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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

### INSIDE:

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

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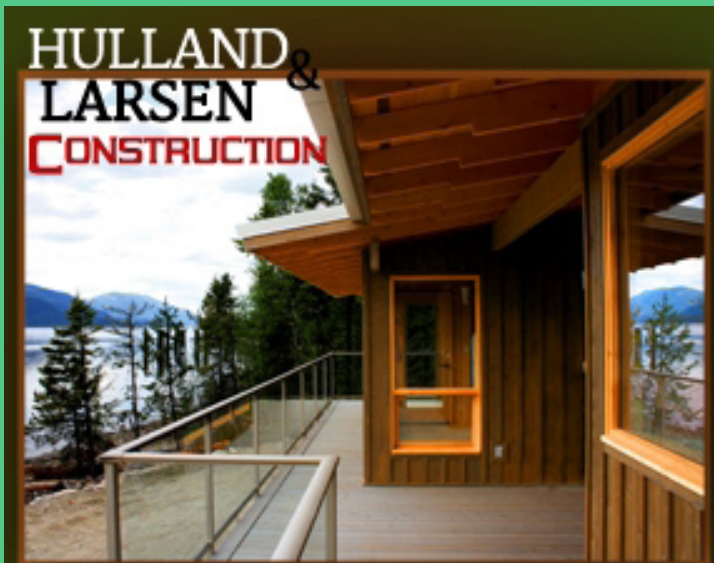


Photo: Leone Lund



*And a Turkey in a Mountain Ash Tree!*

Merry Christmas to all *Mainstreet* readers from Kootenay Lake area and beyond.  
May you have enough of everything and may your holidays shine.



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# MS Issues

by Ingrid Baetzel,  
Editor

*Let's acknowledge some folk.*

The one who works so tirelessly and courageously to bring even more heart and wholeness into community.

- The one who works everyday and very consciously chooses to remain here and make the effort.
- The one who donates his exceedingly precious time to create a sense of place, to inject high doses of togetherness and social responsibility and to lend warm value to our communities.
- The one who is creating miracles every day in event planning and organization of lifestyle improvements for others.
- The one who is new here and just slowly starting to feel out the possibilities, or deliberating whether this will work at all.
- The one who has jumped right in to lend her hands, her voice, her vision to creating and sustaining the powerful magic that is home.
- The one who is afraid to step beyond what he knows, but knows that there is more beyond.
- The one who knows that it is enough to simply take care of her children, her parents, her job, her animals.
- But, especially the one who lives among the rest without the tools to engage in meaningful ways nor the faith that what he has to offer is of value. This one needs a special nod this season and maybe a hand up. This one is as valuable as the next one and he might need to hear it.

• Finally, let's acknowledge those who were already here and who stayed or passed by. Thank you for what you gave and for the great lessons you taught. Thank you for reminding us of our value and leading the way.  
Merry Christmas.

**Bob's Bar & Grill**  
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## December EVENTS

- December 7:** Applesauce Fiddlers
- December 9:** Christmas Meat Draw
- December 15:** Village Voices Christmas Carolling
- December 31:** New Years Eve Party
- Closed Dec 22-28 for Christmas with our family**

Check our weekly entertainment schedule at [www.bluebell.ca](http://www.bluebell.ca) on Facebook or TV local channel 231

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

**Copies every issue: 1000**

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**Next Deadline: Wed, Dec 26, 2012**

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## LETTERS TO THE EDITOR

### GENTLE WORDS OF ENCOURAGEMENT

*To my friends and neighbors,*

Thank-you, thank-you, thank-you to all of you who have so freely and willingly come to my aid. There are so many of you that it would be difficult to name you all here, so please accept this as my deepest gratitude for all that you have done and continue to do for me.

Thank-you to all who still offer gentle words of encouragement, nourishing meals and quiet support. Thank-you to my anonymous friends for their generous gift towards my physical well-being.

I cannot thank you all enough. Your generosity with your love, time and energy has helped me to navigate through this uncertain time. You have given me the strength and hope to carry on.

With my most heartfelt gratitude,

*Barbara Loeppky, Riondel Road*

### BETTER TO GIVE

*Dear Editor:*

It is with a heartfelt thank you that we write to everyone who helped make our "Better To Give" evening a huge success.

We raised \$430 for the East Shore Christmas Food Hampers, along with a large box of non-perishable items. A special thank you goes out to Abraham for his donation of time to make the excellent pizzas, to Robbin & Robin and their roadie, Amanda for the gift of music. Thanks also to Angie for her donation of her tips from the evening.

Finally, big thanks to everyone who came out and donated. It was a fun-filled evening and reconfirms it really is better to give...

*Gerry and Pam Newcomen  
(Newkey's Bar)*

### FILLING IN MEMORIES

*Dear Editor:*

Tom Lymbery's story, "A Tale of Two Sideboards", (*Tom's Corner*; November) delighted me. Since Lawson Hephher, my grandfather, died when I was 10, my memories of him are vague, and I am always happy to fill in more of the details of his life. Tom was kind enough to show me the sideboard described in the article a few years ago, but I didn't know until now how it came to be made or the history of the woods used in construction. Fascinating - thank you, Tom and *Mainstreet*.

