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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

### INSIDE:

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

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

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Merry Christmas from Groundskeeper Willi

Photo: Ingrid Baetzel



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# MS Issues

by Ingrid Baetzel,  
Editor

*I want to thank Dan Rude for sending me the beautiful article that has inspired me for the past week or two. It is entitled "Leadership in the Age of Complexity: From Hero to Host," and is written by Margaret Wheatley and Debbie Frieze and can be found if you go to margaretwheatley.com.*

Many of us wait around for someone else to solve our problems. I know I certainly have done this many times before. I have written letters of complaint, criticized the system, and waited until the doctor/dentist/optometrist/vet calls to say it's time that I took care of myself, my children, my pets... I've hated the way things happen and resented how they don't happen. I've thought a million times, "Someone needs to take care of that."

We have elected to live, by choice or neglect, in a hierarchy of rule in our society. We assume all too often that someone else has the answers to our problems, that there is a predicted outcome to a chain of complaint or a request, and that we will be simply given direction if we know how to ask for/demand it. In fact, we assume that most of the power is not ours and that it's easier to blame someone else for the failings that find us all too often. The assumption often is that someone ELSE has the answers we're looking for, that given proper instructions, we will follow the rules and do what we're told, that (as stated in the

article), "high risk requires high control. As situations grow more complex and challenging, power needs to shift to the top (with the leaders who know what to do.)" What's wrong with this picture? It seems to me that what we do by assuming that the problem is too great for our comprehension is to relinquish control. Then, as in most situations where we are standing by the roadside watching the world form around us, we have the perfect excuse to be disappointed in the outcome. We weren't part of the process; we missed the discussion.

Now, don't misunderstand me... it is logical and important that people train to be at higher levels of knowledge in certain fields and industries. It is good that we all have varying strengths and capabilities. I wouldn't want to be expected to be the one to fix your television or balance a national budget, but I think sometimes more of us could be in the boardrooms being part of the discussion.

Community Conversation is the name given to a series of meetings in which groups of East Shore residents meeting at local establishments over the past eight months or so to discuss our communities, our fears and hopes, economic flux, job opportunities and losses, big plans and bigger ideas for the future, and just to generally connect with each other. Turns out, we've been making decisions. Turns out, that even in a pub over a glass of wine and some nachos, people can come together and make decisions, dream a little, and answer questions that impact many. Now don't worry, it's not like anyone is discussing overthrowing the local government or starting a new industry that is going to impact the community as a whole. We're just talking and out of talk are coming some great ideas.

It's been amazingly reaffirming to see that sometimes all it takes is people sitting together, making eye

contact and discussing their ideas to make real change in the world. Originally, the idea was to invite local business people and entrepreneurs (initially, those in their 30's and 40's who are stepping up into bigger roles within our communities) and do something of a check-in. Since the first meeting, the invite list has broadened and now anyone who is interested is most welcome to join. In this article, the concept of leaders-as-hosts, morphing from the standardized "hero" ideology (that someone else is the one to resolve issues, that we will be saved by a hero if we wait long enough), is examined and the following echoed soundly in relation to our Community Conversation group...

"Leaders... have seen past the negative dynamics of politics and opposition that hierarchy breeds, they've ignored the organizational charts and role descriptions that confine people's potential. Instead, they've become curious. Who's in this organization or community? What skills and capacities might they offer if they were invited into the work as full contributors? What do they know, what insights do they have that might lead to a solution to this problem?"

"Leaders-as-hosts know that people willingly support those things they've played a part in creating—that you can't expect people to 'buy-in' to plans and projects developed elsewhere. Leaders-as-hosts invest in meaningful conversations among people from many parts of the system as the most productive way to engender new insights and possibilities for action."

I'm grateful for the many leaders and hosts in this community and for their willingness to step up into discussion. Every day I find myself surrounded by doers and developers, by volunteers extraordinaire and by the potential of an ever-more engaged community.

## LETTERS TO THE EDITOR

### FOOD HAMPERS

Dear Friends and Neighbours,

December 14 is Food Hamper Day on the East Shore. We are often asked about the contents of a "Hamper". Here it is: tinned fruit, vegetables, soup, baked beans & tuna, Kraft Dinner, pasta with a jar of sauce, peanut butter, jam, tea or coffee, juice, oats, brown rice, cereal, pancake mix with syrup, mayo, margarine, bacon, eggs, milk, cheese, bread, potatoes, chocolates, mandarins and of course either a turkey or ham accompanies by stuffing/cranberries or pineapple/mustard.

We also include toilet paper, shampoo, soap, toothbrush/toothpaste when available. Our intention is to provide 4-6 weeks worth of meals. One past recipient told us that he made his December gift last until April!

Last year 104 residents in 49 households between Riondel and Boswell received groceries. We believe in '88 or '89 when we started collecting non-perishables at our community Christmas celebration, there was enough for a single family of four. Thankfully, as the need has grown, so has our community's spirit and support.

Once again, please drop off non-perishables or cash at any of our local grocery stores, churches or at the credit union. On behalf of all who receive your generous gift, I thank you most sincerely.

Leona Keraiff, Crawford Bay.

ED: At a recent meeting, Leona mentioned that this would be her last year, after more than two decades, of organizing the food hampers for Christmas. A committee of people will be stepping forward in the future and the program will be in good hands, but it is important to recognize Leona's great, long-time generosity and support for this program. She is an invaluable community member and I know that I speak on behalf of the whole community when I say a resounding THANK YOU to Leona for all she has done. Happy trails, Leona.

### NO TO BILL C-10

Dear Editor:

To Whom It May Concern,

BillC-10 needs to be closely examined by Canadians because it comes with a huge cost.

Tax dollars and debt will most likely have to increase to support the infrastructure that this bill proposes. Sending more people to prison will not reduce crime and even though professionals such as politicians from Texas and our own Canadian lawyers are refuting the prime minister's approach, BillC-10 is being pushed through.

We as Canadians need to stand up and be heard. Laws are meant to protect us, not put more under privileged people in jail. Statistically, our jails are already full of aboriginals and other marginalized people. We need affordable housing, social programs, and education. BillC-10 will jeopardize our already fragile health and education systems. The political system is already overburdened; we need to say no to mandatory sentences and think critically of the implications of politicians telling our justice system how to judge.

Jail does not make our neighborhoods safer. Education and social programs will. This has been proven (ask Texas). Please write letters to your local papers and politicians. I vote NO to BillC-10.

Sincerely,

Danielle Linn, Riondel

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**The East Shore Mainstreet**  
KOOTENAY LAKE BC

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**Next Deadline:**  
**Wednesday, Dec 28, 2011**

# Word on the Mainstreet

by *Mainstreet* Editor, Ingrid Baetzel

If you could give one gift that you otherwise wouldn't be able to give, what would it be and to whom would you give it?



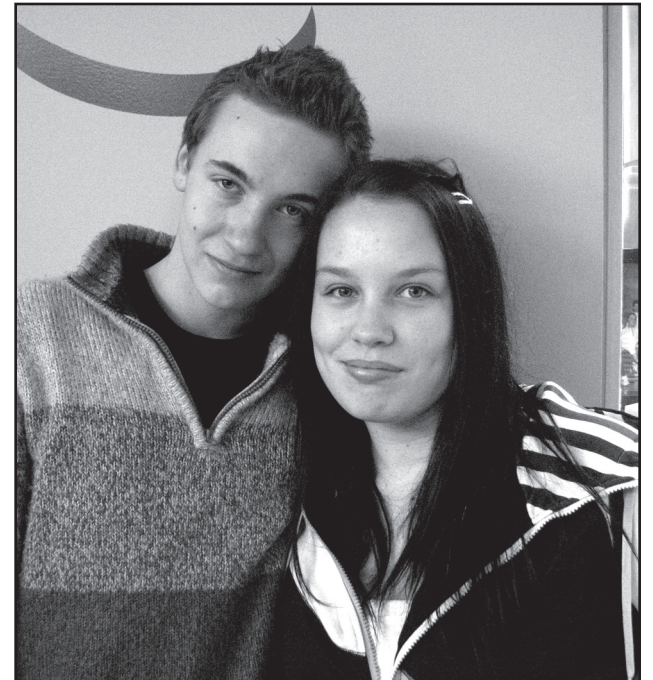
If I had a lot of money and a kid I knew had no mom or dad, I would give them whatever special present they wanted - even a home.

*Jordan Beamish, Boswell.*



I would give the gift of infinite wishes for infinite gifts to Dr. Jones.

*Rebecca Fuzzen, Crawford Bay.*



We would give the gift of life to our friend, Brandon Salviulo, who died in 2009.

*Dayna Bodor, Crawford Bay and Quinton Wastrodowski, Riondel.*

## *The East Shore Mainstreet* *Creativity, Community, Conscience*



### RDCK Area "A" Update

by **Garry Jackman,**  
Director, Area "A"

The 2011 local government elections are over and the ballots have been tallied. In the RDCK there were relatively few changes which will impact the composition of the board. One rural area has a new director which was a given since the incumbent opted not to run again. All of the other rural electoral reps are continuing in office either by acclamation (four total including myself) or by re-election (six total). This means that our rural committee may be expected to continue with many of the same initiatives while of course expecting to hear new or developing concerns from residents. In the coming months we will begin our budget discussions so I will pass on our priority lists and major initiatives as they are discussed.

On the municipal side, most of the RDCK mayors or council reps who were appointed to sit on the RDCK board by their municipality have also been re-elected or acclaimed so we may have the same reps for those board seats as well. One exception is director Carol Bell who will not be joining us for the coming years.

Beyond the RDCK there have been somewhat more changes in representatives for the Kootenay Boundary and East Kootenays. We share common concerns with our neighbours to each side as well as sit on common hospital boards. Over the past few years we have been working more closely with the neighbouring regional districts on our carbon neutral plans, softwood beetle initiatives and other sustainability initiatives. We have also been working with the Columbia Basin Trust and first nations on some of these matters.

As I pointed out last month, one joint initiative involving the Association of Kootenay Boundary Local Governments and the CBT is holding information sessions to provide some of the history of the Columbia River Treaty (CRT) and to outline some of the potential changes to the treaty in coming years. At the time of the submission deadline for the November issue of *Mainstreet* some of the dates for sessions had not been finalized and as of the time you see this a number of sessions have been held through November. The information on the CRT, comments and concerns identified at the meetings and future events will be put up on the CBT website so I encourage you to have a look. The original treaty, ratified by Canada in 1964, runs for a minimum of sixty years which means it may be revised in 2024 or beyond. This may seem like a long way off, but the treaty has a requirement of giving a ten year notification if either party intends to open discussions on the terms of the current treaty. That earliest start date is in the fall of 2014, which is not so far off considering the complexity of the treaty and its significant financial and environmental impacts.

With the end of a local government election cycle many volunteer committee member appointments also come up for new appointments or renewals. Area A has had fairly strong community participation and I look forward to enquiries from any residents about participating in economic development, recreation or the Advisory Planning Commission.

In the coming year the review of the Creston Valley Official Community Plan, which currently includes residents of Wynndel, will be an opportunity for residents of Wynndel plus the balance of the eastshore to consider whether the Wynndel plan should be included with the rest of Area A or if a separate plan is more appropriate. The Area A Advisory Planning Commission will guide part of this process along with a more localized group from Wynndel. Planning questionnaires which were sent to Wynndel residents over the

past two months are being summarized for background info at public meetings yet to be scheduled. Please let me know if you have a particular interest in volunteering to represent your community on this initiative.

If you have a question, concern or a really good story contact me by calling 250-223-8463 or at [gjackman@kootenay.com](mailto:gjackman@kootenay.com). Have a safe and happy holiday season, whether you are travelling or staying put to enjoy our winter wonderland

**Bob's Bar & Grill**  
250.225.3511 - Take Out Available

**DECEMBER EVENTS**

**Dec 1:** Many Bays Band Christmas Concert  
**Dec 17:** Christmas Meat Draw  
**Dec 18:** Village Voices Christmas Sing-Along  
**Dec 24-27:** Closed for Christmas Holidays  
**Dec 31:** New Years Eve in Vegas

**Bob's Bar & Grill will be closed for the month of January 2012. Join us February 1st for our Grand Reopening Celebration!**

See our weekly entertainment schedule at [www.bluebell.ca](http://www.bluebell.ca) TV local ch231 or Facebook

**Pub Hours:**  
Weds-Sun, 3-11, closed Mon/Tues

**Restaurant Hours:**  
Restaurant open upon request

Have a very Merry Christmas!

**Next Deadline:**

**Dec 28, 2011**

# Getting to Know You

## Mainstreet's Proust Questionnaire

*The Proust Questionnaire is a questionnaire about personality. Its name and modern popularity as a form of interview is owed to the responses given by French writer Marcel Proust.*

*In an era when we have become more insular than ever, it seems timely to ask these questions - the ones that help identify us and set us apart from one another and also that teach us greater lessons about our neighbours. This month's responder is Ben Shiu, owner and chef of Rockwood Cafe in Gray Creek.*

**Ben Shiu**

**What is your best memory?**

My wife giving birth to our son

**What do you feel that you cannot live without?**

A companion

**What is the trait you most admire in others?**

Confidence, logic, fun.

**When and where were/are you happiest?**

When I do something positive & share with family & friends.

**Who, living or dead, would you most love to have to yourself for one hour?**

My father, who passed away when I was 16.

**What natural talent would you like to be gifted with?**

A good singing voice!

**What is your best physical feature?**

I'd say I'm average - nothing particularly good or bad.

**What is your greatest fear?**

Rats....

**What was your greatest triumph?**

I haven't achieved it yet.

**What was your greatest vice?**

EQ (Emotional Quotient) control.

**What is your greatest extravagance?**

That's a secret. It changes as you grow older.

**What do you dislike about your appearance?**

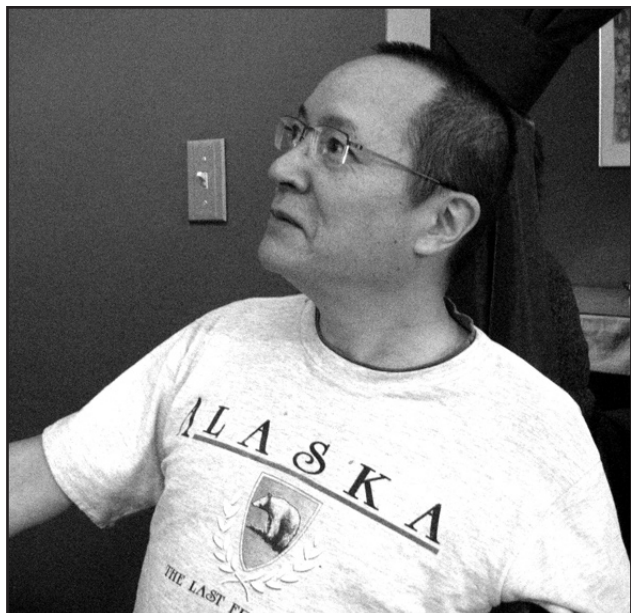
I like what I am now.

**If you died and came back as a person or thing, what/who would it be?**

An eagle, king of the sky.

**What is your most treasured possession?**

My family, if you can call that a possession?!



# Minding Your Business

by Gina Medhurst, Secretary

Once again, Paul Hindson is running the **3rd Annual Smoke Alarm Campaign**; jointly sponsored by the Chamber and Creston Home Builders. Paul at Kokanee Chalets will be offering free Smoke Alarms to anyone who needs. In the next couple of weeks, stop by and see Paul at the Kokanee Chalet office and he will give you one or however many you need. You can also give Paul a call at 250-227-9292 to arrange a time to meet with him. Thank you to Paul for offering his time and energy on this every year. This is something that the Chamber strongly believes in, to ensure that all homes on the East Shore are well equipped for the winter season.

