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**\*Cable Project: 4**

**\*Disturbed Xmas: 7**

**\*Memorials: 9**

**\*Greetings: 10**

**\*Sussums Trust: 10**

**\*Growing Older : 13**

**\*Sheep X-ing: 16**

**Merry Christmas!**

*Beauty in Simplicity*

a joyous holiday season to one and all



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# MS Issues

by Ingrid Baetzel,  
Editor

Life is transformative and changing and beautiful. As we wind our gentle way towards the holidays and another season of family and celebration, please let's remember those who are with us in spirit but not body. In spirit, I will celebrate this Christmas with my grandparents and with the many friends and family who have seen the end of their time on this earth and who stay deeply rooted in my heart.

A special celebration of love and gratitude will be held this season for our dear, sweet, compassionate and generous friend, Tino, who passed away on November 17, 2010. Tino (lovingly "Uncle Creepy" in our house) will long be remembered for his dry wit, his loud and stubborn loathing for anything resembling government or individuality-crushing authority, his singing voice and his passions... soccer, sailing, poetry, travel, his family. Nothing meant more to him than his family – particularly his wife, Carol, and children Joli, Chris, Theo, Justin and the others who entered his life. He was a gracious father figure and a loving and learned caregiver.

Tino worked at a grass roots level. He worked hard until his body refused to let him anymore. He built from the ground up and he engaged with his community. His patient demeanor helped him in his ongoing work with children, whether volunteer or paid. He loved kids, and went above and beyond to start organizations like the Crawford Bay Cougars soccer club. He worked in learning assistance and had finally found a paid job that suited his compassion, working with a child with autism in the Vancouver school system. Here, his energy and dedication reaped incred-

ible rewards and results for both the boy and Tino himself. For a while, it was all he talked about.

We don't know how long Tino lived with the brain tumor before it was noticed and his degeneration began, but his disease progressed quickly. From the moment that he learned about the tumor to the day he died, it was barely four months. Four short months... In that time, Tino went through the steps of confronting his mortality, worked to fight the disease, planned to move back to Crawford Bay to rest and face the next challenges that came his way, and succumbed to the cancer just before that could happen.

Out of Tino's story comes another one... a story about community and compassion in its greatest form. The house that Carol, Tino and the kids were going to move back to was a long way from finished and through the dedicated work of a few local friends, some magic has happened at that house. Over the past month or so, a small group of local builders and trades people and friends have come together nearly every day to pour love and time into the house, and it has been transformed.

I can't express, as a close friend to the family and a proud member of this community, my own personal gratitude for these people and this place. I know I can speak for Carol, as well, when I say that the generosity of spirit and time from these people is monumentally noted and taken warmly into the heart. I can't begin to name everyone who has had a hand in this process; it has been gigantic. But I can say that you know who you are and you know why you did it. Thanks for being a part of this process and taking care of our friend and his family. Tino loves you all and he knew (I'm sure he could feel it, too) the gift that was given in this process. It's the reason he wanted to come back home.

Now, Tino is home. Tino, I will miss our conversations about writing and literature. I will miss your shameless flirtation and complete, trusting friendship. I've always known exactly where you stood and always knew that it was right by my side and by the side of everyone you loved and who loved you back.

## LETTERS TO THE EDITOR

### OFF THE MAT SUCCESS

Dear Editor:

THANK YOU SO MUCH to Yasodhara Ashram, participants, pledge donors, helpers and teachers for making the Off the Mat Yogathon for South Africa such a huge success!

**This year we collectively raised \$4200. WOW!**

Special thanks to Kxx Citton for being the Ashram liaison for the event; to our big-hearted Yogathon teachers, Karuna Erickson, Katya Hayes and DJ Wanakie, Dan Clement, and Francie Petit; and to Galadriel Rael for sharing stories from her journey to Uganda last February.

Notable thanks goes out to all the participants (and pledge donors) whose fundraising efforts will translate into real lives in South Africa being saved and enriched. Our top three fundraisers this year: Beth McLellan \$620, Myra Duff \$406, and Danielle Linn \$365! Way to go gals!

Thanks to Cynthia Quinn-Young and the Nelson "Grans to Grans" for the loan of their Stephen Lewis DVDs for the day, and to Leah Wilson (Kootenay Co-op Radio), The Mainstreet, and Trisha Wilson (Yoga in the Koots website) for promoting the event. Thanks to Sabine Wood and Galadriel for organizing and taking care of registration for the event, and to Laura Kernohan for the donation of the beautiful mala necklace for a prize.

Once again, a big thanks to everyone at the Ashram for providing us all with such a beautiful space to unite locally and globally in the spirit of service, justice, and peace.

With the Yogathon proceeds, we have now fundraised over \$10,000 for the South Africa Global Seva Challenge this year. My fundraising goal by Dec.15 is still \$20,000. I'm not sure how I'll get there but I know that magnificent things can happen when least expected.

2 Mainstreet December 2010

Any ideas are most welcome and be sure to stop by the Bevy of Angels Xmas Craft Faire (Sun., Dec. 5 at Crawford Bay School) where I will be cooking lunch and selling pottery magnets for the fundraiser.

PEACE...

Lea-Rae Belcourt, Crawford Bay  
(250)227-9030, learae@telus.net

### HAPPY HAMPER DAY

Dear Friends & Neighbours,

Twenty years ago, when we first came up with the idea of "Christmas Food Hampers," our intention was to support our local grocery stores while helping to feed our neighbours.

We realized back then that many of us went "to town" for Christmas gifts and of course brought groceries home also.

This year's Food Hamper Day is Wednesday, December 15. So far (as of this printing) 81 residents in 38 households will receive groceries for Christmas.

Please consider buying some of your non-perishable contributions here on the Best Shore or perhaps leaving a cash donation at your local grocer's (where we will shop for the hampers).


We all benefit when we support each other. Thank you so very much for your kindness.

Most Sincerely,  
Leona Keraiff

### HEALTH CARE SUFFERING

To the Editor:

I have attached a letter that our family sent to Interior Health in hopes that other families won't have to go through what ours did in the final month's of our brother's life. In sending this letter, a response was sent to our sister Helen, thanking us for voicing our concerns. Helen recently received another letter from Interior Health indicating that they had concerns about



## OFFICE DESK

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**or Best Yet, Email to:** 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.*

**Copies every issue: 1000**  
 The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in January 2011 issue items by:

**Next Deadline:**  
**Weds, December 29, 2010**

the home care nurse assisting us in submitting our letter. This is not true and we would like to send a message to the community that health care in our province needs to improve. We didn't ask for 24/7 care for Roy, we didn't expect it. We just felt it was unfair that he was limited to 4 days a week given that he was terminal. We want to send our message out for the community support so that no one has to go through this again and that the government will see what needs to change.

Thank you for your time!

Stephanie McClure

Interior Health Corporate Office  
 220-1815 Kirschner Road  
 Kelowna, BC  
 V1Y 4N7

### To whom it may concern:

We are writing this letter to voice our concerns about the health services received by our late brother, Roy McClure, who lost his battle with cancer on September 14, 2010.

- Roy was diagnosed 20 months ago with small cell lung cancer; and in April 2010 was placed in palliative care through the Nelson Hospital. As he knew that his condition was terminal, it was his choice that he was to die at home and not in the hospital. The home care nurse in our area was only available to him from Tuesdays through Fridays; in which case if anything happened to him Saturday, Sunday or Monday, and a nurse was needed, we had no other option but to contact one in Nelson (a ferry ride/one hour drive away). And of course, they were NOT available after 8 pm. This does not seem fair for someone in palliative care! If the home care nurse in our area came in on her days off/weekends, she was only allowed to change his medication pump. For someone who is at home dying of cancer, he should have been able to have home care





## RDCK Area "A" Update

by Garry Jackman,  
Director, Area "A"

My main topic for this month is "hot off the press". On November 23, a consultant hired jointly by the Town of Creston and rural electoral areas A, B, and C provided his first public briefing on a review of the fire services for the areas extending from Riondel through to Yahk. Fire chiefs from Riondel, Wynndel, the Town of Creston, west Creston, Canyon/Lister and Yahk have participated in formulating the presentation and were in attendance along with some of their volunteers at the first briefing. The consultant followed up with similar presentations at Yahk on the 24th and in the Town of Creston on the 25th. The presentation outlined some possible changes to the governance of the local fire protection services with related opportunities and challenges. The consultant also distributed questionnaires asking for public input and response to the items discussed.

What are the issues? Consistency of services, numbers of volunteers, training, equipment and effectiveness are part of the study. Since a 2007 review of rural fires services among the RDCK two streams of action have emerged. One avenue of activity which the consultant did not report on was the hiring of a full time, in-house human resources/occupational health and safety person for the RDCK this past year and the imminent hiring of a Regional Fire Chief. The former position had in the past been covered off by a human resources consultant with the assistance of other regional district staff. Over the years, in particular with growth of recreation complexes and the larger tax services such as waste management, the RDCK staff has grown to the point

where it makes sense to have a full time, in-house person. Our new human resources person has been to each fire hall to review safety practices, equipment, training and other records which relieves the local fire chiefs of some of their paper related duties. The Regional Fire Chief will go further to coordinate training, equipment procurement and policies and operational guidelines.

The consultant's task, parallel to the above, is to look at a broader picture and consider efficiencies of working with the municipal fire service of the Town of Creston and more options. The fire chiefs, along with the consultant, have done some good work looking at the options. The approach has been to review the level of service delivered to areas with existing fire services and possible changes/improvements to each existing service as well as to look at areas with very limited service and options for those areas. Many may not think about it but depending where you live in Area A you have 'road rescue' (vehicle extrication, high slope rope rescue, etc) services provided by either the Riondel or Town of Creston fire service. The areas with structural fire service are much more limited, with the Riondel volunteers covering down towards the junction of Highway 3A and Riondel Road and the Wynndel/Lakeview service covering up towards Sirdar. The consultant posed questions about the potential to provide coverage in the areas between these boundaries but the provision of full structural fire protection may be a long ways away, predominantly limited by the availability of volunteers in that area along with the taxpayers preferences. What may be worth considering in the shorter term is the costs and benefits of more limited service, such as interface fire protection, which may not save the first house which catches fire but may be able to contain the fire and prevent spread to adjacent homes or into the surrounding forest. Another opportunity may be to restructure and better equip the road rescue function.

Next steps? After the three public open houses have been held the consultant will collate comments from the meetings and surveys and based on potential interest will start costing out some options. The other stream of activity, with the RDCK Regional Fire Chief, will be ongoing as well. Hopefully we will come up with outcomes such as the following.

First, an action plan to extend or modify coverage where the voters want it and where it makes sense. Note, since this study extends well beyond the bounds of Area A, that this may or may not include any communities within Area A as a first step. Second, an outline for how future extensions or upgrades may take place. This plan could be revisited as required. Third, other short term benefits which may be recognized through the process.

There are two other "hot topics" to touch on, depending on one's personal views. First, the consultant performing the fire service review was also hired to review "governance" on a more broad scale involving the portion of the RDCK comprised of the Town of Creston and rural electoral Areas A, B and C.

The Town of Creston has now written to this consultant requesting a quotation to perform a new governance study examining separating the Town of Creston along with electoral Areas A, B, and C from the RDCK and either forming a new, separated regional district or joining these areas to the East Kootenay Regional District. The letter, which was copied to me, indicates that the Town of Creston would seek my consent as your elected official to participate and presumably pay for part of the study. I need to state here that I do not have such authority, but that I have brought the letter forward for discussion at the Board of the RDCK. I am also not surprised by the initiative of the Town of Creston, as the rhetoric has been going around for decades and the current preferences of some elected officials would seem to be coming to the fore. The other "hot topic" is whether or not our system of dealing with (or not) daylight savings time is broken or in need of correcting. I think our approach works well for the most part, but I am just one vote out of 2200 in Area A. I have asked you to give me your thoughts in the past and have received very little feedback. In one plausible scenario a referendum or even an 'order in council' could be forced on you by the provincial government with sufficient lobbying by interested parties.

Have a great holiday season. I hope you all are able to spend time with a happy, healthy family and for those facing personal challenges you have my best wishes for good outcomes. As always, contact me by calling 250-223-8463 or at gjackman@kootenay.com.

## LETTERS TO THE EDITOR

7 days a week, not 4!

• During his hospital stay at both the Nelson and Kelowna Hospital's, he received wonderful care from the nursing staff, but of course this care was very limited because of nursing shortage.

• We realize that this is not an issue specific to Interior health, but to the entire provincial health system. People in rural communities are taxpayers too and we find that just because we are in the small communities the health care available to us is extremely unacceptable and unfair. We as taxpayers feel that our government is short-changing how we receive medical assistance in hospital and at home.

We realize that this letter may fall on deaf ears with our current government, but in dealing with the loss of our youngest brother to such a horrible sickness, we want to share our feelings with others, in hopes that it will maybe, just maybe, those in control of our health system will see that the current set up is just not acceptable.

*Sincerely,*

*The family of the late Roy McClure*

PS: We hope that the lower mainland enjoyed the 2010 Olympics; because the rest of the province sure didn't and are not looking forward to paying off that debt for the next 20 years!

Cc:

Michelle Mungall, MLA Nelson-Creston

*The Nelson Star*

*The Creston Valley Advance*

*The East Shore Mainstreet*

### DANGLING GREEN WORMS UNVEILED

Dear Editor

May I send my heartfelt thanks to Sandra Hindson for her article "Dangling Green Worms in Local Orchard" in last month's paper? The information regarding who the visitors are and what to do about

them is most welcome. The article and the website cited are both interesting and easy to understand and a great improvement on anything else I had read trying to figure out who these creatures are. The fact that they can be controlled with an organic spray is a huge bonus.

Thank you Sandra for taking the time to research this so thoroughly and many thanks for sharing the information with others.

*Sincerely*

*Muriel Crowe, Riondel*

### AN OPEN LETTER TO THE EXECUTIVE DIRECTOR, INFRASTRUCTURE DEVELOPMENT & MARINE BRANCH

Mr. Kirk Handrahan  
Inland Ferries  
P.O. Box 9850  
Stn. Provincial Government  
Victoria, BC  
V0W 9T5

November 18, 2010

Dear Mr. Handrahan,

I am writing regarding the need for year round boarding passes on Kootenay Lake Ferries for physicians travelling to attend to patients on the East Shore.

I am aware that the Ministry's "Priority Boarding" policies state, in part, that "A physician travelling to, or from a clinic, as part of a regular, daily or weekly routine is not considered responding to an emergency." Only an emergency would necessitate a priority boarding pass. The dilemma is that, if there is the small ferry or long line ups at the ferry landing, the physicians have to leave one hour earlier than they normally would. This means that patients booked for the latter afternoon will not be treated. I believe that this

could pose a health and safety risk to those patients. Indeed, what might have been thought to be a routine visit could become an emergency.

There has been some flexibility in the past to accommodate the physicians needs, specifically when passes have been provided during re-fits of the ferries. I urge that this support be made permanent. The residents of the East Shore deserve to have reliable access to healthcare services.

*Sincerely,*

*Michelle Mungall, MLA (Nelson-Creston)*

### THANKS FOR TRACKING HISTORY

Dear Editor

Thank you to the people involved with keeping the local history alive and interesting!

Gray Creek Historical Society is keeping the past fresh and alive, informing us of what has happened in the past to bring us to such a vibrant and interesting place that we all share today.