Although Lawson's artistic gene skipped me, it reappeared in my sons. Robin has Lawson's carving chisels, carefully stored in a cabinet, and builds guitars and mandolins when time permits. Michael is an artist, and with wife Anie owns Clawhammer Letterpress and Gallery in Fernie. Both of them have cherished pictures of Lawson in his woodworking shop displayed in their workspaces.

Readers who are interested in knowing more about Lawson might wish to explore the following website, which is coincidentally entitled *A Tale of Two Brothers*. <http://www.curme.co.uk/9.htm> It was created by Phil Curme who is a historian of the First World War.

Thank you very much.

*Ian Hephher, Lethbridge, AB*

### ENTER STAGE 1

*Dear Editor:*

Enter stage 1.... in Crawford Bay! We are excited to announce that the Crawford Bay Hall and Parks Board has struck a committee to look at the possibility of a permanent community stage facility in Crawford Bay Park.

This beautiful new stage would be available for any number of music, theatre, and variety shows throughout the summer. In addition to being the home of Star-

belly Jam Music Festival and Kootenay Gut Buster Comedy Show, we want to make sure the design will accommodate all interested parties and user groups.

All interested parties: please give us your input.

**There will be a public meeting Wednesday, December 12 at 7.30 pm at the Community Corner. ALL interested parties are welcome.**

Points of discussion:

- Location
- Size
- Design
- Building materials
- Funding
- Availability

**PLEASE ATTEND AND MAKE YOUR VIEWS KNOWN.**

*Paul Hindson,  
Crawford Bay*

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## RDCK Area "A" Update

by Garry Jackman,  
Director, Area "A"

December in our rural communities:

As the snow inches down the mountain sides, many shift their focus from business to family. RDCK business does not slow down at this time of year, as we move towards our budget discussions in addition to the more routine daily business of processing applications for development, variances, building permits, bylaw amendments and so on. I do see a shift away from scheduled meetings in December, however, which I welcome as an opportunity to revisit some of the pending issues which have arisen over the months. Looking back at my daytimer, I see I had 15 scheduled meetings and seminars in November (not including many brief meetings and discussion over a myriad of issues as well as numerous phone calls and e-mails each week). For December, I only have nine scheduled meetings and happily as many social or community events to drop in on, which is a large part of the charm of living in our rural communities.

### Going paperless (just in time?)

The RDCK agenda packages have now gone electronic, saving many hours of staff time to make photocopies and mail out packages. Just considering postage, some packages would have fees in excess of \$10 which does not seem like much until you consider that is times twenty directors plus twenty alternates a few times a month every month. The move really was just in time, since our November Board meeting

package was 426 pages plus addendum items. The meeting packages are public documents except for closed in camera meetings to discuss legal, labour or land issues. Hard copies are always made available for public to review when attending our meetings. At this time the packages are available for directors to download through a portal but I hope that the information will begin to be available electronically to all residents. Many people may not be interested in all of the package, but various reports or correspondence may be of interest to some each month.

### Columbia River Treaty

I have indicated in past submissions that the Province has established a team to consider options and positions with regard to potential revisions to the Columbia River Treaty which was established in 1964 between the Canadian and US governments to manage the power and flood control dams at Libby, Keenleyside, Duncan and Mica. Through the Association of Kootenay Boundary Local Government (AKBLG) local elected officials have taken a lead role to ensure local concerns are heard. I could not make a session in November in Creston to hear the provincial team report out but I did manage to make the Nelson presentation on November 27 which was attended by more than 100 people. There was a level of controversy during question and discussion periods, which is to be expected. I did find the approach taken by the provincial team to be somewhat refreshing, with a clear look at the three options of no changes to the treaty, discontinuing the treaty or continuing with amendment or enhancements.

You will find most of the material presented at [www.gov.bc.ca/columbiarivertreaty.com](http://www.gov.bc.ca/columbiarivertreaty.com). The treaty provides us in BC and our neighbours to the south with flood protection and with massive revenues from power production. The Columbia basin provides more

than 40% of the power generated in BC (we use a small portion of this locally). The revenues flow to the province in several ways. Over the past ten years, one provision of the treaty has resulted in an average annual transfer of \$202 million from American power producers to the BC Government (this is referred to as the Canadian Entitlement). That is over \$2 billion for the past decade, not counting the amounts for the four decades before that. Another revenue stream is a fee which the crown corporation pays to the BC Government for "water rental". This seems like an unusual internal transfer of wealth from the crown corp to the provincial treasury and it has averaged \$100 million per year over the past ten years. That's another \$1 billion over the past decade plus all of the decades before. The third major means by which hydro wealth is transferred to the province is through payments (profit?) averaging \$260 million per year for the past decade. Add these three items up and the province sees a transfer of wealth from power generation averaging well over a half billion dollars per year. I appreciate that fact that the Columbia Basin Trust exists and see all the good which this endowment from the province can achieve, but looking at the net transfer of wealth I have to ask whether we should be strategizing how to negotiate the treaty with the Americans or if the Kootenays should begin with our strategy to negotiate with the province first.