Thanks to everyone who made it out for the **Tom Latta Fundraising Event** hosted by Newkey's Pub.

**East Shore Daily Happenings Page** is being used more and more by the community. There are more postings of local events, comments and likes every week. The visits are doubling every week too. Keep up the good work everyone. And remember, if you haven't "Liked" it yet, please do.

**Community Trail Networks** is something that Greg Garbula of Kokanee Springs confirmed as the number one reason that attracts visitors to the area. He attended the Kootenay Rockies AGM and asked around as to what is it drawing visitors to their communities. The number one question that these communities get is... "Where are the trails?" The largest immediate draw to them is not golfing, shopping, places to eat or stay it's the hiking and/or biking. We discussed that **we should be promoting all the amazing trails we already have here** and start working on connecting more of the trails that aren't connected and help them become more known publicly. How many people know that there is a beautiful and usable trail that connects Crawford Bay and Gray Creek off highway for example? There is also a concern that if we don't connect all the trails now and create good relationships with the private property owners that they cross, if in the future some decide to sub-divide we may have to work out new agreements with new property owners. It was decided that the Chamber will create a Community Trail Network Committee.

**The next meeting will be our AGM and Christmas Gathering on December 13.** Greg Garbula & Kokanee Springs offered the use of one of their new cottages for this event. Meeting will start at 6pm with appetizers and refreshments provided.

**If you would like more information or want to contact the Chamber of Commerce please contact: Jamie Cox, President, by phone (250)505-8286 or email @ jcox@theeastshore.net Gina Medhurst, by phone (250)354-7390 or email @ info@kootenaylak.bc.ca**

## IS YOUR SMOKE ALARM WORKING?

*Do you have one??  
(now required by law)*

Once again, we are giving away FREE smoke alarms and batteries (limit 2 per household) until December 20.

Can be picked up at Kokanee Chalets or call Paul at 250.550.5005

*It could mean your life!*

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- Pyramid Building Supplies, Creston
- Crawford Bay Store
- Kootenay Lake Chamber of Commerce
- East Shore Fire Department Committee



# From the Principal's Desk

by Dan Rude

This has been an active month of teachers, parents, and community members coming together for creative and collaborative conversations regarding how to best support our children and youth. Thank you to all who have gathered for your concern, energy, ideas, and commitment to action. Thank you also to our teachers for their commitment this week to meaningful meetings with parents and students. To us, this process is most valuable, particularly during the first reporting period, so that we can celebrate early successes and determine interventions that are necessary to address challenges.

**Columbia Basin Trust has just announced that our community's expression of interest for their Community-Directed Youth Funds has been accepted! Please read the program description below to see what this incredible news means for us, and stay tuned for the specifics.**

*"Community-Directed Youth Funds (CDYF) will increase local activities, opportunities and/or services for youth. During CBT's recent Youth Strategic Plan consultations held in many Basin communities, common themes emerging were around youth boredom, the lack of activities and opportunities for youth, the lack of resources in many communities to support youth services or activities, and the lack of safe a safe space, youth hub or youth centre.*

*CDYF will help address those issues by committing \$100,000 to communities and their catchment areas over a four-year period (normally \$25,000 per year) specifically to enhance local opportunities and/or services targeted at youth ages 12 to 19. CDYF is not a grants program that individual organizations apply to. Funding is provided based on an inclusive priority setting process that results in a local consensus on how funds should best be used to enhance youth services and opportunities."*

**Who's up for an international learning and travel experience?** One of the ideas that has repeatedly come my way, and which I'm now putting some energy toward, is developing a program in which community members – including youth, parents, and others – get together throughout the year to learn the language, customs, traditions, and issues of a particular place, and then travel there for approximately two weeks to be involved in a development project. I could see starting this program next school year, and so I've invited Don Warthe, of Mount Sentinel Secondary School's Quest for Community program, to come share with us his experiences and insights. Feel free to come see me if you are interested in this concept and/or if you have any ideas to share.

**Please also note that, based on a meeting after our last PAC meeting, Jamie Macbeth of ANKORS, will be here on the evening of Tuesday, Dec 6, to share specifics of her program for substance awareness and harm reduction. The time will be announced. Food & refreshments provided.**

## WHAT WOULD YOU DO WITH \$100,000?

The Columbia Basin Trust (Community Directed Youth Funds program) has granted initial approval for Crawford Bay/Riondel to receive \$100,000. Specifically, these funds are meant to enhance local opportunities and/or services targeted at youth. Funding is provided based on an inclusive priority setting process that results in a local consensus on how funds should best be used to enhance youth services and opportunities and would typically be given out in \$25,000 increments over four years.

The next steps will include a youth-targeted, community-wide idea generating process, in which we must come to consensus as to how the funds will best be used. Receiving the funds depends upon whether we can come together as a community and decide together... in unity.

These funds could make a lasting difference in the lives of our communities and our youth in particular. Please watch for upcoming information postings about meetings and how this project develops, and see Dan Rude's article, this issue.



## We Can Help!

by Galadriel Rael on behalf of Community Connections

*They say I'm a dreamer, but I'm not the only one...*

If you are one of those dreamers, I just wanted to make sure you know that making your dreams for this community come true is even easier and closer than you think.

**Are you witnessing or having conversations about something that you would like to see or feel is lacking in your neighbourhood?**

**Are you unsure about what actions could be taken to turn that vision into reality?**

**Well, that's what Community Connections is here for.**

As some of you may know an organization was formed around a year ago to support individuals and local organizations receive grants, administrative support and more. Through Community Connections we have already seen a handful of projects come to life, including the instruments for the Samba band, the school green house, and a local food security project. We are in the midst of an economic shift here, and around the world, but there is still great opportunity to take the power into our own hands and put our ideas into action. There are a million great ideas to build on, from basic senior services to entertainment for youth.

At the inception of Community Connections, there was a broad, undefined vision of exactly what services it would provide, and we were lucky to have the incredibly competent Shandi Miller hired on for one full year

as our Executive Director. Shandi was able to write or help guide people through grants, link people to information and cover all of the administration within the organization.

Shandi has moved from the area and will be greatly missed, but Community Connections is still running and has the potential to be a well known, well accessed, invaluable action organization in our community. As Community Connections transitions from Shandi's departure, what we are able to offer may be somewhat limited at first, but we have the vision of being able to offer a range of support to anyone who wants to create a project, improve infrastructure, or what ever your dream may be.

We aim to facilitate healthy growth in our community, so it's not so intimidating to give birth to an idea.

Community Connections has the ability to be anything from just a vessel to receive grant money on the behalf of an individual (many organizations and foundations prefer an umbrella organization with non-profit status to oversee funds that they grant out) to a thriving, central part of our community's health. It's all up to you, use our services, or volunteer your service.

Do you have experience with organizational development, grant writing, bookkeeping/financial management, surveying and/or information gathering? We would love for your support, even if it's just making yourself available for a phone call or emailing.

Are you still questioning what we are or what we do? Just ask! Talk to anyone of the members, or write us an email. Board members: Janet Wallace, Muriel Crowe, Ingrid Baetzel, Dana Gallinger, Galadriel Rael, Jamie Cox, and Verna Mayers-McKenzie

Email: [skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com)

**Community Connections - seeding local growth (South Kootenay Lake Community Services Society) Serving Area A - The East Shore Kootenay Lake, BC**

**Next Deadline: Dec 28, 2011**

forward to working together and with CBT, to find the common ground on which consensus can be built as to where to direct the funding. It's definitely an inspiring time on the East Shore."

The program is intended to bring added value and provide resources to communities that show the desire and ability to work together to identify and address issues in their youth communities.

"Both youth and adults in the community have been talking about addressing the gaps in the youth services and opportunities for years," said Monica De, Golden and Area. "Since CDYF became available, there is finally a flexible funding opportunity to help address the needs of youth in Basin communities."

Another four communities who submitted successful Expressions of Interest will begin the program in the spring of 2012. They are: Nelson/Harrop/Proctor, Trail/Warfield, Rossland and Kimberley.

The next deadlines for Expression of Interests from communities are March 16 and October 31, 2012. Guidelines and applications are available at [www.cbt.org/youth](http://www.cbt.org/youth). For more information please call Wayne Lundeberg at 1.250.304.1625 or email [cdyf@cbt.org](mailto:cdyf@cbt.org) with "subscribe to CDYF info" in the subject line to receive program updates.

CBT works with youth and communities to increase youth opportunities and engagement through enhancing capacity, leadership and participation. In addition to this new program, CBT also funds youth developed projects through the Columbia Basin Youth Grants program and provides a forum for youth in the Columbia Basin to share their art, ideas and experiences with each other through SCRATCH magazine and [www.scratchonline.ca](http://www.scratchonline.ca).

CBT delivers economic, social and environmental benefits to the residents of the Columbia Basin. To learn more about CBT programs and initiatives, visit [www.cbt.org](http://www.cbt.org) or call 1.800.505.8998.



## MLA's Message by Michelle Mungall Buy Local

### Mungall promotes 'Buy Local' campaign with unlikely lawn ornament

press release

**Creston-** Cresto the Garden Gnome has been enlisted into service by MLA Michelle Mungall to demonstrate the bounty that the Creston Valley has to offer. Cresto began touring the Creston Valley earlier this fall and has been taking in all that the area has to offer. Through social media tools, Twitter and Facebook, he is showing off his adventures at local tourist attractions, farms and shops.

"During some welcomed free time in Creston this fall, I happened into Canyon Street's Cresteramics store. There on the shelf stood one handsome and worldly looking gnome. I immediately enlisted him to help me show everyone the richness of this area," says Mungall.

Working with the Twitter handle @crestognome, the gnome has begun Tweeting about setting up an account with the local credit union, attending the Creston Fall Fair, and getting fired up for some upcoming holiday events like the Santa Clause Parade and craft fairs.

"I think this is a really fun way to get people thinking about how they, too, can support their local economy. We have a major retail season coming up and I hope this Cresto campaign will help keep our dollars local," says Mungall, "If a little garden gnome can make it around to support the local community, then so can we."

To see what Cresto has been Tweeting, visit the events page of [www.michellemungall.ca](http://www.michellemungall.ca) and follow the links.

## CBT Enhances Youth Opportunities in Basin Communities

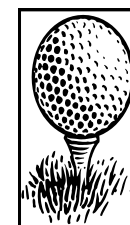
**First ten communities announced for CBT's Community Directed Youth Funds program Crawford Bay/Riondel one of them!**

(Columbia Basin) – Columbia Basin Trust (CBT) is pleased to announce the first communities participating in its new Community Directed Youth Funds (CDYF) program. CDYF aims to support services for youth ages 12-19 by providing each area with \$100,000 over four years to increase activities, opportunities and services for youth. The program will be available to the remaining Basin communities over the next two years.

"We are very excited to be putting funds in the hands of communities to benefit youth in their specific regions," said Wayne Lundeberg, CBT, Director, Youth Initiatives. "These first communities demonstrated a readiness to come together in a collaborative manner to set priorities, address issues in their regions and enhance activities and services for their youth."

Six pilot communities and their surrounding areas that will begin the program this winter are: Revelstoke, Golden, New Denver/Silverton, Salmo/Ymir, Crawford Bay/Riondel, and Montrose/Fruitvale/Beaver Valley.

"Our community is incredibly excited by the opportunity to enhance our youth services," said Daniel Seguin, Crawford Bay and Riondel Area. "We look



### Riondel Golf Club AGM

The Annual General Meeting of the club will be at the Curling Rink on **January 18 at 1pm.**

We would like as many of the members as possible to attend as there will be vacancies on the board.

## Get The Word Out! The Chamber Of Commerce Kootenay Lake/East Shore Daily Happenings

by The Chamber Marketing Team

To all East Shore organizations, business owners, artisans and entrepreneurs: the Chamber of Commerce is promoting their complimentary "Kootenay Lake/East Shore Daily Happenings" Facebook page.

The page, which is also accessible via the Chamber site, provides an opportunity for you to add events and post your business announcements to this community Facebook wall. Reach the page by visiting the chamber website [www.kootenaylake.bc.ca](http://www.kootenaylake.bc.ca) and click the link on the homepage.

The page was initiated so that all of us, including visitors and those out of the area, can access very current events and items of interest.

If you are interested in creating a Facebook page for your business and need assistance, please email [eastshorehappenings@gmail.com](mailto:eastshorehappenings@gmail.com) or call 250.227.9111.

December 2011 Mainstreet 5

# EAST SHORE FOOD ROOTS

by Jacqueline Wedge



Above is our new logo, which will become more integrated as we cook-up some more delicious food roots...

**E**ast Shore FOOD ROOTS: Kootenay Lake (South) Food Systems is a locally initiated group recently formed with funding from RDCK through Community Connections, to bring issues of food security, production, distribution, and access, to the table (and to all of our tables). Our aim is layered like an onion: linking people together (growers to consumers, entrepreneurs to available ingredients...), linking food-producing communities to each other, connecting to larger centres for access of information and resources on sustainability, and working together with national and international organizations that are committed to ensuring that safe, healthy, locally-produced food is a Right to every single person on the planet.

On a *grassroots* level there is much we can do. FOOD ROOTS is a many-course meal:

- we are planning a "seed-exchange" for the spring (watch for details to come, and also for very important instructions on doing it properly!);
- we have facilitated workshops on composting, seed-saving, and permaculture, and are planning many more food-oriented learning experiences;
- we are working on a "land-inventory" which assesses available arable land;
- we are keeping the Kootenay Lake Fall Fair alive for 2012, albeit evolving into new and interactive directions (this is a great celebration of this community's bounty of harvest and skill);
- we are starting up a Facebook group and a website/ blog to keep an on-going dialogue of events/ ideas/ projects/ ramblings/ links to the outside world.
- other fun stuff we have planned includes regular potluck/ movie nights at the local halls, speakers, a "food issues conference" in March 2012, and, continuously, a way to bring people who grow food together, to share skills, barter, market, and learn.

Everybody eats, and everybody has within them to become more self-sufficient and resilient to the negative impacts of multi-national control of what is being produced for our consumption. We are the change we seek. It really is time to get back to basics and reconnect with our abilities to provide good food for our families, or at least to support those who can.

If you are interested in becoming involved, (please be patient as we get these infrastructures up and ready!), connect through the Facebook and blog presence, the *Mainstreet/Mainstreet Online*, and under the Community Connections umbrella.

**Next Deadline:**

**Dec 28, 2011**

# The West Kootenay Food System An Exciting Economic Development Opportunity

press release by Jon Steinman

[NELSON] – After many months of research, interviews and discussion, the much anticipated first step towards what will hopefully become a regional food system alliance for the West Kootenay is now complete.

In April of this year, funding and support was secured to carry out research into organizations in Canada and the United States which are seeking to improve their communities' access to local, healthy and responsibly produced food by bringing together stakeholders within their local food system.

The West Kootenay is already home to a diverse community of individuals, businesses and organizations who contribute to the production, processing and distribution of food for local consumption. All combined, these efforts, their accompanying relationships, and the very act of eating, make up what can be referred to as our 'food system'. In recent years, the contribution of local food systems to health and well-being, the environment, the economy and culture has become widely accepted to be of critical importance. But how do we define this 'system' and how do we identify the relationships within it to make sure that the system is functioning in the best interest of the people it serves?