We appreciate that you have kept the Gray Creek Hall in such great working condition and to know that this building will be available for many, many years yet to come. Thank You that you have held a Historical Day for the past few summers, which is a great boon to the community, all the artifacts that have been collected, stored and documented is fantastic. For organising the historical farm tours of local old properties, many people have told us that this was a very worthwhile way to learn about the community and some of the colorful folk that farmed and homesteaded the area. Both Mike and I learned some new things when you visited our place, Ledlanet Ranch this summer!

Thank you for taking an interest in our collective past and sharing it with us, because to understand where we have come from helps define where we are heading!

*Mike and Ivy Jeffery, Crawford Bay*

**December 2010 Mainstreet 3**



## Shaw Cable's Big Project

by Tom Lymbery

A few days ago Terry Turner and I were interested in the project being put together on the deck of MV Balfour tied in her usual parking space. It looked to me as if a steel paddle wheel was being put together. But it turned out to be a large spool for laying cable across the main lake, from Balfour to Pilot Bay. They needed a calm day but the incoming cold weather winds have brought waves which delayed the work.

This is a fiber optic system, apparently linking right across BC, part of a major upgrade to TV, internet and all. (Or perchance across Canada?) Shaw has negotiated with Ray Besanger to land the system at his place at Pilot Bay. Cable has to enter or exit a body of water at a gravel or sand site, can't climb over the rocks, so this is very close to where the 1915 cable from Procter exited, to bring phone service to the Best Shore, all those years ago. At Balfour it enters outside of the narrows, where MV Balfour landed us some years back when the Anscob dock was re-building.

Apparently crossing the lake and going south to Creston is considerably more economic than following the Salmo - Creston highway



Cables behind the MV Balfour.  
Photo by Ray Besanger.

## Cement Truck Fatality

by Tom Lymbery

This Craig Redi-Mix cement truck from Creston apparently rolled on the Hwy 3A corner at the Lakeview Store in Gray Creek about 9.30am on October 29. In the crash, the cement bowl on the truck was dented on the highway pavement.

After breaking two power poles, the truck ended up upside down in McFarlane Creek, apparently still full of cement.

Sadly the driver, Kenneth George Suthern, 49, the only occupant did not survive the accident.

Lakeview was left without power until about 8.30 pm and suffered broken water and sewer lines as well as damage to their bridge over McFarlane Creek.



Photo by Tom Lymbery

## Lions Club News

by Hope Fortune, Secretary

The Lions Club has made a number of donations totaling approximately \$1700.00 to various organizations including: Christmas Hamper Fund, (\$300), Camp Winfield, B.C. Lions Easter Seal House, Canadian Cancer Society, LCIF, ( Lions International Fund - this fund is dispersed world-wide, including Canada where 2 residences have been built for unwed mothers in Alberta and B.C.), and C.A.R.E., Cops For Kids, (\$200. plus the cost of the luncheon), The East Shore Community Library (\$300.) and also The Riondel Library (\$300.).

It is to be noted that due to government cuts to Libraries and Reading Centres, the Lions Club has taken up the slack with these two sizeable donations. It is to be hoped that this situation will soon be remedied.

### YOUR HALL IS AVAILABLE...

For community events, wedding receptions, workshops... You name it!

Booking info, Kathy Donnison @ 227- 9205

### CRAWFORD BAY HALL

"your community hall"

A non-smoking facility.

**Next Deadline:**  
**Dec 29, 2010**

## Seasons Greetings

## New Key's Place

**Book your Christmas Party!**  
- lots of choices -

**Mon - Weds:** limited menu (Sheppard's Pie, Lasagna, Beef Stew & other favourites...)

Always homemade soups!

**Thurs:** Chinese Food Special

**Thurs - Sun:** Full Menu

- Bacon-Egger served 9am - 11am every day
- Full breakfast Sundays, 9:20 to noon
- Watch for pizza by the slice

### Upcoming Events:

**Meat Draw: Dec 5 at 3pm**

**UFC Fight: Dec 11**

**Homecoming Day: Dec 26**

**Downtown Crawford Bay**  
**250.227.6911**



### AREA "A" EDC Economic Development Commission

**There is ongoing funding** available for grants or projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. Please send us your proposals for consideration.

#### November 2010: - EDC has recommended grants for the following:

Boswell Memorial Hall Society - \$600 for signage

EASEY - Eastshore Alliance

Supporting the Early Years - \$1000 to create a logo, brochure, and website

South Kootenay Lake Community

Services Society (SKLCSS) - \$4210 to develop business plan and website

#### Next Application deadlines:

**February 7, 2011..... June 7, 2011**

**Approval/funding lag time 6 to 8 weeks**

An application form can be printed from the RDCK website following this path:

<[http://www.rdck.bc.ca/corporate/grants/electoral\\_area\\_a\\_economic\\_development\\_grant.html](http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html)>

Email [lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca)

Or call 250-225-3333 for more info

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## Mainstreet Online!

[www.mainstreet.eshore.ca](http://www.mainstreet.eshore.ca)

**Please check it out,  
register yourself**

**and become a user.**

**Feedback welcome!**

**Next Deadline: Dec 29/10**



## Fall Fair Update

by **Jeanne Lahnemann**

Our fall fair society is a member of the BC Association of Agricultural Fairs and Exhibitions. There are 48 members in the province. As a member of this association, our fair is listed in the entire province wide advertising for fairs and exhibitions, we receive information on agriculture in the province, we are eligible for funding and we have a representative attend at our fair to evaluate us and provide us with a report. Perhaps some of you have been interviewed at the fair by the evaluator.

The purpose of the evaluation is to help measure the success of an event, to judge how well our event met its goals and what things to remember in the future. It is also to encourage fairs and exhibitions to adapt to change, encourage local community involvement, showcase agricultural education and strive to improve the standards of performance from year to year. There are numerous categories on which we are judged. Some of these include fairgrounds presentation-(parking, accessibility, entrance décor, guest services-washrooms), entertainment, exhibits/displays- (attractiveness, cleanliness, layout, signage/information) and also staff & volunteers.

We would like to share with you the results of this year's evaluation. Out of a possible 515 points, we received 459. This is 89%. Some of the comments made by the evaluator are as follows:

*"What a wonderful table top Fall Fair. It is one of the best Fairs that I have had the privilege to evaluate."*

*"Good luck with your 100th next year and I hope that you can make it another 100 years."*

**Dave Jordan- Evaluator.**

When forwarding the evaluation Report to us, BC Fairs included a letter with these comments:

*"Enclosed is the Evaluation Report for the 2010 Kootenay Lake Fair. On behalf of BC Fairs, I would like to thank you for the wonderful hospitality you extended to our representative, Dave Jordan. Dave was very impressed by your fair, which is clearly evident in his evaluation report."*

*"Congratulations on presenting an outstanding agricultural event! Should you or any member of you committee have any questions regarding the evaluation report, do not hesitate to contact me anytime."*

**Janine Shaw- Executive Director.**

I think these comments say a lot about our community. Our AGM was held on November 8, 2010. In addition to re-electing existing Directors- Mike Jeffery, Ivy Jeffery, Izzy Snelgrove, Lorna Robin, Terry Turner and Jeanne Lahnemann, we also elected Brenda Panio and Shirley Enger to the board. Brenda and Shirley have both been Directors/Volunteers in the past and we value having them on the Board.

The date of our 100th Fall Fair was set for September 10, 2011 and a theme was chosen. The theme for the 100th is Centennial Reflections. A brainstorming session then took place of what we would like to do to celebrate 100 years. The ideas were so numerous that the secretary could not keep track of them all. It was decided that we would get these ideas together and present them at our first meeting in March. The one thing that all the committee members agreed on was that the 100th fair had to be held at the Crawford Bay Hall. So it was great to hear at the Hall and Parks AGM that they are in the process of signing a license to occupy the hall and it will in fact still be available for the fall fair. As the fall fair is a community event, we would like to hear from you. Do you have any ideas as to what you would like to do to celebrate 100 years? Would you like to be part of the planning process or help out even for just a day at the actual event? Please feel free to contact any member of the committee with your ideas or to volunteer.

**Let's make the 100th an event to be remembered!**



## SKLCSS Update

by **Shandi Miller**

### BUILDING YOUR COMMUNITY SERVICES SOCIETY ON GENEROSITY

What is your part in creating local success, in contributing to the organisations, people, and projects that nurture, inspire, challenge, feed and teach our community members? What does community development really mean? What would it look and feel like to build and organise from a place of generosity?

### SHARING YOUR ASSETS

From visiting several local meetings in the past couple of months, I know that many of you sit on local boards and committees, give generously to local projects or do the fundraising yourselves, and offer time and effort to make good things happen. I see a remarkable amount of goodwill, collaboration, and commitment. It's truly inspiring, but we all know that these are not bottomless resources. Or are they? How might pooling and sharing these 'riches' we have, help to sustain and maximise our individual efforts instead of burning them out? And how can this community services society play a strong role in supporting this kind of health and development in community?

These are some of the reflections that came through our board meeting discussions this month. We are motivated to be part of this organisation because we care deeply, because we want to think together about how to improve quality of life in our communities, because we are motivated to make a difference. Most importantly, we are beginning to put these ideas into action. This society was created to enhance our community structure. This should enable Area A communities to access a broader range of community development resources, to allow us to rally behind what's working in Area A and help to provide what might be lacking.

### BUILDING COMMUNITY WEALTH WITH GENEROSITY

There is a depth and diversity of human and environmental resources in our area. You might be rich in time, skills, energy, experience or in knowledge of the history, people, climate, systems of this place or in rural resilience, professional skills, creativity, coordinating, dreaming, lobbying. Maybe you have an idea. Maybe you don't know where to start. You have a standing invitation to explore and develop with us—make suggestions, ask questions, attend one of our meetings, join a project team.

We're beginning to create some real momentum together. Several members of the community have been in touch in recent weeks, looking for support in finding and applying for grants or programs to share your riches in the community through various projects: music group, training and after school program, business development. We as a society are starting to identify concrete areas where we can help, by connecting you with specific people in granting programs determined by your project idea, by helping you to identify and access tools to develop your ideas, by putting you in touch with groups and individuals with similar interests or skills.

### THE LOCAL FOOD PROJECT

We hope to receive approval in December and January for several thousand dollars in grant requests we've submitted to support the Crawford Bay School's greenhouse and related programming. These funds would provide building supplies and equipment for it to be built in the spring. They would also allow us to brainstorm and plan potential revenue and resource streams to be developed through related activities (composting, food processing, exchanging volunteer time for food—what are your ideas?), and to conduct a community needs assessment exercise to map and link up food system resources like food producers and buyers, land, skills, community members with excess or not enough fresh produce, and expertise or interest in learning. This will connect with important work underway in the region. It is exciting to have a demonstration project which will make a visible difference; picture students and community members collaborating in design, building, growing fresh produce, and learning. If you have skills or interest in this area and want help make this project a success, let me know and we'll update you on our activities as we get going.

We know that finding ways to attract and keep young people and businesses on the East Shore is an important way to build long term vitality. On this note, we will be hosting a business planning workshop locally in the New Year in partnership with a Community Futures trainer. Do you have a business idea or want to learn how to develop a business plan so that when inspiration strikes you are ready to use it as a tool? The date (most likely February) and location will be set in the next month; let me know if you are interested.

We also know that healthy organisations need to fulfill administrative and training requirements in order to function well. For instance, at least one group in Area A needs to organise food safety training for their community hall volunteers. Are members of your group interested in attending this kind of training locally at the non profit rate?

### BECOME AN ACTIVE MEMBER

We'll be sending out an electronic newsletter soon in which we'll be asking you to identify what 'riches' you might have to offer. Our hope is to develop an inventory of these resources so that we can call on each other to share, trade, or pay/receive payment for them. Could you help us to organise a focus group? Deliver a fundraising workshop? Coordinate the food and venue for an event? Contribute ideas and experience to a brainstorm on a particular topic? Review or develop policy? We hope to find funds to pay for these skills in some cases, and to find 'rich' trades or in-kind contributions for mutual benefit in others.

You each have a standing invitation to participate. What do you have to offer? This is an open question—we invite you to sit with it and see what comes. We can help to coordinate, join up, inspire, inform, get funds, to maximise our individual efforts. But we can't do it without your generosity!

Shandi Miller, South Kootenay Lake Community Services Society (As ever, we can be reached at skootenaylakecss@gmail.com or by phone in our office at Crawford Bay School: 250-227-9218 x5505. Hope to hear from you soon!)

**Next Deadline:**  
**Dec 29, 2010**  
[www.mainstreet.eshore.ca](http://www.mainstreet.eshore.ca)

**Barefoot Handweaving**  
  
 Warm Christmas colour  
 Local appreciation **SALES**,  
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## From the Principal's Desk

by Dan Rude

Please have a look at our writing contest ([www.mainstreet.eshore.ca](http://www.mainstreet.eshore.ca)) about 'Schools and 21st Century Learning' and consider putting your thoughts together and submitting them to **The Mainstreet** by January 17. The world of education is fascinating with incredible possibilities and initiatives aimed at engaging learners and engaging communities. For some examples that have been influencing our work here on the East Shore, please see the following websites.

- High Tech High video - <http://www.youtube.com/watch?v=Yie4q8LscBs>
- Teaching Design for Change in Rural North Carolina 'Ted Talk' video - [http://www.ted.com/talks/emily\\_pilloton\\_teaching\\_design\\_for\\_change.html](http://www.ted.com/talks/emily_pilloton_teaching_design_for_change.html)
- Saturna Island secondary video - <http://www.youtube.com/watch?v=I1M59h--CpE>
- Learning Futures – The Engaging School: principles and practices document

Huge thank you's to everyone who has stepped forward in supporting our learning projects, from the Eastshore and beyond. During November our students have been involved with mentors as potters, artists, curlers, claymation filmmakers, post-secondary institution guests, cultural learners, and construction proj-



**Next Deadline:**  
**Dec 29, 2010**

- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL HALL**

Booking/info: Judy @ 250-223-8664

We would also like to share some of the work from our 1/2/3 students who have been discussing individual similarities and differences in our Personal Planning class. They compared heights, eye and hair colour, number of pets, number of family members and were engaged in drawing and colouring a self portrait. Their self portraits are wonderful, full of detail and colour and are presently up in the elementary hallway of the school.

The Acting Class comprised of eleven students from Grade 8 through 12 is busily preparing a play for the annual Christmas concert December 16 at 6:30 pm. Christmas in an Airport will integrate the elementary classes showcasing their musical talents, as well. We'd like to recognize the commitment and time it takes to memorize a 32 page script, develop a character and remember entrances, exits and stage crossings. They have been attending afterschool rehearsals on Mondays since November 8 in order to perfect their performances. These students are doing a great job with a decidedly dramatic (and a little comedic) script.



**CBESS**  
**Featured Student**  
**Jayden Simpson**



Each month we will be featuring some of the great work being done by our students.

For November, we would like to recognize Jayden Simpson for her amazing amount of positive energy and enthusiasm. She is continually volunteering with younger students and recognizing what needs to be done to help. Jayden is incredibly creative and has a flair for crafts. She was one of the first to notice our writing contest and has already begun to put together her piece. Great work, Jayden!

## East Shore Alliance Supporting the Early Years (EASEY)

by Simone Stanley

Happy December! What is happening this month?

### Daycare Information Session

December 8, 2010, Crawford Bay School Library, 4:30pm-5:30pm. This meeting will address questions families have about daycare, introduce families to the educators running the daycare. Families with children 30 months to five years of age can register their children for January 2011. Subsidy forms will be available for financial assistance.