### Mountain Resort Municipality

A what? This does not sound like much. In fact, to most it may just sound like another ski resort. The Mountain Resort Municipality (MRM) concept has been a contentious topic in the east Kootenays for many years and the Province has just made it a reality through two Orders in Council officially signed in November. An Order in Council may in itself not sound like a big deal, and at times it is not. For the purpose of this topic, I will over simplify the situation by saying an Order in Council is a way for a government to pass laws without having a public debate in the legislature. A few decades back one premier was heavily criticized for using the process to do too much of the public business.

So we now have the first MRM in BC, which is in effect a full fledged municipality, with very specific powers along with access to grants, enviable borrowing rates, choice municipal insurance rates and more. This municipality, like others, also has a mayor and council. The difference to note is that the mayor and council are appointed by the Province, since there are no residents in the new municipality to elect a council. There may never be, depending on how the appointed council and developer agree to manage the massive land base. But that would be the topic for future analysis. The question for me, today, is should the province be creating vacant towns in order to promote development? Who will this serve to the greatest extent in the long term? How many developers would line up to obtain a little slice of BC through such a mechanism?

If you have a question or concern please contact me by calling 250-223-8463 or e-mail [gjackman@kootenay.com](mailto:gjackman@kootenay.com).

### Job Posting: ADMINISTRATOR, Community Connections

With assistance to... InvestKootenay & Kootenay Lake Chamber of Commerce (KLCC)

The South Kootenay Lake Community Services Society (SKLCSS) – known as **Community Connections**, is seeking an enthusiastic individual to take on the role of **Administrator** for the society as well as devote some time to assist Invest Kootenay and the KLCC. Responsibilities include managing projects and resources of Community Connections and coordinating services to promote and support the well-being of agencies and residents in Area A of the RDCK. The Administrator reports to the Board of Directors of Community Connections, Invest Kootenay and the KLCC and is advised and supported by the steering committees for each initiative. The coordinator will work as an independent contractor.

#### Specific Duties:

- Secure & manage the resources of Community Connections, including writing funding proposals, assisting & community projects & doing or overseeing the finances
- Develop, manage, & distribute materials & resources including some correspondence, phone calls & website management
- Connect with partners & stakeholders to assess needs, gather feedback & share info

#### Qualifications:

The successful applicant will have:

- minimum 2 years post-secondary education
- significant experience in and knowledge of project management
- experience in a program coordinator capacity
- an understanding of community development work
- experience in public communications
- familiarity with financial reporting procedures
- excellent organizational and time management skills
- excellent verbal and written skills
- strong skills in diplomacy
- strong knowledge and proficiency with computers
- should be a confident, self-motivated professional, able to follow tasks through to completion, work independently and as part of a team.

**Location:** East Shore of Kootenay Lake, specific office location TBA. Travel within the region required.

**Length of Contract:** To be determined based upon contract start date. (Extension of contract is likely)

**Compensation:** \$22/hour for 14 hours per week, flex time

**Deadline for applications:** Wednesday, December 12, 2012

Submit applications to: [skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com)  
or mail to Box 182 Crawford Bay V0B 1E0

P.Danielle Tonossi

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# Word on the Mainstreet

## What is the greatest gift you ever gave or received?



I gave my wife Kate a sail boat... but it sank.

My best gift? Kate.

**Dano Cheverie, Riondel Road**



Best gift I ever gave? A hard day's work. Best gift received? My son... and a cup of tea with Johnny Oliver.

**Al McLeod, Nelson**



I like the path my mind wanders when I think of gifts given and received... so many precious moments, memories, loved ones and children, obviously. They are the number one gift but all such bounty aside... My mom made me a fancy red paper lace-trimmed Valentine when I was very little and I still have it to this day. Now, every year, I make my kids elaborate & unique paper Valentines. I like to think these are the best gifts I have given, inspired by the best I have received. I also gave a fabulous pair of brand new boots to a friend. She loved and wore them for 10 years. I also was gifted a stunning gold & amethyst ring once, completely unexpectedly, which made my heart fly...

**Erin Cristofoli, Crawford Bay**



## Thoughts from a Disturbed Mind

by **Harvey Valgardson**

So, I'm dreaming of a white Christmas. I've always liked that old tune. I liked the way Mr. Crosby did it the best but there have been many other great renditions. It popped into my head the other day, as tunes do, and I soon found myself singing along. Somewhere around the middle of my warbling I experienced one of those moments, you know, when the gilt drops off the lily and an ugly truth lies exposed. It's actually a rather stupid song.