With no efforts currently underway in the West Kootenay region to consistently bring together those involved within and outside of the food system, a regional food system alliance was believed to be an ideal forum to help enhance our regional food supply.

Jon Steinman of "Deconstructing Dinner" took the lead on the initiative and gathered a team from throughout the region to advise on the process and contribute to what has become a strategic recommendation on what next steps should be taken.

Now available on-line is this in-depth report - *Towards a Regional Food System Alliance Development Strategy for the West Kootenay*. The report looks into how food councils, non-profits, and other food system initiatives are formed and how they function. The accompanying recommendation, which is also found within the report and as a separate document on-line, is driven by the committee's belief that determining the function of an alliance prior to determining its form is essential. The committee then narrowed its attention on economic development, believing it to be the greatest opportunity for our regional food system. This focus of attention has proven to be very successful with organizations like The Center for an Agricultural Economy in Vermont and the Willamette Farm and Food Coalition in Oregon. These organizations offer great examples of the opportunities to be found from more coordinated, cross-sector work within the food system. The committee believes this should become the primary focus of an eventual regional food system alliance in the West Kootenay.

By 'economic development', the committee is referring to a sustained effort among all people within the region to support and develop the infrastructure,

knowledge and skills, necessary to increase the amount of food produced and processed in the region. It's also essential that this effort be informed by and contribute to an ecosystem-centered approach, culture, health and social well-being. Namely, the committee believes that through better coordination among individuals, organizations, governments and businesses, a regional food system alliance would be an exciting tool which could carry out a mandate to take on, stimulate, and/or partner on activities which would capture the millions of food dollars leaking out of the region every year. What is meant by 'leakage'? Using average per capita food expenditure figures, the committee estimates that the population within the region spends roughly \$266 million per year on food, with only a small percentage of that being spent on locally produced products. "We see this as one of the greatest economic development opportunities for the region," says Jon Steinman. "Focusing more attention on the food system as economic development and trying to keep more of our food dollars within the region, means increasing the support for existing, new and emerging farmers, businesses and co-operatives; it would create jobs; foster greater resilience within the regional economy; and, reinstate the importance of being strong stewards of our soil, forests and watersheds."

To better determine the function of a food system alliance focused on regional economic development, the committee proposes a number of initial strategies, which include, among others, coordinating and initiating a local food market economic analysis, and researching best practices/feasibility for an annual West Kootenay local food guide for both the public and businesses/institutions. The results and recommendations generated through a local food market analysis would be followed up with region-wide consultations to narrow in on what within the local food economy is in need of the greatest attention. At that point, the form which a regional food alliance could take to carry out those strategies could be determined. The *Towards a Regional Food System Alliance* report will offer a strong direction on how to proceed with that stage.

The advisory committee supporting these recommendations is made up of Corky Evans (former MLA Nelson-Creston), Sheila Dobie (Spencer Hill Orchard), Jocelyn Carver (Kootenay Country Store Co-operative), Wayne Harris (Kootenay Alpine Cheese / Mountain Valley Farm), Mike Stolte (Center for Innovative and Entrepreneurial Leadership) and Carolee Colter (CDS Consulting Co-op). The committee believes that the report and accompanying recommendation will offer strong support for a West Kootenay food system that shows an increase in the percentage of locally produced food each year, is robust and versatile in the face of ecological and economic pressures, and is an inspiration for a vibrant and resilient culture of food in other regions.

The report was made possible by funding and support from the Columbia Basin Trust, the Hume Hotel, Nelson and District Credit Union, Heritage Credit Union, Kootenay Country Store Co-operative, Kootenay Co-op Radio, Kootenay Food Strategy Society and Deconstructing Dinner.

To read the report and the recommended next steps, visit [www.deconstructingdinner.ca](http://www.deconstructingdinner.ca) Feedback is welcomed and encouraged.

Wishing you and yours a very Merry Christmas and a happy, healthy and safe holiday season...

All the best in 2012!

From Lenora Trenaman,  
School Trustee, SD#8



**New Years Eve**  
w/ All Your Favourites!  
Bring 2012 in with friends & family

**NewKey's Place**  
250.227.6911

Or how about a private/company Christmas Party? We'll do all the work for you! Call to book today.



## Thought For Food

by Farley Curzons

The discovery of the first vitamins in the early 1900's began the era of modern interest in diet and nutrition. Pioneering chemists found that certain unknown "substances" in food were essential to life. They discovered that fat-soluble vitamin D and water-soluble B vitamins were necessary to prevent diseases like rickets, beriberi and pellagra; and that vitamin C, a factor present in many fresh foods, prevented scurvy. By the 1930s, scientists had discovered many more vitamins and had catalogued their effects. Public interest in the subject was intense, and articles on vitamins often appeared in magazines and newspapers.

The study of vitamins has not waned since the early days of research, and the subject of food science has proved to be far more complex than scientists at first imagined. The early discoveries led some researchers to conclude that all vitamins necessary to life could be supplied in their isolated-factory produced form as vitamin pills. We now know that vitamins do not exist as single components but as parts of a complex of compounds, each part contributing to the whole. For example, vitamin C used to treat and prevent scurvy is more effective when given as a natural food concentrate, which includes minerals, enzymes and a host of other nutrients.

As many as seventeen water-soluble vitamins labeled B have been discovered, present in different proportions in different foods, but all working together synergistically. Vitamin D may have as many as 12 components of which several are active and vitamin P has at least 5 components. Most vitamins produce optimum results in the presence of certain naturally occurring "cofactors", such as trace minerals, enzymes and coenzymes as well as other vitamins.

The bewildering array of factors in foods now known to be essential has led well informed nutritionists to recognize the futility of providing all factors necessary to life in pill form. While supplementing the diet with certain isolated vitamins has proven temporarily beneficial for many disease conditions, we're quickly learning that vitamins in pill form generally pass completely through the urinary tract system having not been absorbed into the body at all. The multi billion dollar a year vitamin/pharmaceutical industry does not want us to know this which is why they lobby our government to make it back page news at best. The best source of vitamins for most of us in the long term is properly prepared whole foods. The importance of eating nutrient-dense meals, rich in vitamins and their cofactors, cannot be underestimated.

Vitamin and mineral content of food varies enormously with farming methods. Nitrogen fertilizers produce initial high yields, in part by pulling minerals from the soil. In time commercially fertilized soils become depleted, and the foods grown on them suffer accordingly. Overall, vitamin and mineral content of our fruits and vegetables has declined significantly during the last fifty years. The revival of interest in compost and natural fertilizers, rich in minerals including trace minerals, is due in part to the realization that healthy soil is the basis of health for all life forms. Scientific essays have shown large differences in vitamin and mineral content between foods grown with nitrogen fertilizers and foods grown organically. For example, cabbage can vary in its iron content from 94 ppm to 0ppm; tomatoes can vary in iron content from 1938 ppm to 1 ppm. Vitamin A content of butterfat varies with the season as well as the soil; even the protein portion of grains and legumes will vary with soil fertility. Some commercially raised oranges have been found to have no vitamin C!

Vitamin and mineral content of food varies enormously with farming methods. Nitrogen fertilizers produce initial high yields, in part by pulling minerals from the soil. In time commercially fertilized soils become depleted, and the foods grown on them suffer accordingly. Overall, vitamin and mineral content of our fruits and vegetables has declined significantly during the last fifty years. The revival of interest in compost and natural fertilizers, rich in minerals including trace minerals, is due in part to the realization that healthy soil is the basis of health for all life forms. Scientific essays have shown large differences in vitamin and mineral content between foods grown with nitrogen fertilizers and foods grown organically. For example, cabbage can vary in its iron content from 94 ppm to 0ppm; tomatoes can vary in iron content from 1938 ppm to 1 ppm. Vitamin A content of butterfat varies with the season as well as the soil; even the protein portion of grains and legumes will vary with soil fertility. Some commercially raised oranges have been found to have no vitamin C!

Food processing affects vitamin content to varying extents. Some vitamins are heat sensitive while others survive heating fairly well. Steaming and waterless methods of cooking preserve vitamins better than rapid boiling, and vegetables cooked in an acidic liquid preserve vitamins better than those cooked in an alkaline medium. Oxidation is the prime cause of vitamin loss. Long periods of high heat used in canning are destructive to some vitamins but not all. On the other hand, cold temperatures and freezing have little effect on vitamin content. Some methods of food preservation and processing actually make nutrients fore available-these include simmering bones in acidic liquid to make broth, culturing of dairy products, sprouting and traditional methods of pickling, fermenting and leavening.

Government sponsored nutritionists have set minimum daily requirements for a few key vitamins and minerals, but many investigators believe that these standards are far to low. These critics contend that minimum daily requirements are sufficient to prevent acute deficiencies but not enough to support optimum health. Consumption of sugar, refined flour, hydrogenated fats, alcohol, tobacco and most drugs depletes the body of nutrients results in higher vitamin and mineral requirements for users. Stress of any sort causes the body to use up available nutrients at a faster-than-normal rate.

Available space permits only basic summary of the major nutrients in our food.

**Vitamin A:** This all-important vitamin is a catalyst on which innumerable biochemical processes depend. Vitamin A is an antioxidant protecting the body against pollutants and free radicals, hence against cancer. Vitamin A stimulates the secretion of gastric juices needed for protein digestion and plays a strong roll in building strong bones and rich blood. Sources of preformed vitamin A (called retinol) include butterfat, egg yolks, liver and other organ meats, seafood and fish liver oils. Provitamin A or carotene is found in all yellow, red, orange or dark green fruits and vegetables.

**Vitamin B Complex:** All the water-soluble B vitamins work as a team to promote healthy nerves, skin, eyes, hair, liver, muscle tone and cardiovascular function; they protect us from mental disorders, depression, anxiety and stress in general. Deficiency of the B vitamin complex can result in the enlargement and malfunction of almost every organ and gland in the body. The best source of B vitamins is whole grains. Vitamin B is also found in fresh fruits, vegetables, nuts, legumes, seafood and organ meats.

**Vitamin C:** A water-soluble vitamin best known for its use in treatment of the common cold, it is also needed for a host of processes including tissue growth and repair, strength of capillary walls, lactation and adrenal gland function. Vitamin C is found in many fruits and vegetables and in certain organ meats. Vitamin C is destroyed by heat. Alcohol and many common drugs including aspirin and oral contraceptives may reduce vitamin C levels in the body.

**Vitamin D:** Vitamin D is needed for calcium and phosphorus absorption and thus is essential for strong bones, healthy teeth and normal growth. It seems to protect against cancer and multiple sclerosis. Deficiency can cause rickets and myopia. The body manufactures vitamin D out of cholesterol in the presence of sunlight. Although some claim that we can get all the vitamin D we need by spending a short time each day in the sun, guaranteed sources include butter fat, eggs, liver, organ meats, marine oils and seafood, particularly shrimp and crab.

**Vitamin E:** This fat-soluble vitamin is needed for circulation, tissue repair and healing. It seems to help in the treatment of fibrocystic conditions, sterility, PMS, and muscular dystrophy. It seems to slow the aging process. It is found in unrefined vegetable oils, butter, organ meats, grains, nuts, seeds, legumes and dark green leafy vegetables.

**Vitamin K:** This fat-soluble compound is needed for blood clotting and plays an important roll in bone for-

mation. Vitamin K given to post-menopausal women helps prevent bone loss. It is found in liver, egg yolks, butter, grains, dark leafy vegetables, vegetables of the cabbage family and fermented soy foods like miso.

**Vitamin P:** also called the bioflavonoids, these water-soluble compounds enhance the absorption of vitamin C to promote healing and protect the structure of blood capillaries. Bioflavonoids stimulate bile production, lower cholesterol levels, regulate menstrual flow, help prevent cataracts and have antibacterial effects. Sources include peppers, grapes, buckwheat and the white peel of citrus fruits.

**Coenzyme Q10:** Sometimes called vitamin Q, is a nutrient that every cell in the body must have in order to produce energy. It also serves as an antioxidant and has been particularly effective in the treatment of cardiovascular disease and periodontal problems. Sources include all animal products, particularly heart meat. Cholesterol lowering drugs interfere with the absorption of coenzyme Q10.

*Next Deadline:*

*Dec 28, 2011*



## The Kootenay Lake Fall Fair Alive, Under New Management

press release by **Jacqueline Wedge for Food Roots**

The East Shore Food Security group (now known as "Food Roots") will be morphing the longest-running fall fair in BC into something new and exciting... well we're going to try.

We will be keeping some of the tried and true concepts, but adding such things as food and garden workshops, various kids' races, community taste-testing, outdoor sculpture contests, and other interactive events, all based on a fun theme. If you would like to give us ideas, please become involved. We can add you to our fall fair development group on Facebook and invite you to meetings.

Food issues are huge both internationally and locally, and we will use the annual fall faire as a harvest celebration (as has been done for decades), and will add new dimensions to suit the changing needs of our communities.

We would like to thank the amazing organizers of years past for keeping the fair going strong, the long hours spent putting it all together. We look forward to continuing service to the East Shore to the best of our abilities, and to bringing great food-oriented fun and flavour to another, the 101st year, of the Kootenay Lake Fall Fair.

Please contact Nicole at 227-9111 or Jacqueline at 227-6803 to become involved.

**December 2011 Mainstreet 7**



## Thoughts from a Disturbed Mind

by Harvey Valgardson

Well, I'm a little disappointed. I have been in Thailand for three weeks and I kind of thought, by now, I would have some sort of eastern words of wisdom to share with you. Nope. Nada. I don't think it's my fault though. It's more a case of wisdom being in short supply around here. Still, the deadline is looming so I decided to settle for some travel tips in case any of you, like me, are overcome by some insane urge to visit this godforsaken hellhole.

**TIP #1**

Don't bother. Beer costs just as much as it does at home. Why leave?

**TIP#2**

Getting around. For five bucks you can rent a nearly new scooter for 24 hours. A whiskey bottle full of gas (which is the only way they sell it to round eyes) will set you back \$1.30. All in all it is the best deal you will find here and consequently most people do it. The hospital is kept busy repairing the broken twisted bodies of tourists who thought that sounded like a good idea. We are on an island called Ko Phangan and the road rashes and scars from bike crashes are so common they have been given a name. They're called Phangan tattoos. The reason for all these crashes is that no one bothers to explain the rules of the road. Luckily you have me to fill that gap. Are you ready? OK. The rules are...THERE ARE NO RULES. In theory, motorists here drive on the left side but if you are

naive enough to believe it's a rule you will not survive the first five minutes. It is a clear case of might is right and devil take the hindmost so remember, if you are on a scooter and a local is in a truck; the truck makes the rules. Oh, and don't even think about complaining because....well that brings us to tip #3.

**TIP #3**

Communication. Forget everything you might have heard because the truth is nobody here speaks English. Now that would be fine with me, it is after all a foreign country, but the problem is that while none of them can speak it, they all seem to think they can. I get a headache just thinking about it. Here is an example of a typical conversation.

**Thai:** Good morning.

**Me:** Good morning. Nice day isn't it.

**Thai:** Ahhh, gobbledygook gobbledygook gobbledygook....day. Heh heh heh.

**Me:** (trying to be polite) Yes but it is a little hot though.

**Thai:** Ahhh, gobbledygook gobbledygook gobbledygook....hot. Heh heh heh.

After a couple weeks of that kind of crap I decided to trade places. Now the conversation goes something like this.