The Daycare will run Tuesday and Thursday 8:30 am to 4:30 pm. Note: Daycare can only run if at eight children are enrolled. If you need more information about the daycare or registration please contact:

**Simone Stanley: 250-227-9218 ext 5504**

**Lorinda English: 250-227-9665**

### A Cozy Christmas Story

December 14, 2010, 6:00pm to 7:00pm, Crawford Bay Library. EASEY and Columbia Basin Alliance for Literacy will be hosting a Christmas story reading at the Crawford Bay Library. Everyone is welcome! Dress up in your warm and cozy pyjamas and get ready to snuggle in for a great holiday story. The next EASEY meeting will be January 13, 2011. Have a safe and fun December and enjoy the snow.

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**15964 Hwy 3A, Crawford Bay**  
**250-227-9506**



**Next Deadline:**  
**WEDS, Dec 29, 2010**

★ ★ ★ ★ ★  
**★ NEW - 2 - U ★**

### Second Hand Store

-Tools

-Household Items

-Antiques & Collectibles

-Appliances

-Toys

**-New clothes, jackets, t-shirts**  
**(for kids & adults)**

**Location:**

**Downtown Crawford Bay,**  
**previously Crawford Bay Video**

**Hours: noon-3pm, Thurs-Sat**  
**250-551-2820**





## Thoughts from a Disturbed Mind

by Harvey Valgardson

Merry Christmas, I guess. Of course it's not really Christmas, is it? It won't be for quite some time yet. When I point that out people always nod their agreement but then they jump right back into what is called 'the holiday spirit'. I have never been able to comprehend why people insist on stretching one day into six weeks. We fear the things we don't understand and consequently, over the years, I have come to regard the entire holiday with suspicion.

I was reading a book recently and I found a pearl of wisdom. Happiness, the author suggested, is made up of three parts. They are: something to do, someone to love and something to look forward to. Aha, I think I'm starting to get it. Something to look forward to. Like a lottery ticket.

The odds of winning the lottery are very low and I doubt anyone in their right mind buys a ticket expecting to win. What they are really buying is hope and for most people hope is vital. I don't play the lottery but then again I abandoned hope a long time ago. I'm no happier for it but at least I've eliminated most of the highs and lows. Still, for normal folks hope remains important and why not? It can be a wonderful feeling. False hopes, however, are a horse of a different color. That way lies despair.

A long time ago some optimistic fool expressed a hope for peace on earth and goodwill towards man. He has probably passed on by now but every year others pick up the torch, thereby perpetuating his legacy of disappointment.

The other day I watched a documentary about the privatization of war. Apparently America has decided that it is more cost effective to hire mercenaries than maintain its own army. Reducing something as devastating as war to dollars and cents is wrong on many levels and I don't have room here to talk about it. Suffice to say that anytime powerful people are making scads of cash off of armed conflict, war will remain a reality. So much for peace on earth. What about goodwill?

This past summer I had a conversation with a fellow from Calgary that left me shaking my head. He was here to do a little golfing and have some fun. By the time our paths crossed the golfing was over, the fun had started and he was well into his cups. Alcohol had dulled his mind and loosened his tongue and since that was also my goal I decided to join him.

He's a successful man, at least financially, and it took him two beers to list his accomplishments and possessions. I tried to ooh and aah in all the right places because I could tell it was important to him and, what the heck, he was buying the beer. When he finally wound down he looked at me with a satisfied grin and asked me about my accomplishments.

Well, my list was quite a bit shorter than his. I thought, having established his superiority, he would be pleased but I was wrong. He stared at me for a while and then began to speak. "You know," he drawled, "I've worked my ass off to get where I am and build my retirement. You haven't worked near as hard but yet someday you'll retire and probably be fine."

I pointed out that while he was bouncing between his mansion in Calgary, his villa in Greece and his yacht in the Caribbean I would be scraping by on a meager government pension and, no doubt, working part-time at Wal-Mart. Even that failed to satisfy him so I asked if he would be happier if I just quietly starved to death. My words angered him but the look in his eyes told me I had hit very near to the truth. He left in a huff and I regretted my outburst because I was then stuck buying

my own beer but, I mean, honestly. There he was with darn near the whole pie and he's upset because I had somehow gotten one very tiny slice. It's a mentality that is spreading. The dark side is strong and greed nearly always trumps goodwill.

Now don't misundertake me. I like Christmas and I truly believe there is a magic about the season. When millions of people turn their thoughts to peace and love good things can and do happen. I suppose its worth looking forward to and maybe even, if you dare, hoping. But let's keep it real shall we? There is no harm in hoping for a pleasant holiday with family and if you whisper in Santa's ear that present you've been wanting could quite possibly appear under the tree. Random acts of kindness are likely to occur and you may even witness the odd miracle on Thirty-Fourth Street.

But peace on earth and goodwill towards man? Not in your lifetime. At least that's what I've been thinkin'.

## Laurel Salviulo's Almost Healthy Cookies

- 2 cups vegetable shortening
- 1½ cup brown sugar
- ½ cup white sugar
- 2 tsp vanilla
- 1 tsp baking soda
- 2/3 cup boiling water
- 3 cups flour
- 1 tsp salt
- 4 cups small oat flakes
- 4 squares semi-sweet chocolate chopped into small chunks
- 2 cups filberts chopped coarse
- ½ cup pumpkin seeds.

*In large bowl cream together vegetable shortening, brown and white sugar. In a cup combine boiling water and baking soda. Add this to the sugar mixture and mix well. Add the flour and salt. Again, mix well, and then mix in the nuts and seeds. Drop spoonfuls onto greased baking sheet. Bake at 350 degrees Fahrenheit for 10 -12 minutes. Let sit on pan for a few minutes before placing on rack.*

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*Next Deadline:  
Dec 29, 2010*

## 'Tis the Season of Giving

by Wendy Miller

Bob's Bar & Grill is sponsoring an Angel Tree program this holiday season. The Angel Tree attempts to bring joy into the lives of children whose family is experiencing financial hardship.

The tree is decorated with numbered angel tags with the age, gender and "wish" of a local child who might not otherwise share in the enchantment of the holiday season. Contributors remove a tag from the tree and purchase the appropriate gift for the child described on the tags.

The contributor receives an angel in recognition of their contribution and the angel is replaced with a star bearing the organizations/individuals name.

*Please make the Angel Tree  
A part of your Christmas Tradition.*

#### Remember....

- Make sure you understand your insurance coverage
- Review your policy
- Buy or increase your Sewer Backup coverage as needed
- Talk to your broker

#### What can I do to prevent WATER DAMAGE?

##### Outdoors

- Clear eaves troughs of leaves and other debris at least once a year - late fall is a good time
- If you have asphalt shingles, make sure they are not deteriorated, worn or curling
- Packing your garden hose away for the winter?
- Don't forget to drain the pipe.

##### Indoors

- Replace plastic or rubber water supply lines connecting appliances or plumbing fixtures in your home with flexible steel braided hoses.
- If you're away for more than four consecutive days during the regular heating season, have someone check the heating system daily - or shut off the water and drain the pipes before you leave.
- Make sure your attic is properly insulated and ventilated.
- Consider connecting your plumbing and heating system to a 24 hour monitored alarm service

##### In the Basement

- The basement is often the first place you'll experience water damage.
- Keep floor drains unobstructed - and be sure not to cover them.
- Store items in plastic storage containers on raised shelving.
- Always check your basement for leaks after heavy rainfall or rapid thaw.

#### Get professional help!

##### Have a professional:

- Install a sewer backup prevention valve on the main line of your home
- Create a sump pit and install a sump pump with reliable backup power
- Ensure waste water pipes are not blocked by tree roots
- Disconnect downspouts draining directly into the sewer system and redirect them at least 6 feet away from your home's foundation.
- Ensure that your lot is graded to aid drainage away from your home.
- If you have a septic system, have it serviced regularly.

#### What to do in the event of WATER DAMAGE

##### How to protect yourself if water or sewage enters your home - or if your pipes, heating system or appliances leak.

##### Safety first

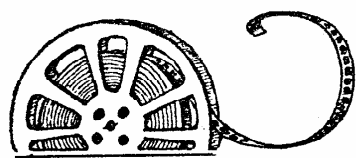
- Don't do anything unless it's absolutely safe to do so
- Avoid direct contact with human waste, dirty water or electrical hazards.
- Wear protective gear if entering a part of your home that has been affected
- If you need to, contact a qualified contractor who specializes in water damage restoration.



**Kootenay Insurance Services Ltd.**

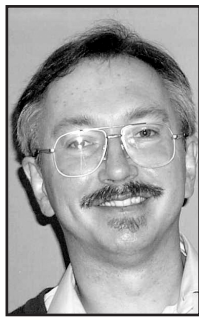
#16030 Hwy 3A, Crawford Bay  
Phone: 227-9698





## Seldom Scene

by Gerald Panio



“Down with Russo-German psychological ciné-drama clogged by the perceptions and memories of childhood.” --Dziga Vertov, 1922

Everything old is new again. That old proverb came to mind as I watched Dziga Vertov’s 1929 classic silent film *Man With a Movie Camera*. Actually, it’s probably not even right to call it a silent film. *Man With a Movie Camera* was made just on the cusp of the advent of talking pictures, and the director wrote detailed notes for a musical score to accompany his picture. Vertov wanted his film to “speak” to the audience in a brand new way—with images and sound stripped of any dialogue, intertitles, or story line. A cinematic tone poem. Others have now added the musical accompaniment he couldn’t, and Vertov’s masterpiece is finally complete.

But let’s get back to that proverb. Last year, as part of my high school film history course, I showed Godfrey Reggio’s mind-bending documentary *Koyaanisqatsi*. With its title taken from a Hopi word meaning “life out of balance,” Reggio’s film, made in 1983, took viewers on a spellbinding journey from the wonders of the natural world to the ultra-urbanized insanity of late 20th century life. No dialogue, no narrative, just a torrent of images and a terrific musical score by Philip Glass. When I first watched Dziga Vertov’s film a couple of months ago, I suddenly realized that what I’d thought was Reggio’s groundbreaking approach had actually been anticipated by a Russian avant-gardist half a century earlier. More even than Walter Ruttmann’s classic 1925 silent film about Berlin, *Man With a Movie Camera* might be subtitled “Symphony of a Great City.”

The Russian Revolution of 1918 may have torn the country apart, but it was also directly responsible for the creation of one of the world’s great cinemas. Prior to the revolution, Russian films had barely registered on a world stage dominated largely by American and European movie factories. On August 27, 1919, however, Lenin nationalized the Soviet film industry and created a first-rate film school. He saw film as the most important art form of the new century, the perfect propaganda tool and the perfect fusion of art and machine. Unlike other, far less successful interventions of the Communist state in industry and agriculture, the creation of the new film school unleashed a whirlwind of creativity and experimentation by young directors such as Vertov, Lev Kuleshov, Vsevolod Pudovkin, Alexander Dovzhenko, and Sergei Eisenstein. As Futurism and Cubism in art could be seen as counters to Symbolism and Impressionism, the new generation of Soviet directors took on the challenge of finding a movie language beyond the classic narrative structure perfected by masters such as D.W. Griffith.

Vertov’s real name was Denis Arkadievitch Kaufman. His adopted name translates out as “spinning top,” an apt metaphor for a young man with an electrifying vision. He earned his stripes by traveling across the country with a small camera crew, trying to put into practice his theory of the Kino-eye: on-the-spot filmmaking that would function like a combination of newsreel, visual collage, and artistic/political manifesto. He spent the whole of the 1920’s building up the skills that finally found their perfect expression in *Man With a Movie Camera*. It’s always fun to read Vertov’s own writings on his art, so uncompromising and so passionate:

“I am an eye. I am a mechanical eye.

I, a machine, am showing you a world, the likes of which only I can see. I free myself from today and forever from human immobility. I am in constant movement, I approach and draw away from objects, I crawl under them, I move alongside the mouth of a running horse, I cut into a crowd at full speed, I run in front of running soldiers....

This is I, apparatus, manoeuvring in the chaos of movements, recording one movement after another in the most complex combinations....”

An author before he was a filmmaker, Vertov never stopped writing—poems, essays, science fiction, manifestos—until he died in 1954. From Day One he declared the old cinema to be dead. Now was the time for “education, information, agitation.” His duty was, again in

his own words:

“To see and show reality, in the name of the world proletarian revolution, that is the elementary principle of the Kino-Eyes....

Kino-Eye: opportunity to make the invisible visible, to lighten the darkness, to lay bare what is obscured, to make acting non-acting, to turn lies into truth. Kino-Eye, fusion of science and cinematographic activities, whose purpose is to hammer us with the communist decoding of reality; attempt to show the truth on the screen through cinéma vérité....”

Indeed, that term cinéma vérité, which came to be applied much later to a new generation of Vertov-inspired documentary filmmakers in France, was a direct translation of Vertov’s own *Kino-Pravda*.

When Dziga Vertov made *Man With a Movie Camera*, he proved he could translate his prophetic lingo into action. The movie itself begins with a kind of manifesto: “This experimental work aims at creating a truly international absolute language of cinema based on its total separation from the language of theater and literature.” Those words disappear from the screen, and for the next hour we are

drawn into a mesmerizing stream of images of a day in the life of the Industrial City—from silent beaches and empty boulevards to the press of tramways and whirling of automatic looms, from a young female worker’s bedroom to a gigantic smokestack to the depths of a coal mine, from the homeless sleeping on benches to wealthy newlyweds in motorcades to men toiling amidst giant gears & pistons, from the movie theatre showing *Man With a Movie Camera* to the massive spillway of a hydroelectric dam to a hole beneath the railway tracks from which we see a train thunder over us.

We get close-ups of the alien-insectile-voyeuristic eye of the camera itself, focused on imperfect

humanity with perfect candor. As the camera lingers on a sleeping woman, or a homeless man on a bench, there’s a touch of *Twilight Zone* or *Outer Limits* creepiness. Then there’s the cameraman himself, Vertov’s brother Michael. There’s a superhuman energy to him as well—a Jazz Age Hermes Trismegistus. He’s everywhere—atop bridges and smokestacks, in the backs of ore cars, under trains, in bedrooms, superimposed on the top of giant cameras striding like the invading tripods from *War of the Worlds*. You could easily imagine him imperturbably tagging along with Dante to the lowest circle of hell, or casually following on Prometheus’s heels as he climbs Olympus to steal fire.

It’s just possible that Vertov used every montage device ever enumerated in Sergei Eisenstein’s extensive writings on film. There are odd camera angles, shots juxtaposed on the basis of shape, texture, contrasted lighting, direction of motion, speed, rhythm, or ideological content (a woman flings mud to repair a wall, while in the next shot a woman in a beauty salon has her face slathered in a different kind of mud). Add to all that “frenzied accelerations, repetitions, variations, ellipses” that overwhelm “with a sophistication and a trenchant audacity that still astonishes today.”

And then there’s the music. We’re incredibly lucky to have two new releases of Vertov’s film, both with first-rate yet wildly different musical scores. The Kino Video version has original music by Michael Nyman, probably best known for his work on Jane Campion’s *The Piano*. Nyman’s score is a rarified tonal music-cape—at different times operatic, meditative, frenzied. The Image Entertainment version has an original score by the Alloy Orchestra, based on Vertov’s own notes. This score tries to mimic much more closely the content and rhythm of the individual shots. Watching both versions is a priceless lesson in how music shapes perception.

I’ve watched *Man With a Movie Camera* three times during the past few weeks. Each time, it was as if I were watching a new film. And isn’t that the measure of the greatness of a work of art in any medium?