I mean, think about it. It's Christmas. The most disruptive time of the year. Our peaceful well-ordered lives dissolve into a hectic frenzy of activity as a large heap of unreasonable demands get plopped upon our plates. Shopping. Oh boy, there will have to be shopping. You're going to need a lot of stuff and unless you have a trailer one trip probably won't do it. Food, snacks, presents, bows, ribbons and don't forget the tape. On the plus side shopping allows you to kill two birds with one stone. While you are out you can mail the greeting cards. What? You forgot the cards? Well, you better buy some and you better hurry because there is a deadline for mailing them if you want them to arrive on time. Dig through your paperwork and find the list of fanatics who sent you one last year and then reciprocate.

Somehow, during all that, you should definitely clean your house because it's almost inevitable that some other fanatic is going to stop in and smear some of their Christmas on you. You don't want them seeing how you really live, do you? Perhaps you are one of the unfortunates who have been invited to a party, an invitation that for some blurry social reason you cannot decline. Well, now you'll have to shower, shave and dress up. The clothes should be clean so that will call for laundry.

4 **Mainstreet December 2012**



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Yep, Christmas is a rough row to hoe but is there not some way the season can be made even more miserable? Sure there is. It could snow. Now we can slip, slide and shovel our way to the next onerous task on our list. I'm dreaming of a white Christmas. That's not a dream Bing. That's a nightmare.

By now you may be starting to suspect that I'm not a big fan of Christmas. No I'm not, but still, having said that, I have to admit to a certain vulnerability when it comes to the Christmas spirit. I sometimes catch myself smiling when I had no intention of doing so and occasionally I am beset by a strange tickling feeling that starts out like gas but finishes up like jolly. As with everything else I don't understand, I simply sweep the phenomenon under my emotional carpet and then ignore it.

Sometimes, when I'm bored I surf the net. I like following links because they often take me someplace I would not have thought of going on my own. I call it taking my brain for a walk and on one of my recent cyber-strolls I came across something called empathic science. I'm not going to get into it here. If you are interested you can Google it yourself, but suffice to say that after following a multitude of links I stumbled upon an interesting tidbit of information.

For some reason scientists have installed an array of sensors around the planet. I can't remember why and, predictably, when I tried to return to the site, I could not find the path. It doesn't matter. What's interesting about them is that immediately after 9/11 they all spiked. Proponents of empathic science argue that the spikes were the results of millions of people all feeling the same thing at the same time. Shock. Sorrow. Outrage. That started me wondering whether millions of people feeling the Christmas spirit could somehow

be influencing a grouchy old cynic like myself and if so, what else can it do?

Our old world is going through a rough patch these days. Governments are falling, economies are crumbling and most of our woes can be traced back to one of our less attractive attributes. Greed. Since Christmas is about giving could the spirit of the season act as some kind of collective reset button that, while not taking us all the way back to innocence, does slow our pace of corruption, thereby delaying our self-destruction long enough for us to find a more permanent solution? Heavy stuff. Well, after due consideration I find myself unable to discount the idea and so, since I have an iron in that fire, I've decided to join in. This year, rather than sweep the feeling under the carpet, I am going to embrace the spirit, thereby lending my own empathy to the cause.

As a result of this decision you may see me walking around with a silly smile and I may even step so far out of character as to wish you a Merry Christmas. Don't be alarmed, it's just me being jolly. You might even catch me mumbling to myself but again, don't be alarmed. I may have to resort to verbalization to reinforce my conviction.

Peace on earth goodwill towards men. Peace on earth goodwill towards men. At least that's what I'll be trying to think.

### Nelson & Area Elder Abuse Prevention Resource Centre

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

719 Vernon Street, Nelson  
Nelson and District Seniors Coordinating Society

# Getting to Know You

## Mainstreet's Proust Questionnaire



**Nancy Galloway**

**What is your best memory?**

My mother coming in to kiss me goodnight before she and my father went out for the evening. I must have been about seven. The room was dark until the door opened, and she came in with the light, dress rustling. As she kissed me, I felt the softness of her skin and smelled her face powder and Chanel No. 5 perfume. Intoxicating.

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

The joy of discovery: a gorgeous view, a curious correlation, the fact that some calculus derivative I studied in college exactly explains an environmental change, how quilt pieces fit together, the way that early America's German heritage explains why we say pretty please (danke schon). It's endless!

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

The ability to readily make friends.

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

In India I worked with slum dwellers who made their living by recycling garbage. I grew to really enjoy the folks in this one slum, and took my mother to visit them. They were so pleased! "Oh, your lady mother has come!" They sent to one little cardboard hut for a table, to another for a kettle of tea, to a third for sweets. Then, knowing I disliked tea cooked up with milk and sugar, one asked if I would like ice water. "Ice water?! Where did you get that?" They proudly showed me the refrigerator they had found tossed out, brought home & hooked up to stolen electricity. The ice water was great, and my mother and I had tea fit for a queen.