**Thai:** Good morning.

**Me:** Ahhh, gobbledygook gobbledygook gobbledygook....morning. Heh heh heh.

The practice isn't earning me any friends but it effectively ends the frustration and besides, I didn't come to Thailand to make friends.

**TIP #4**

Food. If there is a good reason to visit this smelly sauna, that would be it. The best advice I can offer on the subject is; the sleazier the establishment the better the food. You've probably seen pictures of refugee camps where thousands of people are living in makeshift shacks. Our favorite place to eat would make any

science would predict for these men, they were suffering only half the rate of deadly heart attacks as compared to the rest of Americans.

As we know now, the Mediterranean diet tends to actually have some health benefits, but in this particular scenario, these were poor immigrants that couldn't afford olive oil and were substituting local ingredients over traditional, and would use lard to fry their sausages and meatballs.

So we have a bunch of smoking, drinking, overweight men who have incredibly healthy hearts and almost no risk of cardiac arrest between the ages of 55 and 64. What was their secret? I can hear you all jumping up and down to know. After much scrutiny, testing, and deliberation, it was concluded to be something beyond traditional medical measure. It was the particularly strong family and community bond that had flourished in Roseto. There were typically three generations living in one home, the elderly were respected, the residents took care of their own. There were community

*Roseto was feeding itself with healthy relationships.*

rituals, evening strolls, many social clubs, and church festivals (other studies have shown that people practicing religion tend to have longer life expectancy, but not because of their faith or the relaxing and meditative qualities of prayer, but its encouragement to be socially active and engaged). As immigrants that had been originally shunned and isolated by other earlier immigrant groups, the residents of Roseto bound together and founded their own culture of cooperation and team spirit.

To put it simply, Roseto was feeding itself with healthy relationships. This has been a phenomenon observed many times in other studies. Furthermore, these studies reveal that overall health and longevity is improved where neighbours look after one another, there is mutual respect and cooperation contributed towards the welfare of a community and its inhabit-

ants, and that self indulgence and a lack of concern for others have a negative effect.

**TIP #5**

Teeth. If you are in need of extensive dental work then don't come to Thailand when Bangkok is flooding. Only an idiot would do something like that. The dentists are still open but apparently the labs are under water which explains why, after three weeks, this idiot still has a toothache. They tell me it will be another month before things are back to normal so tomorrow we are going to catch a ferry, bus and train to Bangkok where we will hopefully find the Indian embassy still open and an official who is inclined to let a cynical old redneck into his country. Once there it should be relatively easy to deal with my teeth and maybe even take care of the problem I am having with my wife. For some reason she seems to think this is some kind of holiday and she keeps trying to have fun. It's wearing me down but I can't imagine there being any fun to be had in India so in a couple of weeks, with any luck, she might be as miserable as I am.

Well anyway, if the ferry doesn't capsize, the bus doesn't crash, the train doesn't derail and nobody kills me in my sleep and if Indian security is slack, that's probably where I'll be the next time you hear from me. But wait. Before I go it just occurred to me that I have learned a few words of eastern wisdom I could share with you. Make what you can of them.

Gobbledygook gobbledygook gobbledygook....at least that's what I've been thinking. Heh heh heh.

**Next Deadline: Dec 28, 2011**



## Our Back Yard

by Galadriel Rael

### Roseto... Secrets to a Long Life

So, the Christmas season is upon us, along with the millions of bombarding ads that tell you how to eat right through the holidays and take off those extra pounds, or how to minimize your stress by shopping this way or that.

Have you ever stopped to wonder what is actually truly the best thing for your health? What if I suggested that it's not the veggies that you need to be focused on, but your friends and family? I know some of you are thinking there is no way my family is good for my health, but please, hear me out.

There are many studies that show strong social fiber (no pun intended) may be the health card that trumps even your eating habits. For example, when girlfriends are out together, they emit oxytocin, which is known as the "feel good" hormone. The release of this hormone is an effective and simple way of reducing stress. In fact, women without strong social connections may risk health issues comparatively serious to that of being substantially overweight or a smoker.

So that's all nice and dandy for the women, but what about the men? Over thirty years ago there was a study on an Italian-American town called Roseto after it was noticed that statistically it was defying medical logic. The men smoked and drank wine freely, worked in hazardous slate quarries, and ate in abundance traditional Italian food. But against what modern medical

*Relationships... are food for the soul....dole out a few more hugs.*

ants, and that self indulgence and a lack of concern for others have a negative effect.

Other ingredients to longevity are resilience and persistence, the ability to bounce back after hardship, characteristics that we are not born with but cultivate. Engaging in sports and giving back to your community are also important factors. Individuals who engage in the pursuit of goals and have a strong sense of accomplishment may live a longer life. Having a too laid back attitude can actually be bad for your health.

So, what do we learn from all of this? Relationships are nourishing, they are food for the soul, quite literally. Giving back to your community and feeding your social network can actually be the best diet you ever go on. Make an extra effort to see that everyone has someone, and dole out a few more hugs.

If friendship and tight knit circles of friendship can increase longevity by up to 22%, maybe this holiday season you can enjoy your loved ones and your shortbread, guilt free.

## The PAC Box

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

**PAC MEETING:** Our next PAC meeting will be held on Monday, Dec 12, 2011. Please join us. Call Ingrid at 227-9246 or email [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net) to be put on the agenda.

**HOT LUNCH PROGRAM:** The surveys are back in and the results show that most families would like to see the introduction of some meat to the program. Look for this to begin sometime in January. **Note: We are desperately in need of FORKS! If you have any, please drop them off at the school. Have a lunch on us as thanks!**



## Winter Wonderland Craft Fair

by Wendy Scott

If you missed it – be sorry! I think everyone who attended will agree, this year's Craft Fair in Riondel was a great place to be. Shopping was at its best – as you will see from the list of prizes donated from each vendor. On the stage a scrumptious lunch included a selection of soups, wonderful bread buns, and delectable goodies, along with tea, iced tea and coffee.

Report back from vendors indicates they were happy with their results. The shoppers were all sorry to admit they bought too much.

The sponsors of this year's fair, The Riondel Community Church, is extremely grateful for donations of soup and sweets from community members, with a special thank you to Oz for her incomparable bread buns. A very special thank you is also due to Fran O'Rourke and Sherlyne Green who organized the entire event, including the luncheon on the stage (with a bit of help from Wendy Scott and Beth Alguire). The luncheon would have been a dismal failure if it had not been for those dear ladies who left the building with dishpan hands – Sheila Arnott, Jill Lang, Chris Robertson, Sherrie Sutcliffe – our dear dishwashers.

Of course, we would have nothing to be pleased about without all you eager shoppers! Thanks for coming and spending all that hard earned cash. Thanks also to those who brought donations for the Christmas Food Hamper. The box is in Riondel Church now and we will add to it before Leona's deadline in mid-December.

### Here are the winners – See you next year!

- Tina McKnight - Bumbleberry Pie by Brenda Panio
- Beth Ludlow - Stained glass train by Beth & Emily and Knitted Hat by Karen Gilbert
- Winnie Fung - Card & Earrings by Susan Snead
- Marg Kehler - Avon Candle from Diane Derbyshire
- Linda Egeland - Tupperware container, Misty Soukchoff
- Kathy Fergus - Cards by Jenna Schell
- M. Robb - Wooden musical sleigh by Fiona McLaren
- Sue Corry - Fabric ball ornament by Sherlyne Green
- Val Downing - Card by Bree Rael
- Sheryl Milburn - Thread catcher by Dena Kubota
- Johannes van der Krabben - Card/Felted heart, Leah Wilson
- Lorna Robin - Black & White print by Dan Silakiewicz
- Hilde Schmidt - Princess House gift bag from Kathy Smith
- Diane Stokes - Plate w/ asrted squares, Comm. Church
- Terry Fiddick - China place setting, Dianne Hallstrom
- Christine Zelinsky - Ambrosia Artisan chocolate bar from Maureen Wetch and Table runner from Many Hands Quilters
- Jane Norris - Avon Santa towels from Diane Derbyshire
- The Blessing Baskets won by Kathy Smith and Jill Lang.

## '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 otherwise not 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.



### EMPLOYMENT OPPORTUNITY REGIONAL DISTRICT OF CENTRAL KOOTENAY LANDFILL ATTENDANT (Boswell and Crawford Bay transfer stations)

The Regional District of Central Kootenay is seeking a landfill attendant to work shifts at the Boswell transfer station and the Crawford Bay transfer station. This is a non-benefited position and no minimum or maximum hours are guaranteed.

**PREFERRED QUALIFICATIONS:** The successful applicant will have transportation to various sites, good public relations, cash handling experience and basic computer skills. A detailed copy of the job description can be found on our website: [www.rdck.bc.ca](http://www.rdck.bc.ca).

This is a union position and is covered by the terms and conditions of employment as set out in the Collective Agreement between the Regional District of Central Kootenay and CUPE Local 2262. The RDCK is an equal opportunity employer.

**APPLICATIONS** in the form of a resume and cover letter detailing qualifications and experience relative to the position will be accepted by the undersigned until **4:00 pm (local time) on Thursday, December 8, 2011.**

We thank all applicants but only those considered will be contacted.

David Bromley  
Resource Recovery Operations Supervisor  
Regional District of Central Kootenay  
Box 590, 202 Lakeside Drive  
Nelson, BC V1L 5R4  
Email: [dbromley@rdck.bc.ca](mailto:dbromley@rdck.bc.ca)  
Phone: 1-800-268-7325 / Fax: (250) 352-9300

## TOM SEZ

by Tom Lymbery

A survey by consumer electronic site Retrevo found that ten percent of people under 25 don't see anything wrong with texting during sex!

A personal survey has found the best pizza on the best shore at The Hub.

Three countries that are not metrified are the USA, Burma (Myanmar) and Liberia, who still use the imperial system, but trade internationally in metric. Will Canada ever be fully metric, instead of being stalled half way?

Reoccupy Nelson, Vancouver, or Whitehorse – Andrew Coyne, national editor of MacLean's Magazine, says that it's not the top 1% who make too much money, but the bottom 10% who don't have enough. If Canada added 2% to the HST, that would produce the funds needed to upgrade the bottom income levels.

Forwarded email has produced "An Obituary for Common Sense" as printed in the London Times. "Common sense lost the will to live when criminals received better treatment than their victims" and many more reasons that just don't make sense!

Beware: 'Air Miles' which won't allow you to use better airlines, such as WestJet, Pacific Coastal, or Air North. You also can't use 'air miles' to fly from Spokane. Consider a credit card such as Avion, with travel points that you can use on any airline, anywhere.

Columbia Basin Trust has assisted funding ATCO Wood Products of Fruitvale in purchasing the former Burlington Northern rail track between Fruitvale and the BNSF terminal at Waneta. This allows ATCO to continue to load rail cars with fir, larch and spruce veneer to be shipped to plants in the US and elsewhere to be made into plywood. If this railway was closed, then all the product would have to be handled by trucks, much more pollution than rail. Also included is retired locomotive 4519 and a long out of service passenger car, on display by the ATCO sawmill.

Those who picked up on a "Tom Sez" memo about Bolshoi Ballet, Metropolitan Opera and National Theatre programs at Trail's Royal Theatre report that the programs are indeed excellent. Check out [www.royaltheatretail.com](http://www.royaltheatretail.com) many of these are 2 pm Sundays through April, so are accessible from the best shore.

Shouldn't Greece and Italy be turfed out of the EU, and allowed to slide into bankruptcy, adjusting their ineptness by devaluing their currency, as they did before European Union? Whoever thought that Canada's economy would be affected by the sloths of Greece? When Charlotte Blanke visited Greece, she reported that the women did all the work, while the men did next to nothing.

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Santa is rumoured to be making an appearance, with special treasures for East Shore children.

Please bring your own plates, cutlery and mugs!

Sign-up sheets available at the Credit Union and the Crawford Bay Store until early December.

Don't miss out on this 6th annual feast!



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# Christmas 2011



## ~ blessings & Greetings ~

Celebrating the road that leads you home, the hearth that holds your heart and the place that feeds your soul - a perfectly contented Christmas wish to the entire East Shore and beyond from The Mainstreet.

The McKenzies of Applecross House wish each and every one of you a very Merry Christmas and good luck in the New Year.

Riondel Community Church  
May the blessings of Christmas surround you now and throughout the coming year.

Eastshore Garden of Remembrance  
Wishes you a Happy Christmas and a year full of fond memories.

Warm winter greetings from Willow, Shirley, Janet and Rob at North Woven Broom.

Peace, love & much merriment  
~ blessings of the season ~  
from the crew at blacksaltcafe.net.

A colourful and happy Christmas to all and many thanks for the support this year. Here's to a prosperous peaceful 2012 from Barefoot Weavers/Seamstresses

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

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

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

May you have the gladness of Christmas which is hope; the spirit of Christmas which is peace; and the heart of Christmas which is love.  
Wedgwood Manor.

Wishing each of you the happiness of a peaceful, productive and balanced life.  
Anna Rose, East Shore Physiotherapy.

Whatever is bright and beautiful, whatever means the most to you, whatever brings you happiness.... these are the things we wish for you and your family. Merry Christmas from the East Shore staff of the Nelson & District Credit Union.

May your season be filled with joy and peace - Merry Christmas from the Boswell Piecemakers - Boswell Nifty Needlers Quilt Guild.

Wishing you all a safe and jolly holiday season - Mark & Marion Johnston.

All the best of the season today and all year long - Newkey's Place  
Thank you so much for all your support from Gerry, Pam and all the wonderful, wild elves!

Wishing everyone fun, food and friend-filled festivities! (I promise, no more "f" words) With love from Carol, Chris, Theo and Joli.

To our wonderful East Shore customers, Peace, Hope, & Joy this Christmas Season from all of us at A Break in Time Caffe in downtown Creston.

Wishing all our great customers and their furry pets a Wonderful Christmas and a prosperous New Year! From all of us at the Creston Veterinary Hospital.

A safe and happy Christmas, and a fulfilling New Year, from the team at the Crawford Bay Store.

Wishing one and all a very blessed holiday season and all light, joy and prosperity in the coming New Year!  
Sacred Journey.

Kootenay Lake Chamber of Commerce would like to wish our wonderful East Shore a Merry Christmas and Happy New Year. Buying local, keeps it local.

The busy forging elves at Kootenay Forge would like to wish everyone a warm Christmas and New Year.

May the wonder of that first Christmas be with you always!  
Merry Christmas from Kootenay Lake Community Church.

Wishing you all a Merry Christmas filled with peace & joy from Shannon & Chris, Sirdar General Store.

Hilarious holidays to everyone on the East Shore who comes out to laugh at Village of Idiots in January.  
The Director.

May the magic of Christmas bring you much love, laughter and friendship and may that happiness continue in your lives long after Christmas is past.  
From our family and the staff at Bob's Bar & Grill, we send our wishes for a safe and cheerful holiday season.

Wishing you and yours a very Merry Christmas and a Happy, Healthy and Safe Holiday Season!  
All the Best in 2012 from Lenora Trenaman, School Trustee.

The very best of the season from Home Hardware, Creston! Thank you for all your support!

Happy holidays and wishes of an amazing 2012 to the whole community. Much love,  
The Belcourt-Marcheterre family

Wishing you all a snuggly winter with lots of pottery bowls full of warm hearty meals. With love,  
Dog Patch Pottery

Season Greetings to everyone involved with Guiding Hands Recreation Society. Wishing you a happy solstice. Blessings to all the creatures and may there be peace on earth.  
Happy Holidays

Happy Holidays and best wishes for 2012 from everyone at East Shore Hospice!