(*Man With a Movie Camera* is available at Reo’s Videos in Nelson. Background for this article was drawn from Roy Armes’ book *Film and Reality*, and Jean-André Fieschi’s entry on Vertov in Richard Roud’s *Cinema: A Critical Dictionary*.)



**Next Deadline:**

**Dec 29, 2010**

**Merry Christmas!**

**www.mainstreet.eshore.ca**



## Notice of Passing

**Martinus Henricus  
Gerard Keerssemeeckers**  
~Known simply as 'Tino'~

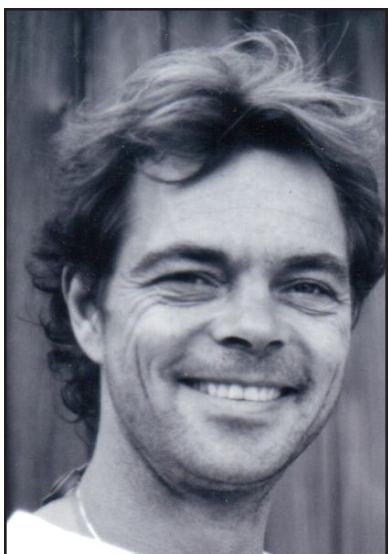
**Sept 23, 1962 - Nov 17, 2010**



Our dear Tino passed peacefully away on November 17, 2010. He leaves behind on this earth his wife, Carolyn Vanruymbeke, children Joli Mwinyi, Chris and Theo Artzoglou and Justin Oliver, as well as the many other children who Tino's life touched.

Tino was born in the Netherlands. From his ancestral home, he is survived by three sisters, his mother and several nieces and nephews.

Tino attended the military for two years and attended Utrecht University in the Netherlands. He travelled extensively in his younger years, and worked in Spain, the Canary Islands, was a sailor in the Caribbean and taught in Turkey.



Tino came from the Netherlands to Canada with Carol in 1998. They made a home together in Crawford Bay and lived there for many years. In the past five years, Tino lived and worked in Edmonton and Vancouver, most recently for the Vancouver school system as an education assistant for children with special needs.

Tino found great reward in his work with children. He was active in sports, passionate about music and soccer and volunteered wherever he could. He was a community-minded individual who loved whole-heartedly and his compassion knew no bounds. Crawford Bay was the home of his heart.

A celebration of Tino's life will be held on December 4, 2010 at the Crawford Bay Hall at 5 pm. The event is open to all who knew and loved Tino and his family.

The memorial will be a family licensed event, with a catered meal and music and dancing. Please join us to celebrate his life.

## Notice of Passing

**George Eccleston**

**1924-2010**

It is with deep sorrow that the family of George Eccleston announces his passing on Wednesday, November 3, 2010 at 86 years of age in Kimberley, British Columbia.

George was born on May 15, 1924 in Piapot, Saskatchewan. He was always ready to lend a helping hand. George will be truly missed.

George leaves to mourn his passing his loving wife Nora Elizabeth Eccleston. He was predeceased by his father William Eccleston and his mother Mary Eccleston.

He worked 40 years for CM&S Co/Cominco as an electrician who had to handle all sorts of situations. He loved Kootenay Lake and named his boat "Piapot". He also checked out the rail track on the western shore looking for antique white china telegraph insulators marked C.P.R.

Those wishing to make a memorial donation in honour of George may do so to the: Canadian Cancer Society, 19 - 9th Avenue South, Cranbrook, British Columbia, V1C 2L9 or Sacred Heart Roman Catholic Church, 502 Church Avenue, Kimberley, British Columbia, V1A 2L3

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## Eastshore Garden Of Remembrance

by Wendy Scott

A few words from the AGM:

The seasons continue to revive the past and encourage recollection of mornings and afternoons; of faces and voices, soft touch, laughter and tears. These thoughts bring about the gathering of family members to create a lasting memorial for those friends and relatives they wish to respect with a small tribute.

The garden now holds memorials for several names from the days of the Bluebell Mine; these rest comfortably beside familiar friends and neighbours only recently gone from our presence.

The benches now hold forty-eight names along with a brief message that often brings the echo of a remembered laugh.

At this sometimes poignant season of Christmas, we can continue to honour the long, completed lifetimes as well as those cut much too short. In this way a name inscribed on marble can instil memory with the peace that comes with compassion.

The Eastshore Garden of Remembrance is grateful to all those who have, over the past seven years, brought meaning to this familiar pathway and volunteered time, talent, energy and suggestions.

Thanks to all of you from the current executive committee

Wendy Scott [wmescott@gmail.com](mailto:wmescott@gmail.com)  
Muriel Crowe [mcrowe@bluebell.ca](mailto:mcrowe@bluebell.ca)  
Marilyn Johnson, Kathy Smith

## Notice of Passing

**WEIR, Betty**

**(Mary Elizabeth nee Fleming)**

Betty was born in Calgary in 1926 in Calgary, the youngest of eight.

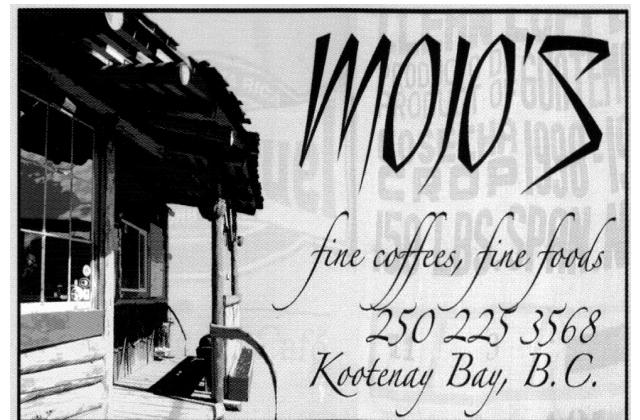
She finished school and went on to become an RN at Calgary General Hospital. Looking for adventure after graduating, Mom and a nurse friend accepted jobs in the wilds of Drumheller. While working there, she met a handsome soldier, Roy Weir. They were married in 1949. While raising their three kids, Mom was busy with the Nurses Alumnae and volunteering, as well as keeping up with family and friends. Many weekends were spent camping and most summer holidays were spent happily at Sanca Park Resort in Boswell.

After Dad retired, they moved to Boswell. They were active in the community. Mom's hobbies included pottery, knitting, quilting, reading and gardening. She spent countless hours collecting history on the area and helped publish a book, Boswell Beginnings. Mom also wanted to travel and she had great trips to Scotland, New Zealand, Hawaii and Nova Scotia.

When Dad's health declined, they came to Nelson. After Dad passed away in 1993, mom sold the Boswell house and settled in. She loved the quilting guild and weekly cards at Seniors. Mom enjoyed her walks and could be seen almost daily on her route around Lakeside Park.

Mom is survived by Bob and Joi Weir, and their kids Megan and Ian, of Calgary, Marg and Earl Grosfield of Duchess, Katie Weir and son, Andrew Miedreich of Nelson.

In lieu of flowers please give to your charity of choice. Cremation has taken place and a Tea of Celebration will take place December 4 at the Best Western in Nelson from 2 to 4pm.



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

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

**Unemployed? Ask about the self-employment program.**

Community  
Futures Central Kootenay

Call Erika at 250 428-5957 to  
book a free appointment in  
Crawford Bay  
[www.futures.bc.ca](http://www.futures.bc.ca)

Growing communities one idea at a time.

**Next Deadline:**

**Dec 29, 2010**

[www.mainstreet.eshore.ca](http://www.mainstreet.eshore.ca)





# Christmas 2010



## ~ Blessings & Greetings ~

Wishing everyone peace, health and prosperity in the coming new year - Sacred Journey.

Merry Christmas from Johnny Oliver and family. Stay warm and happy this holiday season and in the following year.

Happy Solstice from Mojo's!

May Christmas bring the gift of joy to bless your coming year - Riondel Community Church

May the gift of Time recall the gentle touch of friendship - Eastshore Garden Of Remembrance

Wishing all our friends and neighbours a peaceful holiday season and a prosperous New Year - Susan, Beth, Karol, Sadie, Sheri, Julie, Barb of the East Shore Community Branch-NDCU

Western Pacific Marine Ltd. wishes our ferry passengers a safe and happy holiday season.

The Kootenay Lake Agricultural Fall Fair Committee would like to wish everyone a very Merry Christmas and a Happy New Year. All the best in 2011.

Merry Christmas to all and hopes for a Healthy and Happy New Year from the Boswell Memorial Hall Board.

Merry Christmas, Happy Holidays! Have a great new year and see you in the summer - Kathy & Liz, Crawford Bay Sunday Markets

It may be impossible to package love in here, but wrapped about this trinket is the love I hold sincere. As sure as Christmas comes, I think of you all year, and hope that thought will bring you a little holiday cheer. So as the snowflakes fall, the temperature will drop, may love keep you warm, and lift your spirits up. Best wishes to everyone & everywhere - M&M Johnston

Season's Greetings from East Shore Hospice. May the holiday season be full of love, light and laughter.

Happy Holidays from Garry, Alexis, Maya and Elijah Sly

Hold close those who you love, turn to one another, stay connected... Be merry! - The Mainstreet.

Wishing the community a happy holiday season and a cozy winter. Much love from the Belcourt-Marcheterre Family.

May your mug be full! Merry Xmas from Dog Patch Pottery.

Merry Christmas and best wishes to all for a happy & healthy New Year! From the management at Kokanee Springs Golf Resort

May the magic of Christmas bring you much love, laughter and friendship. From our family and the staff at Bob's Bar & Grill, we send our wishes for a safe and cheerful holiday season.

'Tis the season to reflect on the coming new year. Thank you for your continuing support and all the best to all - Newkey's Pub and Maxx & Nambi's.

Christmas greetings from all the staff at Gray Creek Store - Tom & Sharon, Dave & Kris, Christy, Rosie, Marilyn, Donna, Deb, Liz, Louis, Dan, and Chandler.

On behalf of all us at Kootenay Lake Community Church we would like to wish everyone a very Merry Christmas and a Happy New Year.

Wooly socks, frosty nights, cinnamon smells and cheery lights, shiny faces, fond embraces, thinking of those in distant places, all is softer, warmer, kinder, with Christmas as our glad reminder. Merry wishes from Helene and Lorna at FireWorks Copper & Glass

Christmas Greetings from all of us at Your Store - Crawford Bay Store.

Dark chocolate, brandy, moonlight on the snow - Doreen Zaiss

The Kootenay Lake Lions Club wishes everyone a very Merry Christmas, a happy and prosperous New Year and may your travels be safe.

A BIG thanks for supporting Barefoot Handweaving this year, buying, bringing in or sending friends and just visiting! Lots of warmth and colour for Christmas to you all - The weaving and sewing elves

Christmas blessings to the whole East Shore from Riondel Market.

May each of us be open to the blessings and promptings of the Spirit who is beyond name and religion. Anna Rose, East Shore Physiotherapy

Best Wish for the Holidays and for Health and Happiness Throughout the Year. Sirdar General Store (Shannon & Chris Nickisch)

The paint-smearred artists from the After-School Art Club would like to wish every single East Shore person a happy solstice and a merry winter. May your days be filled with creative bliss, and your nights be wrapped-up in love, blessings and peace.

## Sussums Family Trust Fund



Please help us raise funds for the family of Don and Donna Sussums so they can be with their son, Dave, while he is battling Neuroendocrine cancer. All funds will be used to help financially support the Sussums family so they can be in Alberta with their son.

Donations are being collected in the marked containers located at several East Shore businesses or by contacting Marilyn Dragland.

Please direct inquiries to:  
Marilyn Dragland: 250-227-6988  
PO Box 2, Crawford Bay, BC  
V0B 1E0

Donations of zebra striped ribbon or material will also be greatly appreciated.





**Fall Hours:**  
**Mon-Sat: 9-6**  
**Sun: 10-5**

## RIONDEL MARKET

Fresh baking daily, large selection of produce, groceries, liquor agency, fishing tackle, and video outlet.

TEL: 250.225.3214 FAX: 250.225.3226

## CRAWFORD BAY STORE

Hours: Mon-Sat 9 - 6, Sun 10 - 5

•groceries •Deli •NATURAL FOODS  
 •Liquor agency •Fishing tackle •gas

Fall Wine Kits: 35% off special

Come in & see all  
 our Christmas gifts  
 & goodies!

Bottle Depot Open Sundays, 10 - 3  
 All deposit containers accepted at garage behind store.  
 At all other times a max of 24 clean bottles  
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 \*Dump Trailer

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 Email: dansimpson@bdmci-eng.ca

## TRASHY LADIES "FUN" FUNDRAISING BEGINS



### Christmas Meat Draw Turkeys & Hams

at  
**Bobs Bar and Grill**

SATURDAY, December 11, 2010, 4pm

\* \* \*

Trashy Ladies Las Vegas  
 Dress Rehearsal...  
 Proceeds for seniors baskets.

Thank you for your support.

## ON THE MARK FLOORING

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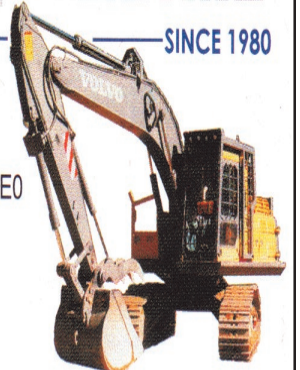
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## GRS CONTRACTING SINCE 1980

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 Aaron Strom

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 Phone/Fax 250-227-9679

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- Road Building • Gravel
- Rock Hammer



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Discounts for entire job.

## Afraid of Mice?

I can help!



Will: 227-9600

graphic design: print, web, signage...

## Gift certificates available Special Events:

Dec 12: East Shore Christmas Celebration -  
 come enjoy hot cider, Christmas music and  
 20% off gift items.

Dec 18/19: Spa Days with Annelly  
 Pamper yourself with hot stone massage,  
 facials, manicures, pedicures and more!

Hours: Eastshore: Sat-Sun 12-4:30  
 Nelson: Mon-Sat 10:30 to 5:00

www.sacredjourney.ca

## Sacred Journey

(250) 227-6865  
 www.sacredjourney.ca  
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 experienced residential construction  
 and custom finishwork

(250) 551-2915  
 (250) 505-3570

Wishing members all the best  
 during the Holidays and  
 throughout 2011!

Anytime Is The Right Time  
 To Keep Interest Local

Please Note - we will be CLOSED Dec. 25, 26, 27 & 28  
 as well as Jan. 1, 2 & 3 2011!

East Shore Community Branch  
 NELSON & DISTRICT CREDIT UNION >>> Logically. Locally.

Have A Safe, Happy & Healthy  
 Holiday Season

I've enjoyed the opportunity to  
 meet with you this past year.

Call 250.352.9256 to plan for  
 your 2011 tax strategy.



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AGENCIES LTD >>> Logically. Locally.





**NOTICE OF PUBLIC HEARING**  
 Boswell – Portion of Electoral Area 'A'  
 Zoning Amendment Bylaw No. 2167, 2010  
 7:00 p.m., December 20, 2010  
 Boswell Memorial Hall  
 12374 Boswell Hall Rd., Boswell, BC

NOTICE is hereby given that a Public Hearing will be held at the date and location as noted above to receive representations from all persons who deem it in their interest to make representations regarding proposed Zoning Amendment Bylaw No. 2167, 2010.

The intent of Bylaw No. 2167 is to enact zoning regulations governing such matters as but not limited to land use, permitted uses, site area, building location relative to lot lines, accessory buildings and uses and other similar land use and development regulations. The area subject to Zoning Amendment Bylaw No. 2167, 2010 can be generally described as extending north from Wynndel to LaFrance Creek including the community of Boswell. Zoning Amendment Bylaw 2167, 2010 would provide guidance on the future development of lands within the subject area of the Regional District of Central Kootenay as identified in Part 26 of the *Local Government Act*.