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

My father.

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

With my dominant hand currently in a cast, I would love to be ambidextrous!

**What is your best physical feature?**

My eyes and my feet.

**What is your greatest fear?**

Walking out of a public bathroom with toilet paper hanging off my shoe or somewhere.

**What was your greatest triumph?**

Bringing in the first million dollar gift to Salvation Army of Greater New York.

**What was/is your greatest vice?**

Diet Coke – one a day.

**What is your greatest extravagance?**

It used to be good shoes, but since moving here... I told a city friend I now have three pairs of gumboots: winter boots, summer boots and party boots.

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

My heavy thighs. One college boyfriend said when he first met me, he thought, "Hmmm. Heavy thighs, but cute."

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

A well-built rock walkway or wall, with good smelling herbs growing in the crevices.

**What is your most treasured possession?**

Andre would say he is, but I think it's my brain.

# This Month in Meetings

We are proud to introduce a new *Mainstreet* feature - a look back at this month in meetings on the East Shore. For the casual drop-in attendee or the weathered committee executive member, this feature should capsule the highlights of board/committee/organization meetings that occurred in the past month. If you are part of an organization and would like to take part, please email [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net) every month with your brief summary of the highlights of your last meeting.

**Kootenay Lake Chamber of Commerce (KLCC):**

*Meets on the third Tuesday every month at 7pm in the Corner Meeting Room at the School. Contact Gina Medhurst for more info: [info@kootenaylake.bc.ca](mailto:info@kootenaylake.bc.ca) or 250.227.9466*

- nominated Tom Lymbery for a BC Community Achievement Award. These awards are presented in Victoria to BC residents who have made a significant contribution to their community through a unique achievement or outstanding service.
- on December 8 we are hosting a Christmas Tree Light up at the Crawford Bay Park, 3pm
- Christmas meeting will be held at one of the members' residences – December 18, location TBA
- discussed re-doing our Mission Statement to better clarify our mandates and goals –great winter project
- discussed creating a map with hiking/biking trails, water access to Kootenay Lake, local parks
- received request of support from the Starbelly Jam Society for a permanent stage that will be built at the Crawford Bay Park – they received an enthusiastic response from the members

**Parent's Advisory Council (PAC):**

*Meets (generally) on the second Monday of every month at 7pm in the school library. Contact Ingrid Baetzel for more info: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net) or 250.227.9246*

- coordinating grocery gift card fundraiser
- exchange program to Quebec being examined - application in
- community/global awareness program – lots of fundraising going on – energy sought
- sod installed at the school
- Next meeting December 10, 2012

**East Shore Youth Council:**

*Meets regularly to administer the Community Directed Youth Fund (CDYF) granted from the Columbia Basin Trust.*

*At our most recent meeting we discussed the following:*

- Altering the plan for the first year to allow for a feasibility study
- Hiring a contractor to do the study and to conduct youth programming events
- Designing banner to be used at all events (to be done by the youth component)
- Communicating with the CBT to request changes to the plan going forward.
- Allowing for community input to adjust the plan going forward.

**Last meeting was November 29 at 3:30 at the CBESS Library. This meeting was for the council to determine the next step in the hiring process.**

**Food Roots:**

*Meeting times vary... Contact Jacqueline Wedge at [moonrakings@theeastshore.net](mailto:moonrakings@theeastshore.net) or 250.227.6803*

- ongoing community potlucks at the Crawford Bay Hall - the 3rd Sunday of EACH MONTH, except for December
- December's meal will be the ever-popular Christmas Potluck, December 15 at CB Hall

**East Shore Alliance Supporting the Early Years (EASEY):**

*Next meeting on Thursday, December 13 at the school library at 3:15 to 4:30. Child care available. Call or email [laverne@theeastshore.net](mailto:laverne@theeastshore.net) or 250-227-9552*

- learn Tuina Massage for children, skill sharing with Sylke Plaumann on November 22 from 12 to 1 pm, Strong Start at Family Place in Crawford Bay
- looking for people interested in taking a Child Safe First Aid course Date TBA

**South Kootenay Lake Community Services Society (Community Connections):**

*Meets (generally) on the third Monday of every month, 7pm upstairs to Barefoot Handweaving. Contact Janet Wallace for more info: [info@barefoothandweaving.com](mailto:info@barefoothandweaving.com) or 250.227.9655*

- Palma Wedman announced stepping down as administrator
- posters and ad going out immediately for new admin job
- discussed looking for new treasurer
- discussed office space options, decided to stay with upstairs to Barefoot

**Crawford Bay Hall and Parks Board:**

*Meets (generally) on the first or second Tuesday of every month, 7:30pm, CB Hall or Community Corner. Contact John Edwards for more info: [johnandjoan@theeastshore.net](mailto:johnandjoan@theeastshore.net) or 250.227.9065*