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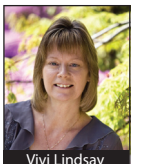
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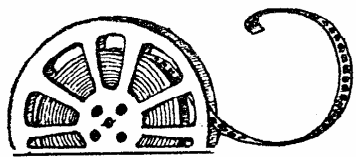
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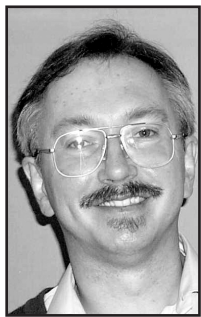


Vivi Lindsay



## Seldom Scene

by Gerald Panio



"Winnipeg, Winnipeg, Wonderful, Wonderful Winnipeg. It's not Eden, yet it's home sweet home to me.... snowy sleepwalking Winnipeg...How to escape? I must leave it. I must leave it now. How to find one's way out?...the Forks, the Assiniboine and the Red, the forks, the lap, the Heart of the Continent...the haunted wooly lap of my mother...always winter...always sleepy...stupefied with nostalgia...buried stories...the biomagnetic influence of bison...everything that happens in the city is a euphemism..." —from Guy Maddin's *My Winnipeg*

For big-time fans of Leonard Cohen, I could make this month's review really short: With *My Winnipeg* (2007), director Guy Maddin does for his home town what Leonard Cohen did for Saint Catherine Tekakwitha in his novel *Beautiful Losers*. Yup, there you have it. Like Catherine, Winnipeg becomes the palimpsest (Maddin's own word) for every incantatory obsession teeming in a fecund artistic brain operating at the speed of poetry.

Hey, let me try again. For big-time Federico Fellini fans, *My Winnipeg* is Guy Maddin's Roma—a demented Baedeker written by the world's most unreliable tour guide.

You're not a big-time Leonard Cohen or Fellini fan? Well, you're just going to have to stay with me a little longer before I start making sense. Hang in there, Guy Maddin's worth it.

Maddin is one of the finest filmmakers Canada has ever produced. A former bank teller and house painter, born and raised in Winnipeg, he's now made 28 long and short films in that city that have as unique a signature as anything done by Fellini, Bergman, Godard, Hitchcock, or Chaplin. If you think that's overly high praise, consider how Roger Ebert (who knows as much about cinema history as anyone on the planet) began his review of *My Winnipeg*: "If you love movies in the very sinews of your imagination, you should experience the work of Guy Maddin." That ain't faint praise.

One of the things that make a Maddin film unique is a visual style that looks like something out of the 1920s. Black & white photography, intertitles, a jittery camera, chiaroscuro lighting, flickering images, Expressionist distortion of space—it all looks like something you might expect to see in a movie rescued from an old film canister found in a post-Revolution Russian barn on the outskirts of Kiev.

Guy Maddin said he had his cinematic epiphany watching Luis Bunuel's *L'âge d'ôr* for the first time. It makes sense that this early surrealistic classic should be a keystone for Maddin's art. His films manage to short-circuit all those filters that most of us put up between our deepest inner desires and the public faces we need to negotiate our daily lives. I'm not sure if that unfiltered stuff is Freudian or Jungian or Lacanian or Groucho Marxian, but with every film he's going to take you somewhere you've never been.

12 **Mainstreet December 2011**

My Winnipeg is at one and the same time an historical portrait of the city, an autobiography, and a meditation. The casting is inspired. Aside from the city itself—with its forking rivers, snow-clogged back alleys, hockey arenas, train yards, railroad empire era architecture—there's actor Darcy Fehr playing Guy Maddin as a kind of train-bound semi-derelict trying desperately to escape his home town's gravitational field but trapped inside Winnipeg's event horizon and destined to never leave. There's classic B-movie actress and former femme fatale Anne Savage as Maddin's mother, a Bette Davis-style mynah-bird-snuffing Mother Goddam. Endearing, nonetheless. The actors who play Maddin's siblings look like shell-shocked *Leave It to Beaver* cast members who've accidentally wandered into a David Lynch movie. Dad is only vaguely glimpsed in a couple of photographs—a comforting presence but clearly not the driving force behind the Maddin psyche (at one point in the film Maddin describes his home, which was attached to the beauty salon run by his mother, as a "gynocracy").

Sports Hall of Famers like Fred Dunsmore get to play themselves, heroic figures from a semi-mythical past before the NHL and the collapse of Eaton's. Guy Maddin himself does the film's narration, a poetic monologue from a Prairie-born Virgil guiding the viewer through the storied circles of Winnipeg's historical hells, purgatories, and paradises.

I haven't a clue what's true and what's not. I'm pretty sure Maddin's dad's body wasn't exhumed and buried in his living room, that *Citizen Girl* didn't rally Winnipeggers towards a glorious Bolshevik future, that no 50-year TV series called *The Ledgesman* and featuring a suicidal protagonist was ever on Winnipeg screens, and that no team of old-time ex-hockey greats called the Black Tuesdays played in the Winnipeg arena as it was being demolished by a wrecking ball.

But did nine horses really flee a fire in a stable, caused by an electrocuted squirrel, in 1928, and wind up frozen in the Assiniboine River or Red River with their heads and necks sticking out of the ice? Did this garden of frozen horse heads really become a local tourist attraction and rendezvous for lovers? Did 5000 Rotary club members dress up as Nazis on February 19, 1942, and fake a German occupation of the city in order to raise money for the war effort? Does Winnipeg really have ten times more sleepwalkers per capita than any other major city? And if it is true, what does that

mean? Is there an official bylaw that says homeowners in certain neighborhoods are obliged to shelter sleepwalkers? Did Winnipeg's first mayor, Frank Cornish, officiate at decadent Golden Boy beauty pageants in the Paddlewheel nightclub, and then stack the city staff with the winners? (The historical record does show him as being accused of "bigamy, assault, drunkenness and boisterous public disputes" prior to arriving in Winnipeg, and publically calling the Chief of Police a "toad-eating Communist.")

There's much, much more. Was the Happyland amusement park destroyed by a bison stampede in 1932, and was the wreckage hauled to a Winnipeg rooftop to be reconstituted as a home for derelicts banned by law from the city's streets? Did Winnipeg really have a Public Bath with swimming pools on three different floors—unique in North America? Does every building the Manitoba Hall of Fame moves into go

bankrupt? Was Guy Maddin literally born during a game between the Trail Smoke Eaters and the Winnipeg Maroons in the now-condemned old Winnipeg Arena? Was the timing of his father's death and the demolition of the old arena a mere coincidence?

And what of Lorette Avenue—is it a hermaphrodite street that no one dares speak of? Does the Arlington Street Bridge secretly pine for the Egyptian landscape it was originally built for but didn't fit? Is there some potent ectoplasmic or spiritual energy associated with the Forks, the confluence of the Assiniboine and Red Rivers at the heart of Winnipeg? Do other, secret rivers flow beneath the surface ones?

And perhaps the biggest question of all: What if Eaton's hadn't gone bust? If the retail juggernaut that consumed 65 cents out of every Winnipegger's consumer dollar were still proudly standing downtown, what would Winnipeg be today?

It all makes me want to jump on a Greyhound bus, head off to Manitoba, rent a room on Portage Avenue and try to figure out what's real and what's bullshit. Thanks to the surreal magic of Guy Maddin's art, Winnipeg has established itself in my imagination alongside Vancouver, Montreal, New York, Paris, and Tokyo. I spent one day there some 30 years ago, getting off the Greyhound to say hello to my mother's long-lost uncle before heading home to Castlegar. Guy Maddin's first short film, *The Dead Father*, was still some five years in the future. Before I left, I stuffed my backpack with a dozen Tarzan paperbacks, circa 1963, found in a Sally Anne downtown on a cold morning when it seemed like there was no one in the streets. Uncle Joe & Tarzan—tenuous connections, I know, but it's still *My Winnipeg*.

(*My Winnipeg* is available at Reo's Videos in Nelson, and through Netflix and Zip.ca.)



## The Fitness Place



### December Hours:

Hours may vary during holidays

Mon: 6:30-10:30 am & 6-8 pm

Tue: 8:30-10:30 am & 6-8 pm

Wed: 6:30-10:30 am & 6-8 pm

Thur: 8:30-10:30 am & 6-8 pm

Fri: 6:30-10:30 am

Sat: 8:30 - 10:30 am

### Student Special:

\*Students, who always have free access during school hours, will now also have free access November-January

### First Time Special:

Your first visit to the Fitness Place is always free! Come check it out.

Remember to wear clean indoor shoes and bring a water bottle & towel.

# In the Works Onstage: *Village of Idiots*

by Doreen Zaiss



Rabbi Ali George calms the people of Chelm in a rehearsal of *Village of Idiots* in November. Also pictures are Janet Wallace, Jacqueline Wedge, Robert Agnew, Ingrid Baetzel and Grace George.

Photo: Doreen Zaiss

A Polish shetl, or Jewish village, near the Russian border in the 1800's is the scene for the Hexagon Players' second production, *Village of Idiots* by Canadian playwright John Lazarus. Based on a series of traditional Yiddish folktales, the play's mood ranges from slapstick to tragic and meets half way in counterintuitive brilliance.

The citizens of Chelm challenge our sense of reason by relying on the annual pickled herring harvest for their income; by carrying logs uphill so they can take the easy route of rolling them downhill; by looking in the light of the outdoors for items lost in the dark of the house. Meanwhile, the Cossack forces are gathering to attack the village and kill the inhabitants "first because they are Jews, and second because they are idiots."

The play is hilarious, tender, heartfelt and heart wrenching. It is difficult, delightful, and challenging. Hopefully it will fill the souls of cast and audience alike with a sense of radiance emerging from chaos.

A cast of twenty East Shore actors (women, men and children) have been rehearsing this full-length play since early September. The actors are responsible for all the duties inherent in producing a play: costumes, sets, props, publicity — the works. The plan is to perform it in the second half of January at the Crawford Bay School's wonderful theatre facility. We want to thank Dan Rude and Lori O'Neill for allowing us to rehearse every Thursday evening in that space. Their sharing spirit is one more example of school-community cooperation and creativity. Thanks also to Diane Starkewski for working around and with us in her custodial duties.

# Ian "Junk" Tonino Odyssey of an East Shore Dreamer

A Mainstreet Interview

Mainstreet conducted an interview with East Shore native, Ian "Junk" Tonino, who has gone on in the world to carve quite a name for himself in the Canadian rap industry. Recently, Ian has been taking the rap battle league by storm and bringing his word warring skills around with the world in competition.

**Tell us a little about your East Shore history... When did you move here? Where did your family come from?**

I moved to the East Shore from Germany circa 1994. I went to CBESS from grade two until grade eleven. It still makes me laugh... not even 200 kids from grade 1 to grade 12 all in one relatively small building. My family is German and Italian, which is a weird mix, especially during world cup. I lived in both Italy and Germany until my mother and I made the transition to British Columbia.

**When did you get into spoken word/rap/performance art? What do you call it?**

Well let's call it rapping. I got into it at the age of 13 or so. I idolized my favorite rappers and wrote rhymes from their perspectives, which is funny because most of the subject matter was relating to drugs, murder and sex. Once I realized that I had my own story to tell, I began focusing on putting my own life into a detailed realm of rhyming. I would sit in my room with an old Hitachi cassette recorder and a children's Yamaha keyboard and make beats while rapping into the cassette player. Ever since having the ability to record myself I became instantly hooked on the process.

**Tell us about the challenges you've been taking part in... What's KOTD? Was that a big one for you? Where else have they taken you?**

KOTD (King of the Dot) is a rap battle league. It's the biggest urban movement in Canada and the 2nd largest battle league in the world. I have been in numerous matches from Vancouver to Toronto. This type of platform, in my opinion, is the new underground hip hop. The whole world of hip hop has turned to watching and listening to the lyricism of the competitors, so if anyone wants to be heard, it's definitely a great place for that to happen. All my KOTD matches have been important to me equally. Win or lose, it's a great way to earn credibility, but I'd have to say the biggest competition I've been in was just in last June. I won this competition called EO DUB in Vancouver, making me the provincial champ, which took me to Toronto to become the first Canadian national champion. This took me to Paris, France to represent Canada. In Paris, I took third place in the world out of sixteen countries. Besides the competition going so well, I was bombarded by radio station shows, MTV interviews and recording sessions, plus my father came and stayed with me in my hotel room to witness all the chaos. This was the best experience of my life, hands down.

**Where did "Junk" come from?**

Junk was a name given to me when I was about 15, and it stuck ever since. It's actually an abbreviation of

Junkie Juggler, which, to me, meant being an addict in every aspect of my life, whether it's music, film, art, sports whatever... a juggling category junkie type of thing. I realized it was little too much for some people so I cut it to Junk.

**What was your first success?**

I can't really define that, but, if I had to pick one, I would say learning English and being able to rap in the art's original language.

**What was your first album? Can you talk a bit about your early forays into this genre?**

My first album was called *Iron Soul Poetry* with my first group which was called Carpe Diem. My first solo project was *Radio Soap* which I also have a video for on YouTube. I was 19 and living on this producer's couch with his pitbull for a few months. He had a studio right in the apartment so we decided to go hard and pull out an album. A fun fact for the readers in the Kootenays is that it was all done above the old Rice Bowl in Nelson.

**Where does the performing gene come from?**

I think performing is genetic. My father is a musician and seeing him in his element at an early age was just the little kick I needed to go out and do it on my own.

**What are your longer term plans and dreams? Where can we check you out?**

My plan is to tour the world with my music. My dream is the same and I will do it there is no stopping me. Baby steps to giant leaps are in the works.

You can check my videos on my JUNK FAN PAGE on Facebook. Just type that while you're on Facebook and you'll see a list of my music, videos and photos. Also type Junk KOTD in YouTube and you'll see lots of things pop up. You can also download a free digital mixtape I did two years back at [junk604.bandcamp.com](http://junk604.bandcamp.com)

**Are you coming back to the shore sometime soon? When did you play Starbelly? Would you again?**

I would love to play the next Starbelly. I think I played the last one in 2005, and to this day I consider that one of my most special moments performing. It was great to see all the variety of people from my childhood from teachers, friends, and former baby sitters, all watching me with big smiles. It was a beautiful homecoming. Bottom line - I love the shore. It shaped a lot of me into what I am today so I'll never forget. Thank you.

## PAINT-A-THON 2012

by Jacqueline Wedge

In mid-to-late March 2012, another fabulous fun-filled frenetic paint-a-thon will be held at the Crawford Bay Hall. 12 painters will get all creative for an entire day, and then the art made will be auctioned-off at night over a huge all-you-can-eat meal. A real 'bidding' auction (with paddles and everything!), a plethora of amazing local art to choose from, great food, demonstrations, and friendly competition.

This is a fund-raiser for music and art projects on the East Shore. The 2011 paint-a-thon funds (\$3300) brought music back into the elementary school and is going toward making more marimbas for community use.