The Public Hearing on Bylaw 2167 is to be held by Director Garry Jackman, Electoral Area A as a delegate of the Board. A copy of the Board resolution making the delegation is available for public inspection along with a copy of Bylaw 2167 as set out in this notice.

Written submissions for or against the proposed Bylaw can be read, or verbal submissions made, at the Public Hearing. If you are unable to attend the Hearing, written submissions must be delivered to the Regional District of Central Kootenay, prior to 12:00 noon on the day before the Hearing. Submissions may be delivered by: *mail – Meeri Durand, Regional District of Central Kootenay, Box 590, Nelson, BC V1L 5R4; fax – (250) 352-9300; e-mail – [plandep@rdck.bc.ca](mailto:plandep@rdck.bc.ca) or by hand to the Nelson address below. Please direct enquiries to Meeri Durand at (250) 352-8162 or toll-free 1-800-268-7325.*

The aforementioned proposed bylaw may be inspected from December 7, 2010 to December 20, 2010 both inclusive, on the web: [www.rdck.bc.ca](http://www.rdck.bc.ca) and at the locations and times as follows:

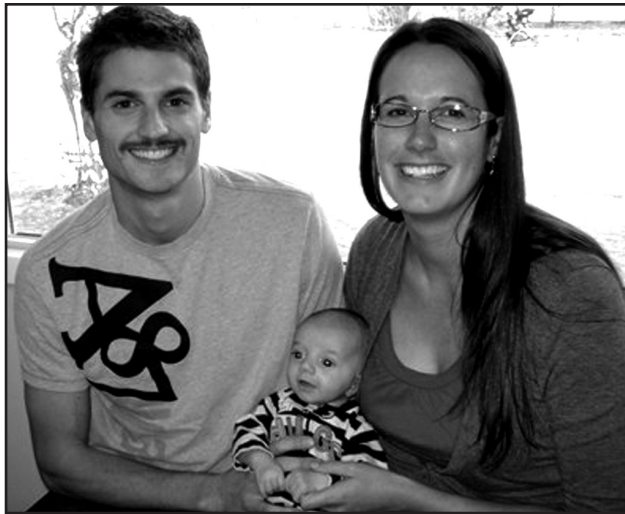
Planning Department Office, Regional District of Central Kootenay, 202 Lakeside Drive, Nelson, B.C., between the hours of 8:30 am to 4:30 pm daily, except Saturdays, Sundays, and statutory holidays, and

Building Inspector's Office, Regional District of Central Kootenay, 531B – 16<sup>th</sup> Ave., South, Creston, B.C. between the hours of 8:00 am to 4:00 pm daily, except Saturdays, Sundays, and statutory holidays.

DATED at Nelson, B.C. December 7, 2010.

Dawn Atorp  
 Manager, Corporate Administration

# Birth Announcement



*Tyler and Stacey Keraiff are pleased to announce the birth of their son William Robert. Will was born on October 6th at 5am and weighed 7lbs 6oz. Larry and Leona Keraiff of Crawford Bay are Will's proud grandparents.*

## TOM SEZ

by Tom Lymbery

The new Akokli Creek Bridge was open to single lane traffic about November 19, with nearly two weeks of finish-up work to do. The contractor blames the late delivery of the steel for the longer than estimated construction, saying that the steel supplier took on more work than it could handle.

**Pellet Fuel bags** are number 4 on the plastic list so may be put in the green recycle bins. Shake out the dust first (and don't put that dust in your pellet stove; the auger doesn't like it at all). Bread bags and grocery shopping bags are also number 4 for the recycle bins.

**Thanks to Ray Besanger** for leveling and pulling a stump in the Gray Creek Cemetery.

**Cedar bark makes excellent kindling**, it is easy to tear into strips that light better than newspaper. (Of course if you have a Blaze King, you don't need kindling, as it never goes out.)

**Why don't all cars have solar panels** to at least keep the battery charged if the vehicle is inactive?

**November 7 was the 125th anniversary** of the driving of the last spike of the CPR at Cragellachie. Remember that the 17 year old boy peering from just behind the man driving the spike was Edward Mallandaine who lived in Creston for many years. Look at our poster in the store, showing the man with the spike hammer wearing Watson Gloves.

**Up Here Magazine** has a story on York Factory, (south of Churchill, Man.) once the Hudson's Bay Co most important post with entry to western Canada. So cold that people would heat cannon balls to warm their beds, and stuff up the chimneys – even rooms full of smoke were warmer!

**Stove ash removal** – please make sure you use a metal bucket – too many people have lost their homes by using a cardboard box.

The **6.8 million dollar widening of Highway 3A** just west of Nelson has been completed, but only provides westbound traffic with a passing lane. No provision for shift change at Insight Electronics a short distance west of the construction! Insight is Nelson's largest employer with almost 300 workers.

[www.mainstreet.eshore.ca](http://www.mainstreet.eshore.ca)



# Boccalino

[www.boccalino.ca](http://www.boccalino.ca)  
 on highway 3A, just 100 meters above the  
 ferry landing in Kootenay Bay

**Boccalino Restaurant is closed for the season and would like to thank everybody for their support.**

**We are available for catering during the winter. Please call for more information 250-227-6906**

**We wish you a Merry Christmas and a Happy New Year. The Boccalino Team.**

**Come & enjoy our fine food & wines!**

*Gisela Conrad, Proprietress*  
*Yves Rossi, Head Chef*



*Liz Donnison (staff at the Gray Creek Store) shows us what we should be wearing on ATVs, off road bikes or for snowmobiles. The RCMP will fine you if you don't wear yours.*

# Ashram Christmas Social 2010

**December 4<sup>th</sup>  
 Saturday, 1-4pm**

- Used book sale
- Live music
- Refreshments

*Everyone is welcome!*

250.227.9224



Ashram Bookstore Sale  
**Selected items 10-50% off**  
 December 1-21, 2010  
 Open 7 days a week 8:30-6:00 pm

# Mainstreet

# Online!

[www.mainstreet.eshore.ca](http://www.mainstreet.eshore.ca)

**Please become a registered user and leave feedback. Thanks!**



## Growing Older, Living Fully

by Winnie/Wai Yin Fung.

**W**e all grow older.

Speaking for myself, I am getting slower and more forgetful as the years pass. Tasks take longer to complete and faces and names harder to remember. I needed to adjust to new ways of being and to develop habits that will augment the changes. I make extensive lists of what I need to buy or do when I go into town. Appointments with doctors for me and Johannes and events that are occurring are immediately noted on the wall calendar and looked at the beginning of each day. Just as importantly, I remind myself to scale back on some activities so that I will continue to participate in others I enjoy. The company of family and friends are important as are art, music and good food. I wanted to live fully as I age.

When I heard of a workshop called "Elder Abuse Prevention Program" sponsored by the Nelson and District Senior's Coordinating Society, I decided to attend. The other participants for the day-long workshop came from Nelson, Kaslo, Passmore and Salmo. Criminal Record checks were required for all of us who were willing to become a volunteer contact person for their community. The workshop facilitators gave examples of what constituted elder abuse and neglect. They emphasized that abuse can come from the hands of anyone who is in a position of trust causing harm or distress to an older adult, that it could take the form of physical, emotional and financial abuse and neglect; that self-neglect can occur when the elders live in isolation from others; that care-givers are sometimes overwhelmed and need support from family, friends and community; that there are established resources available to all such as the Health Link BC by dialing 8-1-1, community care programs, social and health services, police and crisis response and the Public Trustee office.

I came away from the workshop committed to be a contact for our East Shore community. I called several people to come to an information meeting with Randine Arnesen who coordinates the program from Nelson. Seven of us met with her and Christie, who is on their steering committee. All who attended were willing to participate in the East Shore effort to increase our awareness of Elder Abuse and Neglect Prevention. Posters will be going up in various locations soon on the Eastshore. I am the phone contact on our Best Shore and my phone number is 250-225-3218. The Nelson number for the Elder Abuse Prevention Resource Centre is 250-352-6008. Please note that any information will be held in the strictest confidence. Our job is to get people connected to the resources available and the appropriate resource connection will partner you beginning with your inquiry. The first step can be taken by anyone concerned and in need of information.

Please also call me if you want to participate in spreading the word.



### RDCK Waste Management Facilities HOLIDAY SEASON HOURS OF OPERATION

All Waste Facilities will be **CLOSED** on:

Saturday, December 25, 2010

Sunday, December 26, 2010

Saturday, January 1, 2011

All Waste Facilities will **CLOSE EARLY (at 2:00 pm)** on:

Friday, December 24, 2010

Friday, December 31, 2010

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

## Hospice News

Alexis Phillips, Coordinator

*Tree of Remembrance at East Shore Credit Union  
throughout December*

The Tree of Remembrance is a tradition that has taken root in the hospice movement and grown into an annual event that takes place in communities across the country during the holiday season. Trees of Remembrance are placed in an active community location along with remembrance cards. During what can be a hectic and overwhelming time, the loss of someone dear can be deeply felt. This event is to allow people to have an opportunity to slow down and take a moment to remember and to honor loved ones that are no longer here. It is a way that one can acknowledge the sadness, grief, and also the joy of remembering our connection with that person and their ongoing presence in our lives. The remembrance cards are filled out with the name of the friend or relative who has died and any other words you might want to add. The cards are then put on the tree and remain there until after the holiday season. At the end of the holidays the cards are removed and honored in a ceremony and a moment of silence by the hospice coordinator and our hospice volunteers.

During the month of December there will be a Tree of Remembrance set up at the East Shore branch of the Nelson & District Credit Union. There will be a box of remembrance cards with hooks on them near the tree with a pen to write a message on your card. After you have done this you can hang the card on the tree.

Donations are gratefully accepted but not obligatory. If you do wish to make a donation or become a member of East Shore Hospice, please fill out the membership and donations forms. This money supports the work of hospice on the East Shore. Annual membership with Nelson and District Hospice has been

replaced by a life-time membership. Individuals can choose to pay either \$25, \$50, or \$100 which entitles you to receive a membership card, a hospice pin, the quarterly newsletter, early invitation to special events, and voting privileges at the Annual General Meetings.

Continuing to build awareness of hospice support available on the East Shore is another important reason for the Tree of Remembrance. Even though the Hospice movement was started thirty years ago, it is still very difficult to talk about death and loss in our culture. Death is a reality that can happen to any of us at any time and we need not be alone. Support is available. Caregivers often underestimate their own need for respite. If you would like more information about East Shore Hospice please call us at 227-9006 (ext. 29).

Finally, East Shore Hospice would like to express our deepest thanks to the Eastshore branch of the Nelson and District Credit Union for their kind cooperation in honoring the Tree of Remembrance tradition and for all that they do for this community. Many thanks to all of you on the East Shore who support the work that we do!

## Next Deadline:

# Dec 29/10

## 250.227.9246

### www.mainstreet.

### eshore.ca

10TH ANNUAL  
**Bevy of Angels**

ARTISAN  
CHRISTMAS CRAFT FAIRE

Sunday, December 5

10-5 at the Crawford Bay School

Delightful art and craft made by local creative entrepreneurs, all hand-made with love for the loved ones in your lives. Spectacular lunch, bevies, kidstuff, and tunes, plus many raffles and fund-raisers to support. Come out to enjoy East Shore spirit at this fun festive event, chalk-full of edibles and wearables and useables.



# East Shore Community Health Care News

by Dr. Brian Moulson

Approximately eighteen months ago, the physicians and staff of the East Shore Community Health Centre submitted a proposal to the local health authority for an expansion to three doctor days per week in order to accommodate the continually increasing number of area residents seeking medical care on the two existing doctor days. Although not initially supported by the Interior Health Authority, letters of support for the clinic continued to be submitted to the administrators in Castlegar and, more importantly, area residents continued to seek health care locally.

The East Shore Community Health Centre is mandated to provide health services for East Shore Kootenay Lake residents, plus cottagers and visitors, from Boswell to Riondel. Services include: physiotherapy, laboratory, mental health counseling, community home care nursing, home support service, massage therapy, hospice, public health nurse visits, as well as physician appointments which include minor surgery, home visits and some emergency care. The physicians are affiliated with Kootenay Lake Hospital in Nelson and can also offer continuity with hospital care.

We are pleased to announce the approval of a third doctor day per week, commencing in October, with the addition of Dr Sharon Lee to our clinic. Dr Lee joins Dr B. Moulson and Dr I. Grymonpre, and will be available once weekly on Thursdays, as well as possibly covering the other two physicians during absences.

Many may have already meet Dr Sharon Lee over the past several years from her periodic locum visits. Dr Lee is locally born and raised, returning home to

the Kootenays in 2003 after 20 years of family practice in Terrace, BC. As with many local residents, Dr Lee enjoys many outdoor recreational activities so readily available here in our beautiful Kootenays. Another locum physician at the E.S.C.H.C, Dr Mike Hartley, has hung up his stethoscope for good at the end of August and fully retired.

We hope that this expansion of physician services will accommodate all East Shore residents wishing to utilize doctor availability here in Crawford Bay. Appointments are advised, but urgent concerns can usually be accommodated, and as always the courtesy of a cancellation phone call with adequate time to schedule another patient is requested and appreciated. With the significant travel time for the physicians to provide an outreach clinical day, it is hoped that the ongoing support of the East Shore population will be sufficient to ensure sustainability of all three days a week.

With the rejuvenated East Shore Health Services Society Committee, expanded physician availability, and the collaborative interaction of health professionals at the clinic, we are able to provide a significant amount of primary care services to the East Shore Kootenay Lake population.

We would also like to take this opportunity to wish all of the East Shore residents and their families a peaceful and healthy holiday season!

## East Shore Physiotherapy

New Health Centre, Crawford Bay



Anna Rose BScPT

Full Assessments and Explanations,  
Gentle Treatments, Home Programs

227-9155

~Heal your body & calm your mind~



**Registered Massage  
Therapy with Sonya  
Griffin, RMT**

(filling in for Christina de Pape)

**250.227.9015**

## Answers from the Physio

by Anna Rose, Physiotherapist



**Q. Is physiotherapy useful after a hand injury?**

**A. Often. You can recover full function on your own after a relatively minor injury, but physiotherapy has a lot to offer you if it is more serious.**

### Types of injuries

**1. Sprain** – an overstretch of a ligament, which is a band of tough connective tissue passing from one bone of the joint to the other. In the small joints of the fingers and thumb there is one strong ligament at each side that together allow flexion and extension but not sideways movement. The joints where the fingers meet the broad part of your hand are designed to allow some sideways movement, but still have ligaments to restrict the amount. Sprains are very common in the hand due to falls or impacts in sports, e.g. volleyball. A sprained finger or thumb is usually splinted to protect the ligament from further stress as it heals. Buddy-splinting is when the injured finger is taped to its neighbour, to allow some bending of the finger while protecting it from sideways stresses.

**2. Fracture** – a crack or break in one of the nineteen relatively long, thin bones. Fractures occur in falls, sports, crush injuries at work or at home, motor vehicle accidents, and of course, fistfights. A fracture in the metacarpals, the five bones within the hand that lead to the fingers and thumb, is usually treated with a cast for six weeks. Fractures of smaller bones are usually splinted. If there is displacement, including rotation, of the fragments in any bone, surgical fixation may be required.

**3. Tendon injury** – a partial or complete tear, commonly in the long tendons that run from the muscles in the forearm, down the back and palmar aspect of the fingers and thumb. Tendon injuries in the hand are usually from cuts or crushes. Surgery is required if the tear is complete.