- AGM was on November 13, with yummy treats and coffee provided - thank you Kathy Donnison
- same directors were voted on by acclimation: John Edwards, Gina Medhurst, Helene Carter, Marion Johnston, Cory Medhurst, Nicole Schreiber
- proposal from Starbelly Jam Society for support in building a permanent stage in the Crawford Bay Park – offered our entire and complete support, and we are willing to manage the finances of this wonderful project. The goal is to have it complete for Starbelly Jam 2013!
- next year will bring more upgrades to the Community Hall – we will be working together with CBT at redoing the exterior and interior combined
- **Next meeting: December 4 at 7:30pm**

## CRESTON VETERINARY CLINIC

Dr. Robert McLeod, Dr. Leanne Sackney  
Dr. John Pfeffer & Dr. Emma Davis  
1(250)428-9494

Mobile veterinary clinic available in Crawford Bay. Please call Creston Veterinary Clinic to book appointment and for more details.



**Mobile Clinic Dates:**

Dec 11, Jan 15, Feb 12, March 12 and April 9 at the Crawford Bay Castle.

Thanks to all our great clients for your support over the past year. We wish you all a wonderful Christmas and a prosperous New Year.

# Leading by Example: Yasodhara Ashram Lightens its Eco- logical Footprint

submitted by Yasodhara Ashram  
Society

Kootenay Bay, BC - Yasodhara Ashram is now officially Carbon Neutral —the successful culmination of their 5-year program to address the global warming crisis.

The Ashram has demonstrated that reducing green house gas emissions is possible in a small BC community and it can be done in a way that has inspiring economic and quality of life benefits.

Dr. William Rees, professor emeritus of the University of British Columbia, an internationally acclaimed ecological economist and winner of a 2012 Blue Planet Prize, said of the Ashram achievement, "By striving for carbon neutrality, Yasodhara Ashram shows that communities can take significant steps to address global warming that are neither arduous nor a threat to their economies and lifestyles. Other communities should follow this example as if their lives depended on it — because ultimately they do!"

Starting in 2007, the Ashram began to develop a strategy to be carbon neutral by 2013, their 50th anniversary.

The Ashram's Carbon Neutral program — which included a shift in local food sourcing and menu planning, converting to an integrated geothermal/solar heating and domestic hot water system and shifting to more fuel-efficient vehicles — has led to an 83% reduction in direct emissions. The outstanding emissions are being handled through the purchase of carbon offsets from Pacific Carbon Trust's portfolio of BC-based greenhouse gas reduction projects.

"The Ashram's achievement of carbon neutrality sets a great example of how steady commitment to a comprehensive plan can significantly reduce our impact on the environment," says Pacific Carbon Trust CEO Scott MacDonald. "By purchasing BC-based offsets from Pacific Carbon Trust, the Ashram is helping support the low-carbon economy — proving that environmental progress and a strong economy can go hand-in-hand."

At each stage of the program it became apparent that financial benefits were emerging. Arlene Trustham, a volunteer who led the final phases of the program, cited an example, saying "Refocusing the menus to local and seasonal items not only decreased costs, it also better focused the use of the Ashram's garden and began to support a complimentary network of local farmers."

Paris Marshall Smith, a director of Ashram Society says, "We embrace the 'learn by doing' and 'lead by example' concepts." Both, she added, have personal as well as institutional application. "It is also a practice of satya, which means living truthfully, in ourselves, in our community and on this planet. We simply must lighten our environmental footprint. What we are doing together here at the Ashram is one way that works."

Michelle Mungall, MLA Nelson-Creston agrees. "The work Yasodhara Ashram has done to become carbon neutral is commendable, and goes to show that these positive steps are possible in rural areas of BC."

Yasodhara Ashram has also been recognized by FortisBC's 2008 PowerSense Conservation Award, and by Tourism British Columbia with its prestigious Environmentally Responsible Tourism Award in 2009. Reader's Digest named the Ashram as Canada's best yoga retreat.

## About Yasodhara Ashram

Yasodhara Ashram ([www.yasodhara.org](http://www.yasodhara.org)) is a Yoga Retreat and Study Centre founded in 1963 by Swami Sivananda Radha. Today, 50 years after it began, the Ashram remains a vibrant community welcoming people of all ages and backgrounds to discover the transformative power of yoga.

The Ashram is like a small village with 115 acres on the east-shore of Kootenay Lake in the mountains of southeastern BC. The year-round population averages 50 to 55 people, with seasonal peaks of 100 to 110.

Yasodhara Ashram is a Canadian charity and a registered educational institution. It is operated by volunteers in the tradition of charity and service embodied in its constitution.

## About Pacific Carbon Trust

Pacific Carbon Trust ([www.pacificcarbontrust.com](http://www.pacificcarbontrust.com)) is a Crown corporation established in 2008 to deliver BC-based greenhouse gas offsets, to help clients meet their carbon reduction goals and to support the growth of BC's low-carbon economy.