**THIS IS A CALL TO ARTISTS: If you are interested in becoming a famous-for-a-day peddled privileged paint-a-thon participant, contact Jacqueline Wedge at 227-6803.**

December 2011 Mainstreet 13

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## BOOK REVIEWS

by Tom Lymbery

*WEST COAST WRECKS & other Maritime Tales, Raincoast Chronicles 21*, by Rick James, Harbour Publishing, \$19.95

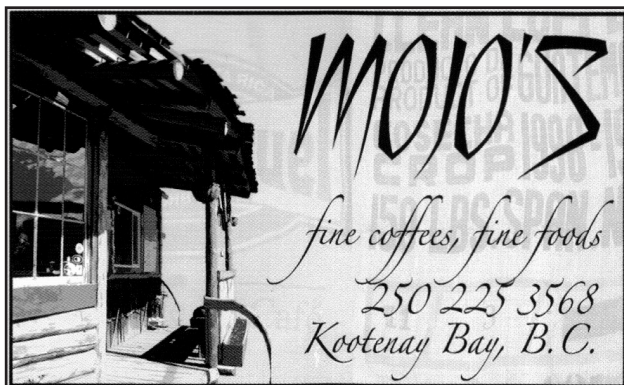
BC's rock-bound coast has as many shipwrecks as anywhere in the world. From the Queen Charlottes Islands to the Straits of Juan de Fuca are some of the most treacherous waters anywhere on the planet.

There are stories of wrecks from the classic, Maria J. Smith, on the shore of Barkley Sound in 1969, floating free of the rocks she was stranded on. Then sailing unmanned like the Flying Dutchman, until finally foundering on an island in Hecate Straits.

21 chapters include the story of two Chinese Junks that actually made it all the way, one to Victoria in 1922 and the second to Ocean Falls in 1939. Twenty wooden 3000 ton freighters were built in Victoria, 1917 - 1918 to try and keep up with the steel ships being sunk by U Boats in the Atlantic in the 1914-18 war. And the final chapter has the story of Easthope Engines, built on the coast, becoming for many years the most reliable and popular power for fishboats.

A strange sinking was that of the Union Steamship's Capilano, built in 1891. Reliably serving the coast, as well as the Klondike gold rush of 1898, this was freak accident in 1915. Approaching Van Anda on Texada Island in a dark and smoky night, the crew thought they had struck a drift log. After finding little water in the hold, the boat left to cross to Campbell River, and running into stormy sea, was found to be taking on water fast. The captain and crew took to a boat before the Capilano sank. Instead of hitting a log the ship had actually hit rocks, some of which plugged the hole, until the storm dislodged them.

Many pictures of four-masted sailing ships are in this book. Most of these were converted to log barges. After serving well for this purpose, they became breakwaters, and the rusted remains of some can still be seen.



*PASSING THROUGH MISSING PAGES - the Intriguing Story of Annie Garland Foster*, by Frances Welwood, 253 pages, Caitlin Press, \$24.95

What an intriguing title! You will have to read this book to find out what it means. Annie was a New Brunswick native who married the editor of the *Nelson Daily News*, became the first woman city councilor in Nelson, taught school at Balfour, and Waneta, and became a prolific author.

The somewhat formidable front cover photo shouldn't deter you from reading, and shelving for reference, this well researched volume. "Acknowledgments to Individuals" includes 27 names, from Ted Affleck, Alistair Fraser, to Greg Nesteroff, and Greg Scott, a true sampling of Kootenay historians. Since Annie was, in 1896, an early graduate of the University of New Brunswick, where some of her fonds\* reside, I suspect that Frances and Ron Welwood tracked several trips there.

Annie wrote an autobiography in 1939, *Passing Through* and was an essentially private lady, who left out the town and village names where she had been a schoolteacher or nurse. She also clipped out a chapter - never to be found. This created quite a challenge for Frances to uncover. Without the internet, this book may well have taken two more years to complete.

For westerners, Annie's family, her status as a female graduate of the University of New Brunswick, her positions as nurse and teacher, give us some idea of a the Maritimes of long ago. We miss the snippets of humour that can liven a history. However this formidable lady's background is very necessary to the continuing story of one who became an author in her later years. After following her husband to England, she nursed at more than one hospital for the wounded. From this she fought valiantly for the benefits that returned men had been promised, but were not coming from an apparently uncaring Ottawa.

The visit of Canada's most eminent suffragette - Emmeline Pankhurst to a Women's Institute 1921 conference in Crawford Bay is recorded, with a full page report. A lingering local story of that day reports that the men of Crawford Bay took the day to work on the trail to Lime Lake.

Thirty two staff of the *Nelson Daily News* are pictured in May 1912 - confirming that it was a very important publication - serving much of the BC interior. Nelson had many head offices of mining companies, as well as being a major distribution centre.

I expected some suppositions as to why the missing pages, but Frances has wisely left that to the reader.

\*Fonds - an archival term used to describe the aggregation of documents that originate from the same source, replacing the misleading term "collection".

## East Shore Community Library/ Reading Centre

by David George

REALLY BIG BOOK SALE

Yes, we have a really big book sale going on all through December!

Hundreds and thousands of books (well, more than a thousand books, taped books, and videocassettes) are going for bargain prices for the month of December. Look for them in the upstairs lobby just outside the library doors. Prices? By donation. Come in a buy a bag of good books this month.

We have fiction, non-fiction, children's books, books on audiotape, and videos.

We will be open our usual hours, Tuesdays and Saturdays from Noon to 3pm, and Thursday evenings from 7 to 9pm. The library will not be open Christmas Eve and people should check during the month as to whether we will be open on December 31.

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## Riondel Community Library

by Muriel Crowe

Winter has arrived and I have heard a variety of responses to that fact. One of the most encouraging responses for me was, "Now I'll have more time to read." That is a pleasure to me as I am delighted to see our statistics stay high, and it also is proof positive that we should purchase more books.

Luckily the publishers are issuing many new books at this time of year so that makes that prospect more exciting. Please get any requests in soon.

We are working on a contest for the new year or possibly sooner. This will continue over a span of several months so don't panic about missing it. The only hints I will give for now are that one part of it will have "Canada" in its title and the other will be "I like books". We are pleased to announce that Anna McGill is our November random gift winner. There will be one more winner in December.

Come browse, borrow a book or ten and visit with your neighbours at the same time.

All our volunteers join in thanking you for your support this past year. We hope you have a wonderful winter, that however you celebrate the holidays makes it a happy occasion and that the New Year brings health and contentment.



### RDCK Resource Recovery Facilities HOLIDAY SEASON HOURS OF OPERATION

All Waste Facilities will be **CLOSED** on:  
Sunday, December 25, 2011, Monday, December 26, 2011  
& Sunday, January 1, 2012

Facilities that are normally open will **CLOSE** at 2:00 pm on:  
Saturday, December 24, 2011 & Saturday, December 31, 2011

Christmas trees will be accepted at Resource Recovery facilities during December and January.

Residential disposal user fees are

1 tree = \$2.00; 2 trees = \$4.00; 3 or more trees = \$5.00

During the months of December and January residents of the RDCK (non-commercial only please) can drop off strings of old Christmas lights at any waste facility FREE OF CHARGE



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





pebbles  
by Wendy Scott  
**A Place in the Sun**

The Pacific coast of Vancouver Island is a ragged collection of fragments: barren rocks, small islands, hot-springs spilling into the

ocean, sudden waterfalls and meadows full of ancient flowers. The sea claims and re-claims exotic beaches and rushes into fjords and inlets to poke and scrape at the land with skinny tidal fingers. Small villages sit in protected bays with a few larger towns at the top of those long inlets.

There are cities here as well; beautiful cities and towns full of old books, eclectic craft shops, pumpkin fields, fat cobs of sweet corn, B&B's on lavender farms, and rooftops for goats. Logging roads and winding trails lead into forests and through creek beds to discoveries of hidden lakes.

For fifteen years, Bruce and I lived on Vancouver Island and took every opportunity to explore and search for that special place in the sun.

Why am I telling you this while white stuff blows outside obliterating our Indian summer? Well, is that not a good enough reason to remember warm places? I think it is. So come along with me into some of those sunny discoveries.

A rain forest at the northern tip of Vancouver Island spreads across the 22,000 hectares of Cape Scott Provincial Park. There's no brilliant sunshine here, in fact a person must look up to where the bending tallness of fir and pine lean together across a scrap of sky. There a single shaft of sunlight might sift through the tangled dome of branches and touch the gravel pathway at your feet. This path and many similar trails past ancient giants and young saplings have existed here for hundreds of years ever since First Nations tribes hunted and traded in this forest. The Indians were not farmers, but in the late 1800's Danish settlers brought their farming and fishing skills to this remote, forested place, only to be overwhelmed by the established forest and the relentless and unpredictable sea. Undefeated, the Danes founded settlements on the western coast at Winter Harbour and Quatsino, where Danish communities still exist.

Seeking sunshine through this solemn gathering of ancient trees, a person must decide between two directions: a long eight hour trek on the Cape Scott trail, or a forty-five minute hike to San Josef Bay. Taking the shorter route it is a surprise of sound that first breaks the silence of the trees then a shock of sunlight and the steady roll of surf as the sea creeps across the long, gentle slope of sand. It is peaceful leaning against a log in the sunshine. Past the long curve of sand, the aspect is of endless sea. It is not difficult to imagine the power and strength of the ocean, and it's refusal to accept being tamed by the likes of wharfs and docks. And indeed you can search many miles along this northern coastline without discovering a welcoming harbour. Many were begun. Few survived.

Fiords, inlets, and coves along the island's west coast repress the fury of the sea and allow safe harbours. The sea occasionally bursts from an inlet and funnels wind and water into the wide boundaries of a large lake. Nitinat is such a lake; sheer cliffs guard its northern edge, but if you linger on a beach along the south shore, you will catch the unmistakable scent of the sea. That wind from the Pacific turns this lake into an absolute must for wind-surfers and its surface is often crowded with the tip and tilt of multi-coloured sails.

West coast towns of Port Alice, Tahsis, and further inland, Gold River and Port Alberni, have been active

in the forest industry, but more recently, welcome tourists to their idyllic locations. Visitors are drawn to Tofino and Ucleulet, not only for the thrill of spotting whales – close up – but for the opportunity to explore galleries, studios and gift shops featuring native Indian art and crafts from this Northwest coast.

The small town of Bamfield is about the size of Riondel but with part of the town accessible only by water. This remarkable and unique place supports The Marine Sciences Centre. Recognized as Canada's foremost research and training facility, the centre attracts students from all over North America as well as universities and colleges in other parts of the world.

The Lester Pearson College of the Pacific, located on the southern tip of Vancouver Island on 75 acres of old growth forest, Garry Oak meadows and the twisted red trunks of arbutus, draws students from schools with Baccalaureate programs in this country and elsewhere.

The sea is present in all these locations, as it is in other quiet, almost private spots like Evening Cove – just a short distance from Ladysmith – there's space here for three or four to enjoy the little beach, or if time and tide is right, to dig for clams. Even though sandstone ledges and cliffs stretch away on either side of the beach affording plenty of space for exploration, this is still a spot best kept for a select few.

Tucked away from the sea and not far from the well known Nitinat Lake there's a hidden gem. Four wheel drive for this excursion takes you down a very narrow road and over a running creek. From there on boulders must be climbed and shrubbery parted until a clearing reveals a rocky beach and Francis Lake. The lake water is exceptionally soft and clear, and in July, warm. The lake was named for Lieutenant Colonel Francis Robertson, who owned timber in this area. The Colonel, a veteran wounded twice during the First World War, and an outdoor enthusiast was a member of The Alpine Club of Canada and in 1912, made the first ascent of Elkhorn Mountain in Strathcona Provincial Park. These recorded facts are not as important as the thought that the man who could easily have desecrated the trees, the rocks and the stream we came through, did not do so, but held this peaceful place – for himself, perhaps, and for all those who for a hundred years have come across the creek and through the trees to enjoy a Colonel's quiet spot.

With all these warm thoughts in mind, I watch clouds slide their flat landscapes across the sky as the Kootenay Lake ferry turns. It's cold. Elusive sunny breaks touch the choppy gray surface of the water briefly and sundogs, those tiny scraps of rainbow, colour the moving sky. Smoke from autumn fires rises between the mountains, but beaches are defined with a ragged whiteness from yesterday's snow when those mountainsides promised winter.

On the return trip from Balfour the water has turned golden and glitters in the low sun. In my mirror I see its yellow ball sitting on the ridge of the mountain, making the trees poke up like birthday candles. So it's almost Christmas – why not celebrate the hundred years – and counting, of our East Shore communities. Go ahead, light the lights. Wish your friends a Merry Christmas, a Happy Hanukkah, or whatever else is appropriate. And above all, celebrate the lake and our unparalleled and singularly beautiful surroundings.

May your Christmas be soft, gentle, and happy.

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**Bible Talk**

by Pastor Doug Middlebrook

**Psalm 1:1 Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; 2 But his**

**delight is in the law of the LORD, And in His law he meditates day and night. 3 He shall be like a tree Planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper. 4 The ungodly are not so, But are like the chaff which the wind drives away. 5 Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. 6 For the LORD knows the way of the righteous, But the way of the ungodly shall perish.**

As we look into this the first Psalm, we will see a clear picture between the righteous way (verses 1-3) and that of the unrighteous (verses 4-6). First we need to understand that the word man in verse 1 is not gender related but means mankind.

Who walks not tells us that there is no blessing in walking in ungodly counsel. The reference to ungodly counsel speaks to walking a path that leads to wickedness. He emphasizes this by adding the two phrases standing with sinners or sitting with them. These terms are not meant to be defined as the physical act, though there is a concern with that as well. It refers more to that of being in agreement with them.

In the delight of the law of the Lord tells us that we should find our joy there, not in the involvement with the unrighteous but in the Lord, particularly in His word. The bible is God's instruction guide to a life that will be blessed by Him if followed. A tree planted by the river has a better chance of living. We need to remember that this is written in the Middle East, which has a lot of barren land, so along the river bank one could find life more abundantly. Trees there would have deep roots and would not be removed easily. By the river it has a better chance to reproduce and live longer, because it has a supply of water.

This person will do well; he will prosper in whatever he does, verse three says. To prosper does not always refer to finance. It is not a guarantee to money, but to being useful for the Lord's work.

The next three verses speak to the ungodly. Chaff is the stuff that is blown away from the threshing floor of wheat by the wind. He is telling us there is no stability in the ungodly way. If we walk in these ways we too could be blown away from the truth.

In the first three verses God tells us, that we are blessed if we do not walk in this way, we see that those who walk in ungodly counsel will not stand or sit with the righteous come the Day of Judgment.

The last verse in this passage tells that God knows and has warned us of His ways and that He will not allow the ungodly into Heaven, but that they will perish. It is my prayer that as we read and learn the word together that Godly wisdom and understanding comes to us all, that we might come to know Him and His ways little better.

God wants us to walk according to His law because He knows the blessing that come from it. He also knows the hurt that will happen if we do not. I'd like to take this time to wish everyone a very Merry Christmas and a Happy New Year. God blessing to each one.

*Next Deadline:*

*Dec 28, 2011*



## Tom's Corner

by Tom Lymbery

### Cataline the Packer

A fascinating character, Cataline moved north to Canada after the California gold rush. He arrived in Yale in time for the 1858 Fraser River gold rush, to transport goods by pack train to Barkerville and the Cariboo goldfields. As wagon trains and other means of transport moved into an area, Cataline moved on to wherever there was a need for pack trains to penetrate roadless country.

Cataline's real name was Jean Jacques Caux. He was a Frenchman, born around 1832 in Oloron-St. Marie, in the province of Bearn in the French Pyrenees. The origin of the name "Cataline" is not clear. Some link his name to the Spanish region of Catalonia. Others have said he used to call out "Cataline" to get his mule train moving after a rest stop. Cataline's speech was a mélange of languages, for his pack-train crews were made up of men of indigenous, Chinese, European, and mixed descent.

