  
Church Creston for info - 250.428.4248**

### HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

**No services at present time.**

**For info, please contact 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.

Pastors Richard and Ramona Dannhauer  
16190 Hwy 3A, Crawford Bay 250.227.9444

### YASODHARA ASHRAM

Satsang (non-denominational, "in the company of the wise"),  
each evening 8pm. Everyone welcome, 250.227.9224

### 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 22, 2015**

## 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 Mike Jeffery - 250-227-6807 or Lion David  
George at 250-227-9550 or Lion Jim at 250-227-9622.

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

### PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School  
on (usually) the second or third Monday of the month. (or Tues)  
Call Ingrid to be put on the agenda - 250.227.9246

**March PAC Meeting:  
April 20, 2015**

April 2015 Mainstreet 19



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 <b>Full Moon</b>
			Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	Hatha Yoga Bos Hall, 9:30-11 Many Bays Practice, 7pm Dr. Lee	Good Friday	
5	6	7	8	9	10	11
Easter Sunday	Self Healing w/ Melina, 7-8:30pm drop in, Studio Ponnuki, Easter Monday	Creston Vet Clinic, CB Motel Lions Mtng, 7 pm Dr. Grymonpre	Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	Tai Chi, CBESS Foodsafe, CB Hall Hatha Yoga Bos Hall, 9:30-11 Many Bays Practice, 7pm Dr. Lee	Singing Soul, CBESS Bike Maintenance, CBESS	Singing Soul, CBESS
12	13	14	15	16	17	18
EASEY Breakfast, Family Place Conflict Transformation, CBESS	Self Healing w/ Melina, 7-8:30pm drop in, Studio Ponnuki,	Dr. Grymonpre	Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	Tai Chi, CBESS Rio Lib Open House, 6-9 Hatha Yoga Bos Hall, 9:30-11 Many Bays Practice, 7pm NO DOCTOR	Kokanee Springs Opens Bike Maintenance, CBESS	Volunteer Mgmt, CBESS
19	20	21	22	23	24	25
EASEY Breakfast, Family Place Feldenkrais, CBESS	OSPREY Out of Service (until April 30) PAC Meeting, Learning Lab, CBESS, 7pm Self Healing w/ Melina, 7-8:30pm drop in, Studio Ponnuki,	Lions Mtng, 7 pm NO DOCTOR	Mainstreet Deadline Boswell Earth Day Cleanup Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	Tai Chi, CBESS Hatha Yoga Bos Hall, 9:30-11 Many Bays Practice, 7pm Dr. Lee	Rec 9 Grant Deadline Bike Maintenance, CBESS	Plant ID, CBESS
26	27	28	29	30		
EASEY Breakfast, Family Place Geo-Caching for Families, CBESS	Open Writing Group, CBESS Library, 4-6 Self Healing w/ Melina, 7-8:30pm drop in, Studio Ponnuki,	Dr. Grymonpre	Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	Tai Chi, CBESS Hatha Yoga Bos Hall, 9:30-11 Many Bays Practice, 7pm Dr. Lee	OSPREY Back in Service (May 1)	



REGIONAL DISTRICT OF CENTRAL KOOTENAY - RESOURCE RECOVERY

APRIL ONLY

AT CRESTON LANDFILL & BOSWELL & CRAWFORD BAY  
TRANSFER STATIONS

THERE IS **NO CHARGE** FOR RESIDENTS FOR YARD & GARDEN WASTE

MATERIALS ACCEPTED AS YARD & GARDEN WASTE INCLUDE:

Grass, Lawn & Hedge Clippings, Flowers, Weeds, Leaves, Shrubs & Branches (*less than 15cm in diameter*)

MATERIALS NOT ACCEPTED AS YARD & GARDEN WASTE INCLUDE:

Tree Stumps, Noxious Weeds\*, Soil, Fruit & Vegetable Material

For more information call the RCBC Hotline at 1-800-667-4321 or the RDCK at 1-800-263-7325 or 250-352-8161 or visit the RDCK website at [www.rdck.ca](http://www.rdck.ca)

\*noxious weeds are accepted free all year!

ADVERTISER	PAGE		
Sapphire Hair Salon	10		
Black Salt	2	Studio Ponnuki	4
Boswell Hall	14	Sunset Seed	4
Classified Ads	18	Theresa Lee Acutonics	10
Community Connections Admin	3	Turlock Electrical	10
Community Futures	14	Western Pacific Marine	3
Crawford Bay Hall & Parks	13		
Crawford Bay Market	11		
Credit Union	11		
Creston Valley Realty	12		
Creston Vet Clinic	14		
EDC	70		
ESIS	10		
Eastshore Physiotherapy	14		
East Shore Summer School	10		
Fitness Place	2		
Footlighters	11		
Gray Creek Store	11		
Gray Creek Store Help Wanted	2		
Harreson Tanner	6		
Hulland and Larsen	10		
KES	11		
Kokanee Springs Resort	10		
Kootenay Insurance Services	8		
Kootenay Lk Art Connection	11		
Learning Hub Classes	11		
PAC Box	7		
RDCK Rec #9	2		
RDCK Y&G Free April	20		
Riondel Lib Open House	14		
Riondel Market	10		

**Transfer Station Hours**

**CRAWFORD BAY:**  
Sun & Tues  
9am - 3pm

**BOSWELL:**  
Weds/Sat  
11 am - 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

**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