## For further information:

Swami Sivananda: 250-227-9224 [swamisiva@yasodhara.org](mailto:swamisiva@yasodhara.org) or Paris Marshall Smith: 250-227-9224 [paris@yasodhara.org](mailto:paris@yasodhara.org)

# Riondel Community Centre

by Muriel Crowe

If you have seen a woman with a lunatic smile on her face recently it may well have been me! I am delighted to announce that a committee of volunteers has been formed to work in liaison with the community, the Commission of Management, the architect and any others involved with the Riondel Community Centre in particular and the old Clinic building and Recreation Centre. Their mandate is varied and will include conveying what the community wants and needs as well as a business plan. This is a body of very enthusiastic volunteers who I am sure will create a comprehensive plan.

This seems to me to be a huge step forward in dealing with the problem buildings and building problems. There has been a concerted effort of the Commission, Garry Jackman and RDCK to start this process. Let's all support the process and work towards a cost efficient solution in dealing with the building situation.

To the Riondel Community Centre Task Force I say welcome and thank you.



## pebbles by Wendy Scott Words in the Afternoon

What better way to spend a November afternoon than to be here by the fireside at Dutch Harbour Lodge listening to the

spin of words: Kootenay memories from Luanne Armstrong; Newfoundland rambles with Anne Degrace; Slokan mementos from Rita Moir's detailed research; Winnie Fung's Hong Kong childhood; a little girl hopping teepee circles in Alanda Greene's First Nation legends; Scottish myths for Dennis Kane's niece; and from Jennie Craig an important how-to-at-the-hot-springs while clad in snug (very snug) suit.

Dutch Harbour is a lovely place to be at any time of the year and it is Bonnie and Nils Anderson who make it so. Wendy Miller added platters that were not only delightful to look at, but deliciously tasty -- as she always does and goodies were abundant from generous library folks who can bake as well as read.

This event -- a gathering of Kootenay authors, was planned some time ago to compliment our first Author's Reading that was held at the Library Open House and our own Parliamentary Poet Laureate, Fred Wah's, well attended Poetry Workshop. But the anticipated afternoon had slid into that dark area where possible cancellations sit waiting to happen. But this community of determined folks tend to ignore nay-sayers and absolutely refuse to let slipping projects die.

The reason for the looming disaster was, of course, the denial of all access to the Riondel Community Centre, and even though the Riondel Library remained alive and functioning on the "Good Side" the Community Centre, we did not, unfortunately, have access to the necessary added amenities. This brought rearrangement to the forefront and innovation became the order of the day.

In this case, the innovation, and a kind offer from Bonnie, turned into an event that many have suggested should be repeated next year. And that is a happy possibility.

And don't forget -- come to the library and take a look at the extensive collection of local history along with fiction and poetry that can lift a person from the mundane into another place. Take a look at the books by Kootenay authors and think Christmas. Many of these stories are available from the authors also at bookstores and on-line.

If you missed the afternoon, or would like to listen to a few snippets again, go to [www.riondel.ca](http://www.riondel.ca) and click on Riondel Videos. It's fun to listen, laugh, and wonder with friends.



## RDCK Resource Recovery Facilities HOLIDAY SEASON HOURS OF OPERATION



All Waste Facilities will be **CLOSED** on:  
Tuesday, December 25, 2012, Wednesday, December 26, 2012  
& Tuesday, January 1, 2013

Facilities that are normally open will **CLOSE at 2:00 pm** on:  
Monday, December 24, 2012 & Monday, December 31, 2012  
\*Crawford Bay & Boswell transfer stations will have alternate days of opening on  
Thursday, December 27, 2012 & Crawford Bay will also be open on Wednesday,  
January 2, 2013. Details can be found on our website at  
[www.rdck.bc.ca/publicinfo/news.html](http://www.rdck.bc.ca/publicinfo/news.html)

Christmas trees will be accepted at Resource Recovery facilities during December & 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**

# ~FoodRoots~ Penetrating East Shore Soil with Radical Tentacles

by Jacqueline Wedge



Here are just a few items of note from your local food security troubadours. The Economic Development Commission has graciously and generously given us some funding to do food-oriented things with you for 2012-2013. (They even gave us more than we asked for, so we must be doing something right!) We had a little mini-meeting to discuss the allocation and mechanics of using said grant in self-sustaining, amazing ways and have come up with three categories: what's already being done; what we are initiating for 2013, and a beefy wish-list.

**1: The 2012 projects are ongoing, evolving and improving into the next year and beyond, so please get involved and support these wonderful events and activities:**

\* The Kootenay Lake Fall Fair (successful, important, and getting cooler)

\* The school's Hot Lunch Program (Healthy, yummy, and essential. Public welcome!)

\* Secondary Industry - value-added food products being made and sold by Lee (hot lunch wonder-chef) and students, raising money for various community and school projects). Come to the fairs and other gatherings to purchase chutney, vinegar, juice, jam, and other products made by kids with Lee. See ad in this issue...

\* Mushrooms: fun guy fungi as food (that pun is moldy...)