Cataline was a packer without equal. Although illiterate, he could keep amazing records in his head. He knew exactly what items were on each animal, and to whom they were to be delivered, even though he had up to 60 mules in his pack train. On one occasion a small package was missing, so he made good to the owner. It was found to contain two pounds of Limburger cheese, and one of Cataline's men, believing it to be rotten, had thrown it away.

For a good many years the centre of packing was in Hazelton, at the confluence of the Skeena and Bulkley Rivers. Supplies came up the river from the coast on sternwheelers, climbing over 700 feet on a seasonal route that was perilous for the boats. From Hazelton, Cataline's mules moved the goods hundreds of miles through the Babine country to gold claims northwest of Fort St. James, where miners and others survived only on the bacon, beans and flour that the mules had brought.

Cataline would start each trip wearing heavy wool pants, boots with no socks, and a new white boiled shirt. He returned wearing the same shirt, with his hair longer than ever. Whenever he had a drink, he would wipe some on his hair, saying "A leettle on the outside, a leettle on the inside". He told his friend Sperry Cline that if you put a little of every drink outside, you would not have a hangover next morning. His mules carried a birch and rawhide chair, and he would sit in his chair to negotiate his business, while everyone else was sitting on the ground.

Cataline ran his pack trains in the far north for fifty years, until mounting debts forced him to sell his mules in 1912. He spent his last years in Hazelton and died there in 1922. In early August 2011, I asked at their sternwheeler-style museum how to find his grave, and got the reply that I would be fortunate if I found it.

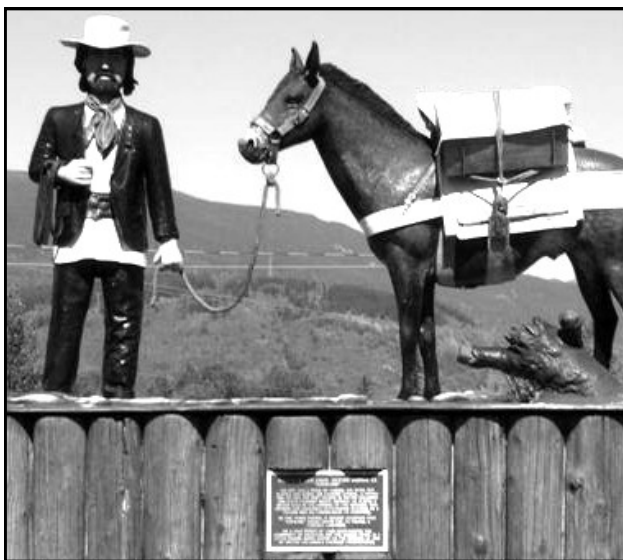


The cemetery is a beautiful site, looking down on the town and the Skeena river. However, it's a sadly neglected graveyard, with possibly 150 graves, sunken and unmarked - I kept tripping into these depressions, some 18" deep.

About 150 others had been marked with an ornamental wire fence. Most of these had subsided with grass and brush growing through, although a mower had made at least one trip around the outside of the area. At last I found some readable stones dated 1922, and in that row there is a stone and mortar monument. Though I

16 Mainstreet December 2011

could find no inscription, it matched the hazy photo of the packer's grave in a brochure. Sharon was waiting in the car, unwilling to follow me through the depressing grounds.



Statue of Cataline with loaded mule at the Hazelton Information Centre.

Photo: Tom Lymbery

There are two different Cataline Motels at different towns on Highway 16, and at the turnoff to Old Hazelton and the rivers, is an information booth with a life-size statue of Cataline and a mule carrying a load, so he does have recognition. There is a Cataline Creek near Hazelton, and the Cataline Elementary School in Williams Lake. There is a movie, *The Legend of Cataline* by Red Letter Films (I challenge Gerald Panio to find this one). Legends abound for this fabulous character who has fascinated me. He is mentioned in numerous B.C. history books, including Robin Skelton's *They Call It The Cariboo*, and in many stories on the web. Among the best are [www.packtrail.com/stories.html](http://www.packtrail.com/stories.html) (click on "Cataline" by Sperry Cline); and [www.biographi.ca](http://www.biographi.ca) (look up "Caux, Jean (known as Cataline)").

I could fill a *Mainstreet* with Cataline stories, so if you want more, please email me [lymbery@netidea.com](mailto:lymbery@netidea.com)



Jean Caux (Cataline), in an undated photo.

Photo: Irene Bjerky, [www.packtrail.com](http://www.packtrail.com)

**Next Deadline:**

**Dec 28, 2011**



## East Shore Hospice News:

by Alexis Phillips,  
Coordinator East  
Shore Hospice

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

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. 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 gives people the opportunity to slow down and take a moment to remember and honor loved ones that have died. The remembrance cards are filled out with the name of the loved one 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.

East Shore Hospice is currently looking for volunteers. If you are interested in joining our team we are actively recruiting and will host a training program when we have enough interest. Training is mandatory for anyone interested in volunteering one-on-one with clients. Applications are now available on-line at [www.nelsonhospice.org](http://www.nelsonhospice.org) to be downloaded, completed and returned to the area coordinator. Current volunteers are welcome to participate in any part of the training at no cost. Please call the East Shore Hospice office at 250-227-9006 (ext. 29) for more information.

## Behind the Wheel

Update your Driving Skills and Knowledge

### Do I Have to Produce My Driver's Licence?

For most of us, there is no way around it. If we drive a motor vehicle on a highway we must carry our driver's licence with us at all times and produce it on the demand of a police officer. We must also allow the officer to take it in hand and examine it. There is no 24 hour grace period to produce it at your convenience, contrary to what many people commonly think.

If the officer asks, we must also state our name and current address. A response of "It's printed right there on the licence" is not acceptable.

A driver's licence is important to an officer doing traffic enforcement. It properly identifies you, sets out what kind of vehicles you may operate and could include other restrictions and privileges. Being able to produce your licence when asked reduces the possibility that you are a prohibited or suspended driver.

Police officers are permitted to take photos of a driver as part of their investigational notes. I often did this when I stopped a driver who could not produce a licence. The photo sometimes turned out to be important later on to positively identify the driver for court purposes. It also resolved personation complaints when the driver knew they were not properly licensed and masqueraded as a friend or family member who did to avoid prosecution.

Legal purposes aside, carrying your driver's licence can assist medical treatment and notifying next of kin if you are killed or injured in a collision.

The author is a retired constable with many years of traffic enforcement experience.

To comment or learn more, please visit [www.drivesmartbc.ca](http://www.drivesmartbc.ca).

kis

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## Answers from the Physio

by Anna Rose, Physiotherapist

*Q. I sprained my ankle two days ago – do I need to see a physio?*

*A. That depends on the severity of the sprain and how comfortable you are*

*with guiding yourself through the recovery process.*

### Brief anatomy lesson

Remember that a ligament is a relatively non-stretchy connective tissue band joining one bone to another bone.

The ligament that passes forward from the knobby lower end of your fibula on the outer side of your ankle is the most commonly sprained ligament in the body. It attaches to the talus, one of the seven bones of the hind and mid-foot. Since there is another ligament passing backward, this front one is called the anterior (forward) talofibular ligament. A vertically oriented calcaneofibular ligament is positioned between these two, attaching to the calcaneus, or “heel bone”.

The inner side of the ankle has a much stronger, deltoid (triangular) ligament, which is sprained less often. Another ligament that can be sprained is at the front of the ankle between the lower ends of the two lower leg bones, called the anterior inferior (lower, not poor-quality) tibiofibular ligament.

### Mechanisms of common injuries

“Rolling over” onto the outer border of your foot puts tension on the ligaments on the outer side of your ankle. A gentle roll, such as may happen when strolling on soft sand, may only stretch them to their full tightness without surpassing their strength. Add more force and you will tear fibres in one or more ligaments, setting off inflammation with its signs of swelling and pain. This tear is called a sprain.

The ankle joint is more vulnerable to sprains of the side ligaments when the foot is pointed down, as in running downhill, or in landing on the little toe side of your forefoot after a jump in basketball.

The anterior inferior talofibular ligament is sprained in a forceful impact with the foot flexed upwards, as in slipping off a log on the trail and jamming your heel downwards into a hole.

### When to see a physio

After a day or two of treating your injured ankle with the PRICE method of Protection, Rest, Ice, Compression and Elevation, you will likely know if the sprain is something you feel comfortable handling yourself or not. Indications for at least one physiotherapy visit include:

- lack of experience with similar injuries
- too much experience with this same injury – maybe your ligaments have healed poorly from previous sprains, and a little professional advice is needed to reduce the risk of future sprains
- signs of the injury being more than just “mild”, e.g. continued inability to put full weight on that foot, a lot of swelling, pain in a larger area or multiple areas which could indicate the involvement of tendons or other ligaments
- work or recreation involving above-average stress on your ankles

It can also happen that you are comfortable dealing with the sprain for a couple of weeks, then as you increase your activities you discover that it isn't as far along in its healing as you'd thought. That's also a good time to see a physio.

### What a physio will do

A physio will first do a thorough assessment, grading the sprain's severity and giving recommendations for further medical attention if required. Then, the physio will use various techniques and prescribe a home program to

- reduce pain and swelling
- decrease stress on the injured structures, which may include the use of a brace, cane or crutches
- restore full range of motion and muscle strength at the ankle and neighbouring joints
- restore proprioception, that system of nerve connections which senses joint position and initiates the proper reactions to prevent falls and injuries
- gradually increase your activities

Now that winter is here with its slippery conditions, take care to prevent falls, but if you do fall and sprain an ankle, you'll have a better idea what to do.

## Remembrance Day 2011

by Wendy Scott

Music filled the auditorium in Riondel. Marg Kehler's compelling piano, Kathy Turner's glorious trumpet and voices singing and praying together to commemorate and to remember.

The Canada Song was presented beautifully by Cheryl Middlebrook. Doug Middlebrook guided the prayers and gave the blessing.

Larry Ireland organized the ceremony, as he has done for many years and the Riondel Seniors group provided wonderful refreshments, as they have done for much longer than I can remember.

A dozen wreaths were laid today by organizations and individuals.

Larry reminded everyone that Remembrance Day and the poem, “Flanders Field,” represent much more than a memory of World Wars. Many in these communities have relatives and friends who are either active in the Armed Forces, or know men and women who have served in Korea and Vietnam, as well as Afghanistan and anywhere else the Canadian Forces are deployed.

The act of remembrance is a reminder that hundreds of thousands of men and women fought and died to secure our freedom and democracy. We must remember this and realize its import in the life we live and in the lives of our families.

Look around. Appreciate Peace.



### AREA “A” EDC Economic Development Commission

**Volunteers are still needed for the EDC.** Community minded individuals who are interested in how our tax dollars are allocated ... please contact [lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca) or Garry Jackman [gjackman@kootenay.com](mailto:gjackman@kootenay.com) (phone 250-223-8463) There are about 6 meetings per year at communities along the East Shore.

**There is currently \$12,000** available for grants to organizations, for projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. All applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

#### Funding approved in 2011:

\$2500 - Area A membership in InvestKootenay  
\$500 - SKLCCS- student exchange program  
\$1000 -Crawford Bay Sunday Market advertising  
\$5000 - Starbelly Jam Music Society, assistance in organizational transition  
\$7636 - Kootenay Lake Chamber of Commerce, signage and website development  
\$5750 – Community Connections – feasibility study for community composting and commercial kitchen facilities

**Next application deadline: March 7, 2012**  
**Approval/funding lag time 6 to 8 weeks**

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

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

**Visit [InvestKootenay.com](http://InvestKootenay.com)**

## Remembrance Garden

by Wendy Scott

New plaques have arrived, and so has the snow. And with that snow comes freezing temperatures. It may be a few months before Dave Loepky can install those little marble memorials, but since winter caught us by surprise, spring may do the same and arrive much earlier than expected. We can hope.

These are the new names that will appear when weather permits:

- Brandon Shea Salviulo
- Ethel M. Christensen
- Donald Campbell Johnson
- Jim Poch
- Will Holt

Another plaque will be installed to commemorate the new bench requested by The Poch Family.

By the time spring wakens to chase away these winter chills, there may be more to add to this collection. I'll keep you up-dated.

Now the garden, white with snow, has achieved a special calm. It's peaceful on these pathways even in the summer but at this time of year, with trails left by our four-footed friends, it seems inspired by nature and all her gifts.

**For information:**

**Plaques:** [Wendy.wmescott@gmail.com](mailto:Wendy.wmescott@gmail.com)  
250-225-3381

**Shrubs:** [MurIEL.mcrowe@bluebell.ca](mailto:MurIEL.mcrowe@bluebell.ca)  
250-225-3570



Full Assessments  
Gentle Treatments  
Home Programs

Anna Rose BScPT

### East Shore Physiotherapy

Health Center, Crawford Bay  
(250) 227-9155

## SUNSET SEED COMPANY



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

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

**Next Deadline:**

**Dec 28, 2011**

### The Riondel Parks, Recreation & Community Services Society

extends sincere appreciation for all the volunteer's efforts as this assisted in successfully creating a 2011 year.

May the joy of this holiday season fill your lives' with happiness and last throughout the New Year! ● ● ● ●

SERVICES DIRECTORY

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

**AUTOMOTIVE/MARINE**

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

**BUSINESS SERVICES**

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

**CONSTRUCTION/CONTRACTORS/TRADES**

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

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

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

**R&R REPAIRS:** For all appliance repairs and satellite troubleshooting, sales and installations. Phone 225-3532 for messages and 354-3564 cell. We sell and install cameras and home intrusion systems for home security. Give us a call to find out more. All work guaranteed

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

**PERSONAL CARE/HEALTH**

**ALEXIS PHILLIPS, M.A., R.C.C.** - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 227-6824.

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

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

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

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

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

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

**MASSAGE, FOOT REFLEXOLOGY, POLARITY BALANCING:** Call Susan Sneed 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 Skainska, M.H., R.H.T. Iridology, Tongue & Pulse analysis, Nutritional consultations, individual herbal remedies, Flower Essence consultations & remedies. For appointments, please call 250-225-3493.

**REGISTERED ACUPUNCTURIST** - Christine Peel, R.Ac. Traditional Chinese Medicine treatments including Acupuncture, Moxibustion, & Cupping. Call 505-8130.

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

**RESTAURANTS**

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

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

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

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

**YARD/LANDSCAPING/SITE PREP**

**ALL-RITE ROOTER/SEWAGE PUMPING SERVICES** - Septic tanks pumped. Field lines cleaned. Plastic septic tank riser sales. Edwin and Elizabeth Johnson - 428-9097. ROWP. Red & White Truck.

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

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

**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.*

CLASSIFIED SECTION

**AUTOMOTIVE/MARINE**

**For Sale:** 1985 Bronco, Eddie Bauer 4X4, manual on the floor, heavy duty WARN winch system. \$3200. Gray Creek, 250-227-9356

**2005 Chevrolet Uplander:** AWD, sliding doors, good shape, low mileage, \$7000. - 250.227.9246

**Be sure to have a jumper/booster cable set in your vehicle.** Winter is tough on batteries - Gray Creek Store, 250.227.9315

**New - 5.5 Hp 2 Inch Transfer Pump:** Reg \$465, Spec \$395 - Gray Creek Store

**BUS.ANNOUNCEMENTS**

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

**Sunday Hours:** now 10 am to 6 pm. (Still 9 am to 7 pm all other days) - Gray Creek Store, 250.227.9315

**Sirdar General Store** - A unique place to shop on Duck Lake. Angling & Hunting Licenses & Tags, plus 2011/12 Migratory Bird Permits. Fishing Tackle, Groceries, Chocolate & Energy Bars, Chips, & Nuts. Greeting & Post Cards, Souvenirs, Local Crafts, Post Office- Stamps. Winter toques & gloves. 8050 Hwy 3A, 250-866-5570 or Fax 250-866-6811. Wishing you All a Merry Christmas filled with Peace & Joy.