### Aims of physio

1. To restore range of motion. If you are recovering from a minor hand injury on your own, you can try reducing any swelling with contrast baths then actively or with the help of your other hand, work the stiff joints in all their normal directions. The longer you have been splinted, casted, or just experiencing swelling, the harder it is to get back all the motion at the hand joints. That's when physio can help out with gentle hands-on mobilizations and more specific exercise suggestions.

2. To restore muscle strength. Again, unless the injury is minor, it helps to have specific exercises given by a physio, who will assess not just the injured hand segment but wrist and arm strength as well. These may be decreased from lack of use.

3. To restore function. The hand is a marvelous multi-tool, with several forms of grip. Physio can help you retrain the coordination your usual activities require, and give some guidelines for progressing the use of your hand.

### Timeline of physio

If a surgeon is involved, he or she will tell you when to start physio, and give the physiotherapist a protocol to follow. If you only needed the care of your family doctor, ask for advice about starting physio. The details of treatment will likely be left to the discretion of the physiotherapist. If the injury is minor enough so that you don't feel the need to see a doctor about it, call for a physio appointment whenever you decide you'd like a confirmation of the problem, hands-on treatment, or just some suggestions for you to follow at home.

## The Fitness Place



### Hours:

**Mon - Fri: 6:30 am - 10:30 am**

**Tues - Thurs: 6 pm - 8 pm**

(Watch for more evening/weekend hours)

**T-shirts are now for sale at the Fitness Place - \$20. Proceeds go to supporting the centre.**

**Please wear clean indoor shoes and bring a water bottle and towel.**



## Massage Therapy Harreson Tanner, RMT

Over 30 years clinical experience



\* Knowledgeable \* Skilled \* Experienced

Tuesday - Riondel

Wednesday - Riondel/Creston

Thursday - Yasodhara Ashram

Friday - Crawford Bay Medical Clinic

For appointments, call 227-6877/505-6166





**pebbles**  
by Wendy Scott  
**Falling Into Winter**

Winter Wonderland. Some of us would prefer a much stronger description. It's not too wonderful when the blizzard occurs at night and you are, unavoidably, on the road – returning, in fact, from the scheduled flight that has been cancelled because of this same blizzard.

The lady in question had driven to the ferry much earlier in the day, stopping along the way while a couple of elk crossed. Spotting the wild animals – at a safe distance – made her feel good and confirmed her belief that Kootenay country was a pretty nice place to be. Nice, that is, until elk-like spectres loomed from the blinding swirl of nighttime snow into her aborted field of vision, and the spinning darkness obliterated all memory of that gentle morning drive. She did arrive safely – and just in time to be plunged into the all-too-familiar darkness of a Kootenay power failure.

Morning – after a night filled with fat snowflakes – lifts the spirit and there is wonder at the magic of snow-sculptures; curved from roof to deck, they hold the imprint of the roof's corrugation and form a tunnel worthy of a sparrow's curiosity. Pathways, patios and the frozen fishpond are mere indents now in a symmetry of white – untouched except for a wandering line of cat prints.

A full month ahead of winter's first official day the thermometer has dropped well below freezing and wind whips that light, dry Kootenay snow into clouds of frozen crystals and threatens to bury the Indian summer you were enjoying such a short time ago.

A few days before all this came about, we met two strangers from a Canadian province that is about as far away as possible from BC, and at the same time, well known to us from story and CBC's half hour later constant reminder. We had taken a quick trip to Proctor, more specifically, to The Village Bakery, for our occasional indulgence in big, sticky cinnamon buns and tall mugs of coffee; that's when the two men entered. But the visit for them was a daily event for that all important coffee break. Tall and short, outspoken and reticent in turn, these men shared their workplace – CP Rail, and their present location, the Proctor tracks.

There was, however, a much more apparent and immediate similarity. The men were both from Newfoundland, and we were surprised to discover – according to them – that all rail workers now hail from The Rock. How true is this? I don't know, but it's believable that a Newfie community does exist on the rails, and it is appropriate that these are the workers that make the continuation of rail travel dependable. After all, they are familiar with this country – from east to west – and are personally aware of Time's anomalies.

It was one of the CPR's chief engineers, Sir Sandford Fleming, who tamed the confusion of scheduling a trip that ran from night to morning and back again, in fact his workable division of time zones would cross countries, continents and oceans, although our American neighbours were a bit late coming on board, and our Newfoundland friends would consistently be a half hour later. (Strangely enough, there is a CPR right-of-way in the Purcell Mountains, just above Riondel. But since this small place prefers to ignore Fleming's well-laid plans, I'm afraid a station here would still result in scheduling hiccups.)

We have just commemorated the laying of the Last Spike 125 years ago at Craigellachie in the BC Interior. The ribbon of rail bound a huge expanse of rivers, mountains and prairie into one country, and it was not until the project was assigned to the newly formed Canadian Pacific Rail, that it was finally completed.

At that time it was Chinese labourers – almost exclusively – who worked on the Canadian railway.

Working on the railway now bears little resemblance to conditions in 1885, but because of their job description, the workers are necessarily on the move and shifting hours, miles and days from the places they call home. At this time of year, there is no substitute for home and I know that our Newfie coffee-break friends will each find a way to get there (courtesy, no doubt, of the CPR)

As I walk, carefully, along our slippery roads and trails I see the snow is slumping from rooftops and ready to slide; wind has shaken branches bare and fence posts are left with caps of large snowballs. Beside me the creek still runs between icy banks and – except for the cold – a person might mistake this for a spring thaw. But when I reach the white expanse of the snowy beach, I can feel the approach of the true winter. Swimming and boating signs stick up through the snow – crooked; the diving platform nudges the shore – empty and out of place, and at the far end, the creek has shrunken to a trickle. The beach, silent but for the ripple of the dark lake splashing on the shore, is an abandoned playing field.

Back on the road, I'm startled by the frantic ringing of sleigh bells and a single black dog passes at top speed; a kicked up haze of snow and ice follows in his wake snatching away both the sound and sight of his odd performance. Even though the black apparition sported no antlers, and there was no team, no red-suited, white bearded man, I am certain now that winter and the Christmas season can't be far behind. Tassels of clear, sharp icicles will decorate houses and sheds; bird feeders will be filled and suet bells hung; deer will leave prints in the snow and we'll take out shovels and put away rakes and pruning shears. It will be a time for children, for grandchildren, and for at least one great grandson, it will be a new, special event, filled with the colours, sights and music of his very first Christmas.



**Bible Talk**  
by Pastor Doug Middlebrook

With Christmas soon upon us, my thought was to remind us of the reason for the season. We have heard it said and we have even read "Jesus is the reason for the season". I believe this. But there is more to it. We know about the season; the Christmas story, the virgin birth, the manger, the three wise men and the star in the night. We know that God sent His only begotten Son to walk this earth in the form of man to redeem us, to save us from our sins. This happened long ago in what we call the Christmas season. But there is more to the reason.

**Luke 19:10 "for the Son of Man has come to seek and to save that which was lost."**

In the above scripture Jesus was talking to the religious elite, to the Pharisees, the priests of the day. In this scripture we hear Jesus say He is seeking. He is not standing around waiting for the lost to come and find Him, but He is seeking them. That's not to say we shouldn't be looking for Him. He seeks in many ways. He, Himself, walked and taught the message of God. He went where no others would go. He went to the hills and the synagogues. He even went into the homes of sinners. This was why Jesus spoke this scripture. He called and ordained others to do the same. He sent His Holy Spirit to help those who would be witnesses, His Disciples. The question is, "Who are the lost?"

The great Biblical scholar, Matthew Henry, states this in his Commentary: "The whole world of mankind, by the fall, has become a lost world, just as a traveler is lost when he has missed his turn off, as a sick man is lost when his disease is incurable, or as a prisoner is lost when sentence is passed upon him. He came from heaven to earth (a long journey), to seek that which had wandered and gone astray."

The apostle Paul states in **Romans 3:23 "All have sinned and fall short of the glory of God."**

It is the All that Paul is speaking about that Jesus came to save. We were lost to God when Adam sinned in the garden by eating the fruit. By disobeying God, we spiritually died to God. It is hard for us to admit to ourselves and especially to others that we are sinners. But Paul encourages us by letting us know we are all in the same boat. The Good News is that there is a way out of that boat. When we recognize Jesus as the Christ, and put our faith and belief in Him and in Him alone, we become found. Then a new journey begins. You see He's not just seeking and saving, but He is walking, talking, and teaching those He finds. He knows that we can get lost again, so He tells us that He will never leave us or forsake us but will be with us until the end. That is what He means when He says to save "that which was lost." Not just from the sins of the past, but of today and tomorrow.

It is my hope and prayer this Christmas season, that Jesus, the reason for the season, will find more of that which was lost.

Have a Merry Christmas Everyone and a Happy New Year.

**The East Shore MAINSTREET**

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264

Box 140, Crawford Bay, B.C. V0B 1E0

E-mail: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

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**Next  
Deadline:  
WEDNESDAY  
Dec 29, 2010**





# Tom's Corner

by Tom Lymbery

## 400 Sheep Cross Rose Pass

**We are reprinting this sheep story because of the recent passing of George Eccleston, of Kimberley and Gray Creek, because of the great help George was a great help in getting the original article researched and put together.**

In 1933, our new highway up Kootenay Lake to cross at the ferry at Gray Creek was somewhat congested when an Alberta family brought a wagon train of horses and wagons with many loose horses.

When the Public Works Dept. found a Saskatchewan man moving a large herd of sheep and lambs across B.C., they advised to take the Rose Pass trail from Kimberley to the lake instead of the highway.

Public Works told the man that they would have someone slash out the trail, which had not been used for many years. However when the herd got up to the climb from St. Mary's River to the pass, they found that the slashing crew had run out of effort or money, and there were lots of windfall logs as well as overgrown bush across the route.

Three teenage Kimberley girls, Doris Dakin (Riddell), Mabel McKay (McLeish), and Marguerite Dakin (Beley) heard that the route was to be opened so decided on an adventurous trip ride their horses over the pass, on to Nelson and then back home to Kimberley. Mabel McLeish, who with her husband Roy retired to 1601 Ainsworth Ave, Riondel, often talked to me about the struggle they and the shepherd family had to get up and over Rose Pass.

Mabel didn't know the story of where the sheep came from and neither did I, but thanks to research by George Eccleston of Kimberley, we can now fill in some of the spaces. They originated from a farm by the Souris River near Estevan, Saskatchewan. There the dry 30s left little for the flock to feed on but Russian thistles, so Marion Eppard decided to move west until they found a better grazing area. Apparently they had no definite destination in mind and had no idea of the tortuous trek they were embarking on.

In the spring of 1933, Marion sheared his flock to raise some money, loaded his wife and five year old son Kenneth with their few belongings into a wagon pulled by a team of horses and started heading west with their 300 sheep controlled by a Border Collie dog. The outfit made up to six miles a day as the flock grazed as they went. They left home with \$3.40 in cash, no map, no compass, and a slingshot instead of a gun. They mostly lived on mutton and if they needed anything else Marion would butcher a lamb and trade it for tea, flour, sugar or salt.

By November of 1933 they had wandered on as far as southern Alberta near Foremost. People along the way were generous with what they could spare and Joe Detterman suggested they winter in an abandoned

shack near his place and gave them a stack of straw for sheep feed. Somehow the family and flock survived the winter and in the spring of 1934, they sheared the sheep and took the wool by team and wagon 70 miles to Lethbridge to sell at four cents a pound. With the new lambs they now were on their way with nearly 600 animals.

At Pincher Creek they were able to trade meat for another sheepdog and also for a milk goat, so they now had milk added to their diet when they headed into the wind to cross the Crow's Nest Pass through the mountains, and on to Fernie and Cranbrook.

Another advantage in taking the shorter route up the St. Mary's was that trail would be easier on the sheep's sore feet from the gravel highway. They had to cross and re-cross the river and in one place drop trees to make a bridge. Here the goat was a great help as it could be led ahead and that made it easier for the sheep to follow.

Marguerite Beley (no relation to Geoff Beley) is pictured fishing in the river with some of the sheep on the other side. The girls expected a newly opened trail and didn't realize that they would be part of the slashing crew. We have a picture of Doris and Marg wielding a crosscut saw to cut a tree out of the track they got lots of practice on that saw! They could have turned back when they found the trail was so tough, but Mabel told me they were so sorry for the Eppards that they pitched in and persevered. When the girls had not

been heard from for eight days by the girls' families in Kimberley, a search party was sent out to find out that they were ok and had new muscles.

The Eppards could only take their wagon as far as there was some sort of road, then left it and packed belongings on the horses. When they got to the summit of the pass it looked like easier going ahead, so Marion left his wife, boy and sheep and the girls to make their own way down to Crawford Bay – an elevation drop of 4400 feet over 14 miles. He then took his horses back to the wagon, hitched up the team and travelled back on the highway to Cranbrook, then on to Creston and up the lake.

When A. R. McGregor heard sheep bleating from where he was log scaling on Crawford

Creek he thought he was dreaming but soon he was surrounded by hundreds of them. Despite the odds, only one sheep out of 600 died on the trek. Four border collie pups also died when the lard pail in which they were travelling fell off and rolled down the mountain.

Doris, Mabel and Marguerite were glad to see a road again and rode their horses to catch the Nasookin at Gray Creek to Fraser's Landing (Balfour) and on to their destination at Nelson. It was a much longer trip than they had planned for, having spent ten days cutting trail the original trip to Nelson could have taken only three days. They didn't tackle Rose Pass again on the return trip, but turned south when they came off the sternwheeler at Gray Creek and took the highway south. At Creston they had run out of money and food so had to phone Kimberley for sustenance to make it home.

The Eppards and their outfit and flock found Kootenay Lake a barrier. They couldn't afford the \$50 rent on a barge and tug. But they were able to find George DeMille at Riondel, who had a float powered by a homemade paddlewheel driven by his truck (pictured on page 71 of *Bluebell Memories*. The rear wheels of the truck ingeniously spun rollers that powered the

paddlewheel. At Walker's Landing, with help from George, Fred, Bobby Graham Brown and others, about fifty sheep were loaded for each trip, penned in tightly with a railing to prevent them from bunching up on one side and tipping the float. Fortunately the lake was fairly calm for the three days it took to get the outfit across to Woodbury, though forest fire smoke was drifting up the lake.

Eppard paid DeMille and Fred Watts with the only currency he had three sheep and some small change to cover the gas! Bobby received two sheep, and a lamb roast each Christmas for years. On went the trek to Kaslo, New Denver, Nakusp and south to cross the Arrow Lake at the Needles ferry still with no other destination in mind but to travel west hoping to find a place with substantial feed for the flock. Having conquered the Rose Pass and crossed the lake they were not afraid to tackle the Monashee Pass from Needles to Vernon. This was a trail built by German prisoners of war during the First World War. It was not yet completed to highway standards and there was snow on the route, but on they went.

Near Vernon they got permission to winter their sheep in a large orchard and the use of a long time vacant house. Sitting on an apple box, the only furniture, Mrs. Eppard is reported to have said, "It's certainly nice to be sitting in a real house."

It wasn't easy to find space for a sheep station in the Okanagan but they finally bought a place south of Vernon on the west side of Okanagan Lake and were there until Marion Eppard died in 1942.

It is hard to believe that a family of three could travel that enormous distance from Saskatchewan to Vernon. They arrived with a flock which had more than tripled in size to 1000 in good condition, with a seven year old boy who had grown strong on a diet of mutton, bushwhacking and herding. Harder still to believe that they made it through the Rose Pass. Mabel McLeish was modest about hers and Doris' and Marg's efforts, but if you have ever tried to make your way through thick Kootenay bush you will realize that they did a lot.

Probably the previous trek over Rose Pass was the Chapman Camp Boy Scout Troup in 1927. "No Pass Too High, No Trail Too Long" was reviewed in the June '98 *Mainstreet* and the Scouts went over and under all those fallen trees as they had no horses to make a trail for.

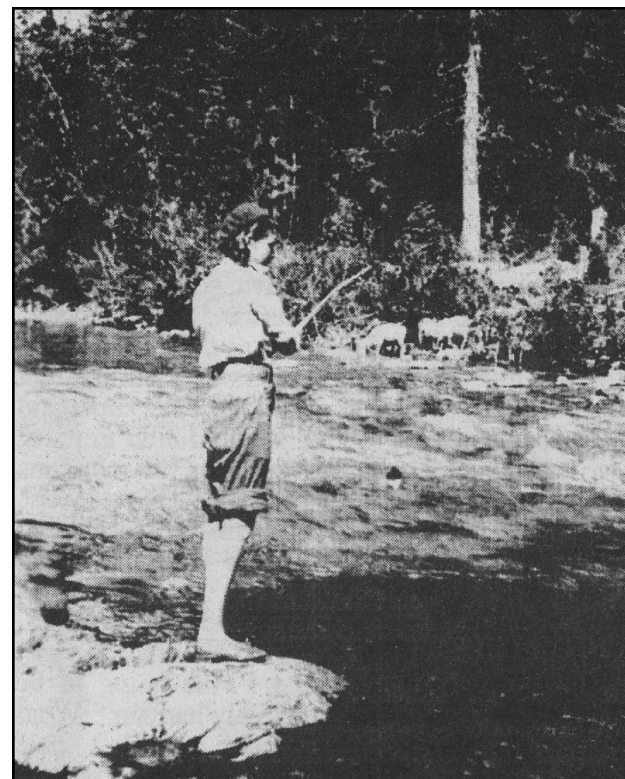
*Photos – Marguerite Beley, and Graham Brown family courtesy of Brenda Dau. Many thanks to Mabel McLeish; to the late George Eccleston of Kimberley and Gray Creek for his research; to Lillian Corriveau's "Looking for Grass" (BC Historical News, Winter 2001-02); to Terry Turner's and Susan Hulland's Impressions from the Past; and Terry's Bluebell Memories, and to Blazing the Old Cattle Trail by Grant MacEwan.*



*Marion Eppard, his wife and son Kenneth on the Rose Pass trail, pose for the camera with their goat and two border collies, while sheep graze behind them. 1934. Photo: Marguerite Beley*



*The Eppards' 600 sheep made the arduous crossing of Kootenay Lake in small bunches on George DeMille's float, from Walker's Landing to Woodbury Point. 1934. Bobby Graham Brown photo, courtesy of Brenda Dau.*



*Marguerite Beley, one of the volunteer slashing crew on the Rose Pass trail, fishes the St. Mary's River. 1934. Photo: Marguerite Beley*



## East-Shore Community Library/ Reading Centre News

by David George

### Thoughts at the Ending of the Year

A winter scene outside, early snow on the ground, birds at the feeders, cats curled up sleeping, a day to be indoors with a warm glass of cheer in hand, and a good book to read.

The old year draws to a close, and it is a time to reflect on the past year and renew ourselves for the coming new year.

We think of the past year at the library with some satisfaction. Even though there still seem to be Scrooges in our provincial government who will not give back the funding which they used to furnish for Reading Centres, we have been blessed with some donations of money and books, as well as CDs and DVDs.

We especially thank the Kootenay Lake Lions Club for their increased generous donation of \$300 recently given.

We also thank our many volunteers who give of their time to keep your local library open.

We have supplied around 60 books by Inter Library Loan for our patrons this year. Remember that this usually takes only a couple of weeks, so come in and ask us to order a book we do not have.

In the new year, there may be a programme for children starting. More details will follow.

All of us at your local community library/reading centre wish you a very happy Holiday season by whatever name you celebrate it, and a joyous, fulfilling and prosperous New Year.

## KLCC Minutes

By Gina Medhurst, submitted by  
Jamie Cox

Attendance at the meeting was excellent with 13 present, from a membership list of 57. There were two guest speakers, Alanna Garret, Emergency Program Coordinator Creston and Areas ABC and Shandi Miller, South Kootenay Lake Community Services Society (SKLCSS) Coordinator.

Alanna spoke of the fact that PEP (Provincial Emergency Preparedness) works with PAWS, Red Cross, Salvation Army, St. John's Ambulance, PEP Air, Search & Rescue, Emergency Social Service. Our region boasts the first joint plan in the province. With Creston and Areas ABC, it is the largest emergency community in BC covering Yahk to Riondel and Salmo to just outside of Castlegar. All communities have a designated facility as an emergency reception for evacuees. Kootenay Bay has repeater now, Emergency Amateur Radio System and Joe Reburger from Cranbrook offers Emergency Radio Training. In an emergency and if PEP is involved, faxes get sent out to key places, stores, post offices, schools, road maintenance, newspaper. There was a suggestion that we on the East Shore host a training session in the spring. **Added info was the contact info for the PEP, [www.ready.gov](http://www.ready.gov) & [www.pep.bc.ca](http://www.pep.bc.ca) & PEP 24/7 (800)663-3456.**

Our other guest speaker was Shandi Miller. SKLCSS was created this summer and several public meetings were held, a few obvious needs were identified and Shandi is working with the Mainstreet and Chamber of Commerce. They are supporting the school in the development of a greenhouse project and also hope to be a resource for existing groups. SKLCSS will hold their first AGM in April, no date set yet. An electric newsletter will be coming soon.

There was discussion that changes to be made-related to marketing. Lois Wakelin, who headed marketing last season, feels that ISL ad wasn't very

## Riondel Community Library

by Muriel Crowe

Our library seems to be in a constant state of change and our newest one should be in effect before the end of the year. We are going to be issuing membercards and requesting that you submit them when checking out books or other items. This should make our system run a little more smoothly and hopefully will be an easy transition for our members. Also coming at the end of the year will be overdue fines on all items. To date overdue paperback books have been sporadically charged but mostly ignored re fines. We will continue to put the fines along with the book sale earnings toward the new roof fund. Near the end of December I will count the money in the fines and donations jar and announce the amount in my January article.

Every year with the first major snowfall I am astounded at how much lighter it is after sunset and before sunrise compared to those same times before the snow arrives. I am also wowed by the coverup that makes everything look neat and tidy. Today we watched the turkeys wander along our shovelled paths until they rediscovered the kinnikinnik berries. They looked so surprised to find them and then quite dismayed that the snow from the upper branches started dropping on their heads and backs. I suffered a very, very slight regret that I didn't finish tidying up the flowerbeds but consoled myself with the fact that now I can spend most of my day reading and unlike the turkeys I can do that in a nice warm house.

I hope the winter is safe and comfortable for all of you and that the coming holidays are a time of happiness for all. We will be closed December 25th and January 1st but plan to be open all of our regular hours otherwise. Our new hours on Monday afternoons from 2:00 to 4:00 appear to be quite popular and we are still open our former hours. Drop in, join us and borrow some books for a winter of fine reading.

effective, and would like to see where the visitors are coming from. There was suggested that we advertise that "we're here", shop local campaign. Jamie spoke that we need to re-analyze our marketing, establish a marketing group?

**Motion: Lois to head up the Marketing Group – Tom Latta 1st, Janet W. 2nd, Lois accepted Marion & Janet W., are willing to join – Carried**

There was a request that we change the date of Chamber meeting to the third Tuesday of the month.

**Motion for meeting to change to 3rd. Tuesday of the month - Lois 1st, Tom Latta 2nd - carried**

Jamie would like to introduce a Chamber Awards Night 2011, possibly in October 2011. It would be a revenue based event acknowledging different businesses, volunteers, recognizing community.

There was discussion on the brochure. We need to get better distribution and get as many that leave the area to take them. Greg Garbula spoke that marketing dynamics have changed to social media like Facebook, YouTube etc... Something new to marketing is Apps tags, where you use Smart phone links from photo on phone, to show what is around the area, map integration. Janet W. expressed the need for a better map, West Kootenay map is far better map.

There was discussion of the location of the Chamber meetings. Some research and surveying will be done to see if meetings should take place in other communities.

Jamie has been talking to Dan, school's recreation budget art/sports is \$2500. Doing a show in Jan/Feb could be good in the dark part of winter, potluck, by donation, donation/door fee, have invite local groups. Giving back to the community, getting out into the community. If at hall, have a liquor license? Hot lunch subcommittee to do the food? Marion suggests using the hall for the function. School gets the funds from fundraising

This opportunity needs a committee – Tom Latta would like to have Liz Donnison to help for this project Marion & Jamie will help, involve the Ashram and the school.

# SUSSUMS FAMILY Trust Fund



Please help us raise funds for the family of Don and Donna Sussums so they can be with their son, Dave, while he is battling Neuroendocrine cancer. All funds will be used to help financially support the Sussums family so they can be in Alberta with their son.

Donations are being collected in the marked containers located at several East Shore businesses or by contacting Marilyn Dragland.

Please direct inquiries to:  
Marilyn Dragland: 250-227-6988  
PO Box 2, Crawford Bay, BC  
V0B 1E0

Donations of zebra striped ribbon or material will also be greatly appreciated.

Tom Lymbery presented the success of the Chamber in the recent years: the web site, ferry racking, push for fire department, free smoke detector distribution, road improvements, run off lane in Kootenay Bay, Riondel Road and junction towards Kokanee turn off lanes and community signs made.

There was discussion of looking into having a pull off for Kokanee Glacier photo op at top of summit.

Janet W. would like to see her brother, son, friend and Shandi's husband to group together on independent hydro feasibility talks. Tom Latta congratulates Lois for having independent power, and 1951 water wheel is just next to the new one

It was noted that Kathy and Liz Donnison run the Sunday Markets, using all the current brochures every Sunday, All business are offered to have brochure at the market.

**Motion: Janet W. to make Kathy and Liz Donnison receive honorary membership in trade for the Sunday Markets brochure stand this last summer, Greg. 1st, Jamie 2nd, carried**

Carried to next meeting

- o Website
- o Gala Event for October 2011

**NEXT MEETING: Christmas Meeting, 7pm, December 14 at the Lakeview.**

**December 2010 Mainstreet 17**



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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.

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

**MASSAGE, FOOT REFLEXOLOGY, POLARITY BALANCING:** Call Susan Snead to book a session in your home or at hers in the Riondel area. 250- 225-3520

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

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

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**RESTAURANTS**

**BOCCALINO RESTAURANT, MOTEL & CABINS** - Bocalino Restaurant is closed for the season and would like to thank everybody for their support. We are available for catering during the winter. Please call for more information 250-227-6906

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

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

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WEDS, Dec 29/10**

**CLASSIFIED SECTION**

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**Make sure you have a Jumper** -- Booster Cable Set in your vehicle -- winter is tough on batteries -- Gray Creek Store

**Roadside Emergency Kits** \$39.95 - with everything from jumper cables, tire sealant, to an emergency blanket, first aid kit, and more - Gray Creek Store

**BUS. ANNOUNCEMENTS**

**10% Off Everything** for locals at the Forge & Furnace Gallery, CBay, from Dec 1 to Dec 22. Easy Christmas shopping! Visitors travel hundreds of kms, you don't have to. Open 10-4 Sats, other days call 227-9467 for open times.

**Gray Creek Store** Sunday Hours now 10 am to 6 pm

**Sirdar General Store** - A unique place to shop on Duck Lake. Hunting & Fishing Licences & Tags. Postal Service, Fishing Tackle, Warm Gloves, Toques and knitted slippers. Local Crafts, Greeting Cards, Groceries, Dairy products from Island Farms--Egg Nog, and Frito Lay Chips and Dips, Kootenay Coffee Beans. Wishing all a Very Merry Christmas & A Happy Healthy New Year. 8050 Hwy 3A, 250-866-5570 or Fax 250-866-6811.

**Insurance certification** requires professional chimney installation -- we are the Professionals -- Gray Creek Store

**BUSINESS SERVICES**

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

**EMPLOYMENT OPPS/  
HELP WANTED**

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

**HOME/BUILDING**

**Rainbow Moment** - a table torch with coloured flame, 3 colours to choose from, burns lamp oil - \$27.95 - Gray Creek Store

**Propane Wall Heaters** -- direct vent kits included, 2 sizes in stock from \$675 -- Gray Creek Store

**120 Volt Ceramic Heaters** with adjustable thermostats -- and more styles - Gray Creek Store

**Barbecue Season** is 365 Days A Year -- all stainless portable Versa Grill 75 -- reg \$349 -- now \$299 -- Gray Creek Store

**Fire Extinguisher** and Smoke Alarm pkg \$49.95 - Gray Creek Store

**Forstner Wood Bits** by Irwin - now we have a full stock for carpenters -- Gray Creek Store

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

**Finest quality Benjamin Moore Paint.** Please phone 227-9315 or 227-6855 to make sure that we have a tinting specialist on shift -- Gray Creek Store

**Live Animal Traps** -- Squirrels to Raccoons - \$24.95 to \$79.95 -- Gray Creek Store

**Roofers Fall Kit** - roof anchor, D ring harness, 50' lifeline, rope grab and 2" shock absorbing lanyard -- Reg \$207, Special \$189 - Gray Creek Store

**MISCELLANEOUS  
FOR SALE**

**Tis the weather** for a warm lined jean jacket -- lots of other choices in our clothing department -- Gray Creek Store.

**Real Heavy Duty Christmas Tree Stands** - don't chance on another falling tree -- Gray Creek Store

**Stanfields** - from traditional grey to lightweight black -- or super soft 90 % virgin wool - keep the winter chill at bay comfortably -- Gray Creek Store Ladies sizes as well

**Quality home furnishings** and canoe. Call (250) 227-9224 for appointment to view.

**Wool Pants** in two styles, as well as wool jackets. These are hard to find. We had to go direct to a manufacturer in Quebec, so the price is reasonable. Nothing beats WOOL for outdoor workers -- Gray Creek Store

**Wool Jac shirts** with the shoulder rainproofing - we thought these were gone forever but we just got some more stock - Gray Creek Store

**Save Power:** plug in those printers and computers to a power bar, then one switch turns all of when not needed or when thunderstorms threaten - Gray Creek Store

**Mr Buddy 9000 BTU Portable Propane Heater** uses disposable (or 20lb) tanks \$149.95 -- Gray Creek Store

**What a stock** -- time to sock up for winter; socks and more socks -- Gray Creek Store

**Books make the longest lasting Christmas gifts.** Buy them early so that you can read-em before you gift-em - Gray Creek Store

**Headlamps from \$8.95:** the shortest day is nigh -- Gray Creek Store

**The Butt Bucket \$5.95** - objections to smokers are not so much to the smoke, but to those insidious butts left behind. Here is a way to control that noxious litter -- Gray Creek Store (can also be used as a car ashtray)

**"Dorothy's Stormy Lake"** vol. 4 is here - \$19.95. Complete your collection -- Gray Creek Store

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

**NOTICES**

**Call For Entry** for the Christmas Craft Fair in Creston on November 27, 2010 (Saturday). Contact Harry Miller at 250-428-2527.