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

**BUSINESS SERVICES**

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

**EMPLOYMENT OPPS**

**Help wanted:** Part time, permanent, retail clerk at The Lakeview, Gray Creek. Competitive salary dependent on experience. Get out the door and meet new people! Your creative input at The Lakeview is appreciated. Resume to [info@kootenaylakeview.com](mailto:info@kootenaylakeview.com) or call 250-227-9367

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

**EVENTS**

**Bevy Of Angels Christmas Craft Faire!** 12 years strong. Held at the Crawford Bay Hall on Sunday, December 4th from 10 to 4. All hand-made local creations, delicious lunch served all day, kid craft, fundraisers, door prizes. Come in out of the cold and visit with friends as you shop with glee, supporting your local economy, acquiring the most beautiful treasures for gift-giving and for keeps! Contact Jacqueline Wedge for more info, and watch for posters.

**FOR HIRE**

**Away for the winter?** Need someone to check your home? Call 250-227-9181

**HOME/BUILDING**

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

**Propane Wall Heaters:** direct vent kits included, 2 sizes in stock from \$675 - Gray Creek Store, 250.227.9315

**Keep those pipes** from freezing: AYR FOIL - Insulation pipe wrap now available at the Gray Creek Store, 250.227.9315

**Rainbow Moment:** a table torch with coloured flame, 3

colours to choose from, burns lamp oil - \$27.95 - Gray Creek Store, 250.227.9315

**Mr Buddy 9000 Btu** Portable Propane Heater uses disposable (or 20lb) tanks \$149.95 - Gray Creek Store, 250.227.9315

**Christmas tree stands:** heavy duty cast iron. Don't risk having your tree fall over - Gray Creek Store, 250.227.9315

**Back again!** Tarps and more tarps. Green is best, up to 40 foot by 60 foot - Gray Creek Store, 250.227.9315

**Extension cords** in all sizes - from \$2.95 60 \$119.95 - Gray Creek Store, 250.227.9315

**Fire extinguisher** and smoke alarm combo pkg \$49.95 - Gray Creek Store, 250.227.9315

**Forstner Wood Bits** by Irwin - now we have a full stock for Carpenters - Gray Creek Store, 250.227.9315

**At last a clean burning gas** that you can leave in your chainsaw for years without deterioration. ASPEN 2 mixed also produces no smoke or hazardous emissions - Gray Creek Store, 250.227.9315

**Fresh Start:** a latex paint from BENJAMIN MOORE covers old oil paint and surprisingly will evndo the same for creosote. Gray Creek Store, 250.227.9315

**Please change your old lightbulbs** for the much more efficient florescent bulbs. These don't waste the heat of incandescent bulbs and reduce your power bill. Gray Creek Store, 250.227.9315

**Reaching deep into a water tank** or flooded plumbing? We have heavy duty plastic gloves that go to your shoulders - Gray Creek Store, 250.227.9315

**MISCELLANEOUS FOR SALE**  
**Stocking Stuffers Galore** - amazing unique stock for that

hard to buy for person! Gray Creek Store, 250.227.9315

**Winter Gloves:** Keep your hands Warm as Toast! Great Winter Waterproof, Sledding and Work gloves. Get em' while the selection is good! Makes a practical stocking stuffer! Gray Creek Store, 250.227.9315

**Tis the weather** for a warm lined jean jacket - lots of other choices in our clothing department - Gray Creek Store, 250.227.9315

**Florescent Driveway Stakes:** guard against hitting objects buried in the snow - or that lawnmower you forgot to put away - Gray Creek Store, 250.227.9315

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

**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, 250.227.9315

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

**What a stock** - time to sock up for winter - socks and more socks - Gray Creek Store, 250.227.9315

**Books make the longest lasting Christmas gifts.** Buy them early so that you can read-em before you gift-em - Gray Creek Store, 250.227.9315

**Headlamps** from \$10.75. The shortest day is nigh - Gray Creek Store, 250.227.9315

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

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

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

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

**Save Power:** plug in those printers & computers to a power bar, one switch turns all off when not needed or thunderstorms threaten - Gray Creek Store, 250.227.9315

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

**NOTICES**

**Nelson Parkade** - offers easy downtown parking. Just one dollar per hour or four dollars per day. NExt door to the Hume Hotel on Vernon Street. We accept credit Cards. Call for weekly or monthly rates. 250.354.8834

**OUTDOORS/REC**

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

**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, 250.227.9315

**Log Lifter** with hickory handle, get your log off the ground for easier firewood cutting \$97.50 - Gray Creek Store, 250.227.9315

**RENTALS/REAL ESTATE**

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

**YARD & GARDEN**

**Snow Pushers:** up to 36" wide. Snow floats, don't lift that heavy snow! Ask for a demo. Roof Rakes as well, Gray Creek Store, 250.227.9315

**Bird Feeders:** as well as the black oil sunflower seeds that bring birds to your window - Gray Creek Store, 250.227.9315

**Snow Floats.** Don't shovel that white stuff - float it, no lifting - Gray Creek Store, 250.227.9315

**WANTED**

**WE NEED YOUR PAINT!** Latex/acrylic only please, any colour/tone, exterior or interior. "HEXAGON PLAYERS", the East Shore's theatre group, is putting on a play in the New Year (watch for details) and the set crew is seeking to recycle your (still fluid) paint into our beautiful backgrounds. Bright colours are preferred, but let us know what you can give. Call Jacqueline at 227-6803 if you have any paint to donate. We will transform it into art worthy of your troubles.

# 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 Riondel Seniors Association AGM and Potluck Luncheon will be held on Feb 8th at 12:00 in the Seniors room at the Riondel Community Centre.**

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 2011

Dec 6, Tues: DR LEE  
Dec 7, Weds: DR MOULSON  
Dec 8, Thurs: DR LEE  
Dec 13, Tues: DR LEE  
Dec 14, Weds: DR MOULSON  
Dec 15, Thurs: DR LEE  
Dec 20, Tues: DR LEE  
Dec 21, Weds: DR MOULSON  
Dec 22, Thurs: NO DOCTOR  
Dec 27, Tues: NO DOCTOR  
Dec 28, Weds: NO DOCTOR  
Dec 29, Thurs: DR LEE

We wish you all a happy & healthy holiday season!

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

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

#### BOSWELL HALL GOINGS-ON SPECIAL EVENTS

**1. The Boswell Ladies Club** is hosting a pot-luck Ladies Luncheon on December 6 at 1 pm. Christmas Carol sing along and choir performance will be featured. Please bring a donation for the Ministerial Food Bank. All ladies in the area are welcome!

#### WEEKLY EVENTS AT BOSWELL HALL:

- Boswell Book Club:** Meets 2nd Thursday each month, 1pm. Contact Melody Farmer 250-223-8443
- Boswell Ladies Club:** For information contact Jean Stewart 250-223-8089
- Boswell Nifty Needlers Quilt Guild:** Meets 3rd Tuesday, 1pm
- Boswell Vintners:** Meets 2nd Wednesday, 2pm Contact Doreen Nault 250-227-9543
- Line Dancing:** Saturdays 10-11:30am unless hall is previously booked, then Sundays 10 - 11:30am. Contact Cheryl Place 250-223-8694
- Yoga with Lea:** Thursday, 9:30-11am. \$12 drop-in or \$10/ session paid monthly in advance. Contact Marilyn Arms, 250-223-8058.
- St. Anselm's Anglican Church:** Services with Rev. Robin Celiz on the 1st Sunday of the month at 1:30pm.

#### CHRISTMAS EVE SERVICE

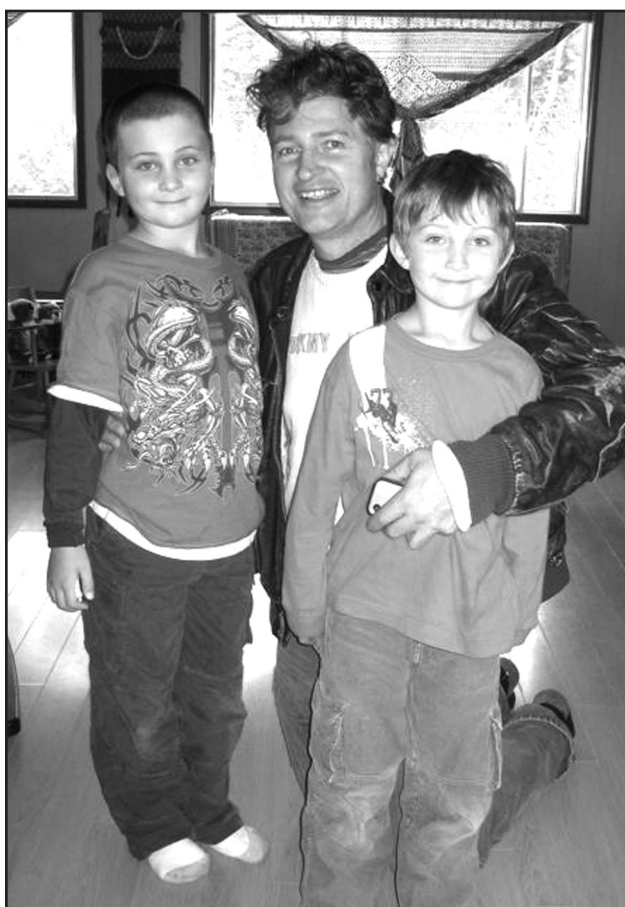
We would like to invite you to join us at the Kootenay Lake Community Church on December 24 for our Christmas Eve service beginning at 6pm.

#### EAST SHORE HAMPERS

If you or a friend need groceries for the holidays, please call Leona @ 227-9361

#### TREE OF REMEMBRANCE

The Tree of Remembrance will be at the Nelson and District Credit Union throughout the month of December. Drop by, fill out a card in honour of someone, make a donation, become a member... Thank you for your support!



## THANK YOU!

On Saturday October 28 our family experienced a trauma when six year old Odin experienced a severe head injury.

Thank you so very much to the ground response and air evacuation teams. Your tenderness and reassurance during such an uncertain time helped us cope.

We immediately received calls/emails from community members offering support, prayers and well wishes. I am so proud to be a of this community and I thank you for all the outpouring of love and concern.

Odin is doing well, even back at school. He recieved a miracle.

Warmest regards

*Jodie Swanson and Niels Elris  
Crawford Bay, BC*

## KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

*Winter Schedule in effect*

*All times listed in Mountain "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				
Osprey 2000	N/A	2:10 pm	N/A	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

## CHURCH CALENDAR

### RIONDEL COMMUNITY CHURCH DECEMBER SCHEDULE

**Dec 4:** Shelley Stickel-Miles, U/C, 10:00 am  
Music – Johannes van der Krabben & Fiona McLaren

**Dec 11:** Bill Gooding, 1:00 pm

Music – Anne & Dave Rokeby-Thomas

**DEC 18:** Venerable Dirk Pidcock Ang.12:00 am  
Combined service at Harrison Memorial Church. Lessons and Carols to follow at 7:00 pm

Music - The Brass

**Dec 25:** A Happy and Blessed Christmas to everyone from all of us at Riondel Church

No service today – enjoy your Christmas dinner

**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

**Dec 4:** 1:30, Rev David Robinson (Lessons and Carols Service)  
**Jan 1:** No Service

### HARRISON MEM. COMM. CHURCH, ANGLICAN Note: during the fall/winter, we will only be having one church service per month

Crawford Creek Rd., Crawford Bay Everyone Welcome!

**Sunday, Dec 18 at noon: Venerable Dirk Pidcock,**

This will be a combined service

with Riondel Community Church at Harrison Memorial

**Sunday, Dec 18:** 7pm, Lessons and Carols with Simply Brass

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

**Christmas Eve Service, December 24, 6pm.**

### TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2 pm

1st Sunday of the month, Fellowship Sunday.

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

1520 Campbell Avenue, Riondel, B.C.

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

### CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

Sundays, 9:30 am - All welcome

For info, call: 250.505.8021

## MEETING PLACES

**LIONS CLUB** - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For more info, call Lion David at 250-227-9550  
or Lion Jim at 250-227-9622.

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

**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. (or Tues if Pro-D)

Call Ingrid to be put on the agenda - 250.227.9246

**November Meeting: Dec 12, 7pm, CBESS Library**

**Next Deadline:  
Dec 28, 2011**

December 2011 Mainstreet 19

DECEMBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Many Bays Xmas, Bob's Yoga w/ Lea, Bos, 9:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Ashram Xmas
4	5	6	7	8	9	10
Bevy of Angels, CB Hall, 10-4 Bottle Depot, 10-2	After School Art, 3-5 Yoga w/ Lea, Comm Corner, 10 am	Dr. Lee	Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm Dr. Moulson Lab 7:30-10:30	Yoga w/ Lea, Bos, 9:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee		KC Bays Christmas Potluck Party, CB Hall, 5pm
11	12	13	14	15	16	17
Bottle Depot, 10-2	After School Art, 3-5 PAC Meeting, CBESS Library, 7pm Yoga w/ Lea, Comm Corner, 10 am	Lions Mtng, 7 pm Dr. Lee	Food Hamper Day Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm Dr. Moulson Lab 7:30-10:30	Yoga w/ Lea, Bos. Hall, 9:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Last day of school	Meat Draw, Bob's
18	19	20	21	22	23	24
Village Voices, Bob's Lessons & Carols, Harrison Mem Church, 7pm Bottle Depot, 10-2	Yoga w/ Lea, Comm Corner, 10 am	Dr. Lee	Knit Wits, Community Corner, 10 am Dr. Moulson, Lab 7:30-10:30	Yoga w/ Lea, Bos 9:30 pm TOPS, KLCC bsmnt, 8:30am NO DOCTOR		Christmas Eve Dinner, The Hub
25	26	27	28	29	30	31
Traditional Xmas Dinner, The Hub	Yoga w/ Lea, Comm Corner, 10 am	Lions Mtng, 7 pm NO DOCTOR	Knit Wits, Community Corner, 10 am Mainstreet Deadline NO DOCTOR	Yoga w/ Lea, Bos 9:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee		New Year's Eve Party, Newkey's New Years Eve in Vegas, Bob's Bar and Grill



## HARROP - PROCTER FOREST PRODUCTS

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

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

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

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

**250.551.5452**    [sales@hpcommunityforest.org](mailto:sales@hpcommunityforest.org)

Go to [www.hpcommunityforest.org](http://www.hpcommunityforest.org) for further product info, and to view the documentary film about us.


*Free delivery to the East Shore when pre-arranged.*

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Sunnywoods Farm	14
Sunset Seed	17
Tim Faiers Snow Plough	1
Turlock Electrical	10
Will Chapman	10

### Transfer Station Hours

**CRAWFORD BAY:**  
Nov 6-March 10  
Tues & Sun  
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, Sat:  
10am-12:30pm

**ES Health Centre 227-9006**  
COUNSELLORS

Drug & Alcohol: 353-7691    Child & Youth: 353-7691    Public Health Dental Screening/Counseling: 428-3876  
Community Nursing: 227-9019    Hospice: 227-9006    Mammography Screening: 354-6721  
Baby Clinics: 428-3873    Physiotherapy: 227-9155    Massage Therapy: 227-6877

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