**Volunteer Your Time...** Transcriptions and translations of Deconstructing Dinner greatly increase our audience. We request your help in transcribing our audio broadcasts, or translating existing transcripts. Transcribing for Deconstructing Dinner is a valuable way for you to assist this project and ensure that this vital information has the opportunity to reach as many people as possible. Upon successful completion of a transcript, we will proudly post your name as the transcriber. This is a great asset to any resume! Thanks for contacting me to get involved at dd.admin@cjly.net

**Convenient, clean & safe** downtown parking. Park at the Nelson Parkade - Sunday \$3.00 all day. Wkdays \$1.50 for 2 hours, or \$3.75 for all day. 1/2 block off Baker on Vernon Street 354-8834.

**OUTDOORS/REC**

**Snow Pushers** -- up to 36" wide. Snow floats -- don't lift that heavy snow -- we can demo how you save your back -- Gray Creek Store. (Roof rakes as well)

**ATV and Motorcycle Helmets:** Comfortable... Try one on. Don't get pinched riding your ATV without one. Two styles \$36.95 and \$48.95 -- Gray Creek Store

**The Hunter's Hoist Kit** -the easy way to string 'em up. Can we persuade you to delete some of our surplus deer? - Gray Creek Store

**Log Lifter** with hickory handle, get your log off the ground for easier firewood cutting \$97.50 -- Gray Creek Store

**RENTALS/  
REAL ESTATE**

**Large 1 BR** apartment for rent, good view, \$595/mo. includes all util plus sat TV, no telephone. Gray Creek 250-227-9367

**WANTED**

**Looking for a pizza display warmer.** Please call Newkeys: 250.227.6911

**YARD & GARDEN**

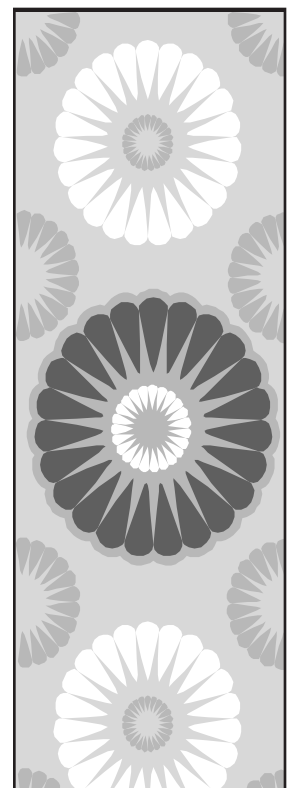
**Florescent Driveway Stakes** - guard against hitting objects buried in the snow -- or that lawnmower you forgot to put away -- Gray Creek Store

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

**Magnetic Rakes:** we bought a bundle so the prices are lower. Now you can get those tire punching nails and screws out of your yard - Gray Creek Store

**Snow Floats:** don't shovel that white stuff, float it. (no lifting) -- Gray Creek Store

**Grip O Log Splitter** -- no hydraulics to freeze or leak, Honda powered, two second cycle time, uses the effort of two flywheels, was \$3400 now \$2995 -- Gray Creek Store





## BULLETIN BOARD

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

#### CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

#### EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

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

#### PHYSICIAN COVERAGE FOR DECEMBER 2010

DEC. 1, WEDNESDAY: DR B MOULSON

DEC. 2, THURSDAY: DR S LEE

DEC. 7, TUESDAY: DR GRYMOPRE

DEC. 8, WEDNESDAY: DR MOULSON

DEC. 9, THURSDAY: DR GRYMOPRE

DEC. 14, TUESDAY: DR GRYMOPRE

DEC. 15, WEDNESDAY: DR MOULSON

DEC. 16, THURSDAY: DR GRYMOPRE

DEC. 21, TUESDAY: DR GRYMOPRE

DEC. 22, WEDNESDAY: DR MOULSON

(W/ MEDICAL STUDENT)

DEC 23, THURSDAY: NO DOCTOR

DEC 28, TUESDAY: DR GRYMOPRE

DEC. 29, WEDNESDAY: DR MOULSON ?

DEC 30, THURSDAY: NO DOCTOR

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

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

#### BOSWELL HALL GOINGS-ON

Boswell Ladies Club Christmas Luncheon will be held December 6th at 12:30 at the Hall. It is pot luck and you are also asked to bring a non-perishable donation for the food bank. All ladies along the East Shore are welcome and encouraged to attend. There will be music by the Ladies Choir from St. Anselm's Church and a sing-along. We look forward to seeing you!

Boswell Book Club meets monthly on the 2nd Thursday at 1pm.

Boswell Nifty Needlers Quilt Guild meets monthly on the third Tuesday at 1pm. Contact Nancy Bowley 250-223-8046.

Boswell Vintners meets monthly at the Hall on the second Wednesday at 7pm. Contact Doreen Nault 250-227-9543.

Carpet Bowling continues on Tuesdays at 7pm. Contact Tom Sawyer 250-431-8404.

St. Anselm's Church Services with Rev. Robin Celiz on the 1st Sunday of the month at 1:30pm

Yoga with Lea is held on Tuesdays during the winter months at 9:30 - 11 am. Contact Marilyn Arms 250-223-8058.

#### NEED A HAMPER?

Do you or a friend need groceries for Christmas?  
Call Leona 227-9361

#### KOOTENAY LAKE COMMUNITY CHURCH

We would like to invite you to join us on Dec.16, for a showing of the Nativity Story at 7pm and on Dec. 24th for our Christmas Eve. Candle Lite service also at 7pm..

#### TIPI CAMP SILENT AUCTION

At the beginning of April there will be a silent auction to raise money to help send kids to camp. We are asking for donations for the silent auction. To donate please contact: Jacki Friesen, 250.505.8143. Email: cailly11@hotmail.com

#### BEVY OF ANGELS

Christmas craft faire: totally handmade, totally eventful. This year we are set up at the Crawford Bay school! New venue - more vendors - same groovy vibe and tempting creations from local artists of all descriptions... Please come on Sunday, DECEMBER 5th from 10 to 4. Yummy lunch available, as well as a plethora of art and craft, from edible to wearable to playable, from fluffy to smelly to pretty to utilitarian to all of the above! Call Jacqueline Wedge @ 227-6803 for details. Another funky, festive, fabulous fun time on the East Shore!

#### EAST SHORE CHRISTMAS POTLUCK

It's time to think about this free, fun-packed, wild and wacky dinner. December 11 is the date, the Crawford Bay Hall is the place. Santa will be on hand to answer pressing questions for both kids and adults (he informed us that his gift list was huge this year...), as well as fun crafts, tea and coffee, glorious entertainment, and a raffle or two. Look for sign-up sheets at the Credit Union and the Crawford Bay Store (you will be called for your food contribution and small volunteer duty). Space is limited & registration ends by December 4th, so mark your calendars because you and your kids (and elders too) do NOT want to miss this.

#### DAYCARE INFORMATION SESSION

December 8th, 2010, Crawford Bay School Library, 4:30pm-5:30pm  
Families with children 30 months to five years old can register their children for daycare starting in January 2011, subsidy forms will be available for financial assistance.

#### A COZY CHRISTMAS STORY

December 14th, 2010, 6:00pm to 7:00pm, Crawford Bay Library. Everyone is welcome! Dress up in your warm and cozy pyjamas and get ready to snuggle in for a great holiday story.

#### THANKS FOR SUPPORT

THANK YOU to all the volunteers who make the Kootenay-Crawford Bays Community Potluck so much fun each year, to Santa Claus, to the many who donate, and to our Credit Union NDCU and to RDCK-Rec 9. We appreciate your support!

#### FROM HARRISON MEMORIAL CHURCH

After a busy summer with our 90th celebration, the mounting of the new bell, a baptism and a wedding we look forward to joining neighbours in a traditional Christmas celebration. Our annual LESSONS AND CAROLS CANDLELIGHT SERVICE will be held Sunday December 19th at 4:00 p.m. We are very fortunate this year to have "The Brass Group" accompanying us. With dusk slowly falling, the candles lit and the rich wonderful music of "The Brass" it should be a lovely service. Please join us and share in the joy of the Christmas season. A final footnote; congratulations to the winner of our 50/50 Draw which was held Saturday November 20th at the Riondel Christmas Bazaar. The winner was Susan Dill. Thanks to all who entered.

#### FOOD HAMPER DAY

Wed. Dec. 15th is Food Hamper Day. Please drop off non-perishables or cash at our local grocery stores. Thank you.

## CHURCH CALENDAR

#### RIONDEL COMMUNITY CHURCH

##### November SCHEDULE

DEC 5: Brenda Panio, Anglican, 11:00 am  
music - Fiona & Wendy

DEC 12: Rev. John Ruder, Anglican, 12:00 noon  
music - Anne Rokeby-Thomas

DEC 19: Rev. Robin Ruder Celiz, Anglican, 4:00 pm  
**Please join us for a combined service of Lessons and Carols at Harrison Memorial Church**

DEC 26: No service today -

enjoy your Christmas celebrations

**Special music every Sunday**

**Please check www.riondel.ca for changes**

**Info at 250-225-3381**

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

For information call Christ Church Creston 428-4248

**December 5: 1:30 pm - Rev Robin Ruder Celiz:**

**Lessons and Carols**

**January: No Service**

#### HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

**Church Schedule:**

**Dec 19:** 3pm: Lessons and Carols Service. Music by The Simply Brass. Rev. Robin Ruder Celiz. Everyone Welcome!

**Church Services held on the third Sunday of the month.**

**For information call Karen Gilbert: 227-8914**

**or Sue Philp: 227- 9140**

**email: harrisonmemchurch@gmail.com**

#### KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us for a time of Praise, Worship & then the Word  
Sunday Service 10am -11:30am

**Youth Meetings (CBYG) weekly. Call for info.**

Pastor Doug & Cheryl Middlebrook 250-227-9444/250-505-7659

#### TEMPLE OF DIVINE LIGHT

Dedicated to all religions. Satsang each evening 8:00 pm.

Everyone welcome - Yasodhara Ashram 227-9224

#### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Reverend Thomas Kakkaniyil

Phone: 428-2300 Fax: 428-4811

Sunday Mass at 1:30 pm

1st Sunday of the month, Fellowship Sunday.

#### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

## MEETING PLACES

#### EASTSHORE ALLIANCE SUPPORTING THE EARLY YEARS (EASEY)

This month's meeting will be held on January 13, 2011. Everyone is welcome and childcare is offered. Contact Simone Stanley at 250.227.9218 ext 5504.

Email: simones@kootenaykids.ca

**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 information call Jim at 227-9622 or Ken at 227-9492.

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

**THE RIONDEL AA GROUP** - meets every Tuesday at 8pm in the Community Center. Call 225-3355 for more information.

**PARENT ADVISORY COMMITTEE (PAC)** Meetings held at 7 pm at the Crawford Bay School library on the second Monday of the month. **December meeting: Dec 6, 2010.**  
Call Gina at 250.227.6896 to be put on the agenda...

**December 2010 Mainstreet 19**

# Mainstreet Online!

[www.mainstreet.eshore.ca](http://www.mainstreet.eshore.ca)

## The site is up and run-

## ning. Please join as a

## registered member and

## leave your feedback!



DECEMBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			16+ Community Volleyball, 6:30 pm, CBESS Dr. Moulson Lab 7:30-10:30	TOPS, KLCC bsmnt, 8:30am Dr. Sharon Lee		Ashram Xmas Event Tino Memorial, CB Hall, 5pm
5	6	7	8	9	10	11
Boswell Ladies Luncheon Meat Draw, Newkeys Bevy of Angels, 10-5, CBESS Bottle Depot, 12-2	PAC Meeting, CBESS Library, 7pm	Aft Sch. Art, CBESS, 3-5pm Dr. Grymonpre	Daycare Info Session, CBESS Library 16+ Community Volleyball, 6:30 pm, CBESS Dr. Moulson Lab 7:30-10:30	TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre		Trashy Fundraiser, Bobs Bar UFC Fight Night, Newkeys ES Comm Xmas Party, CB Hall
	13	14	15	16	17	18
Xmas Event, Sacred Journey Bottle Depot, 10-2		Cozy Xmas Story, CBESS Aft Sch. Art, CBESS, 3-5pm Lions Mtng, 7 pm Dr. Grymonpre	Xmas Hamper Day 16+ Community Volleyball, 6:30 pm, CBESS Dr. Moulson Lab 7:30-10:30	TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre		Spa Days, Sacred Journey
19	20	21	22	23	24	25
Spa Days, Sacred Journey Lessons & Carol, Harrison Mem. Church Bottle Depot, 10-2	Boswell zoning mtng, Bos Hall	Dr. Grymonpre	Dr. Moulson, Lab 7:30-10:30	TOPS, KLCC bsmnt, 8:30am NO DOCTOR	KLCC Nativity Story	CHRISTMAS DAY
26	27	28	29	30	31	
Homecoming Day, Newkeys Bottle Depot, 10-2		Lions Mtng, 7 pm Dr. Grymonpre	Mainstreet DEADLINE Dr. Moulson, Lab 7:30-10:30	NO DOCTOR		

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect: subtract one hour before Nov 7.  
All times listed in "East Shore Time"

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

ES Health Centre 227-9006 COUNSELLORS

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

Public Health Dental Screening/Counseling: 428-3876  
Community Nursing: 227-9019 Hospice: 227-9006  
Mammography Screening: 354-6721  
Baby Clinics: 428-3873 Physiotherapy: 227-9155  
Massage Therapy: 227-6877  
For more on facility, call Kathy Smith, 227-9006

Merry Christmas and Happy New Year!

BOB'S BAR & GRILL  
250-225-3511

Take out available

Weds: Seniors Day  
Thurs: Girls Night Out  
Fri: Fish & Chip Fridays  
Sat: Pizza Specials  
Sun: Roast Beef Special

Dec 11 - Christmas Meat Draw  
Dec 15 - Many Bays Band Xmas Special  
Dec 18 - Village Voices Xmas Carolling  
Dec 31 - New Years Mystery Dinner  
(Tickets on sale Nov 27)

Check our weekly entertainment schedule at [www.bluebell.ca](http://www.bluebell.ca), on Facebook or local channel 6

Pub Hours: 3pm-11pm Tuesday-Sunday (closed Monday & Tuesday)  
Restaurant Open on Request



Sit Long, Talk Much, Laugh Often, Eat Well

ADVERTISER PAGE

B-57 Excavating	1
Barefoot Handweaving	5
Bevy of Angels	13
Bobs Bar	20
Boccalino	12
Boswell Hall	6
Community Futures	9
Crawford Bay Hall & Parks	4
Crawford Bay Store	11
Credit Union	11
Dan's Ground Disturbances	11
EDC	4
ESIS	1
East Side Mojo's	9
Eastshore Physiotherapy	14
Fitness Place	14
Gray Creek Store	18
G.R.S. Contracting	11
Harreson Tanner	14
Hulland and Larsen	11
Kootenay Insurance Services	7
Lattaco (Mr. Moo)	1
New-2-U	6
Newkeys	4
On the Mark Flooring	11
RDCK Boswell Zoning Mtng	12
RDCK Transfer Station Hours	13
Riondel Market	11
Sacred Journey	11
Sonya Griffin, RMT	14
Sunnywoods Farm	6
Sunset Seed	7
Trashy Ladies Fundraiser	4
Turlock Electrical	11
Will Chapman	11
Yashodhara Xmas	12

Transfer Station Hours

Crawford Bay:  
Sun & Tues :  
10 am - 4 pm

Boswell:  
Weds/Sat, 12-4

Library Hours:

ES Reading Centre:

Tues & Sat: 12-3  
Thurs: 7-9 pm

Riondel Library:

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