\* Student trip to Cortez Island to learn self-sufficiency and experience sustainable food systems

\* Seed Swap (#2 will be in March)

\* Tool-Sharing Library (Getting started, we already have an apple press and are looking for other shareable items)

\* Land-Inventory Database (Realizing the potential for growing food on our fertile lands, linking future farmers with good soil)

\* The Ashram gardening, seed-saving, zero-carbon footprint gurus. What a wondrous karmically-beautiful group of people, who are leaders in responsible living and an inspiration to those of us who want to live softly on this Earth.

They are open and generous, willing to help FoodRoots projects at every turn. (Thank you Paris)

\* Greenhouse at the school (It's working! Much food is being grown and cared for by students and eaten by many). Dana thinks another one would be groovy.

\* Community Dinners: monthly public potlucks, 3rd Sunday of the month, except December which is the Santa dinner on the 3rd Saturday, sign-up necessary for that one. We made tortillas at the November dinner: SO MUCH FUN!

\* "Harvest Share", which links excess fruit and veggies from the Creston area to the school (with possibilities to the hamper, senior groups, ...) In October-November we were given over a thousand pounds of apples and pears for juicing. Fruitopian kisses to those farmers!

## 2: Newly created food-centric marvels:

\* The secondary student humanitarian trips (starting in 2012 with a two-week work-adventure in Oaxaca Mexico, including "ed"ventures on a permaculture farm)

\* Mega Grafting Workshop (with a small business venture possibility for students to raise more funds for their trips). The primary focus will be on (strong, tasty, reliable) heritage varieties of apples that have been nearly wiped-out due to neglect and development. We want them back, and we want them everywhere!

\* "Bean-Keepers" - a national group that needs more people growing out many diverse and gorgeous delicious bean types, non-hybrid open-pollinated seeds to share back into a huge seed-bank, and into our local pantries... We are starting with two main varieties this spring.

\* Food-Buying co-op (for bulk ordering)

## 3... The beefy wish list of things and energetic people:

\* Community Composting: Who has big ideas (with actions to follow) and wants to investigate effective and bear-aware composting on a large scale?

\* A portable storage unit is a desired item, for community and school to access. This would be used for the tool-sharing library, canning-pantry, and other useful services.

\* Student-senior sharing and mentoring around gardening, food-production, and inter-generational enjoyment of eating. We realize there are many wise folks who have

been around long enough to remember when organic non-GMO food had another name. It was called "FOOD". Let's take control of our food systems and learn a few basics from our elders.

\* Bees. We need more pollinator bees around here. Who's with me on this one?

\* Industrial/Community Kitchen: for value-added food products. There was a feasibility study showing the need. Who has brilliant ideas and funding to start the wheels rolling?

\* More fresh food at the Sunday Markets! Please help Kathy and Liz make these markets more delicious by growing extra stuff, making more jams, baking more loaves. Get a table and sell your num-nums!

\*Kale: Lee wants everyone to grow kale for the hot lunch program. She is obsessed with kale, and thinks it's a wonderfood. She wants all the kids to eat it. She's right, you know. Don't argue. Just grow lots & lots of kale.

\* Some ideas for tools/machines for the library: a food dehydrator, a rototiller, another juice-press, a juice-extrac-

tor, threshing screens, post-hole diggers... the list goes on.

\* Gardening stuff, such as greenhouse plastic and frames, big pots, seedling trays, hand tools, large drums (not toxic), full-spectrum lights & heat mats, chicken supplies like incubators, waterers and feeders, and chicken fencing.

\* Electric fencing.

\* Deer fencing.

\* Other fencing.

\* We need fencing.

I hope you get the picture. I do tend to get a little weird at *Mainstreet* deadline, so I hope this all makes sense. The whole point is that we are forming this buzzing umbrella of food initiatives, with keen people and great ideas, and the best part is that stuff is really getting done. Join us in this succulent movement. In partnering with each other, sharing ideas and skill sets, encouraging those who need it, and supporting grassroots ventures, we are successful and healthy, and more likely to stay afloat despite teetering capitalist structures, genetically-screwed agriculture, and ditsy political representation on all levels.

Grow more food, share food knowledge, spend your hard-earned cash on your neighbour's farm, your local markets, and involve yourself in some of the afore-mentioned projects. You can e-mail me at moonrakings@theeastshore.net if you have important stuff to say, and I can pass it on to the right person. Or call Lee at 250-227-8988 if it is something to do with hot-lunch or student food initiatives.

I bake a cookie in your general direction.



Photos by Jacqueline Wedge  
Top left: Daniel and Sarah Wensink work together at the apple press with Jennifer Irving looking on. Bottom left: Jessie Vandonselaar & Kira Dinim happy with apples. Top right: Elliot Rude, Felix Wedge-Darchen, Olivia Wedge-Darchen & Thea Rude making tortillas.

## The Fitness Place



### December HOURS:

Mon/Wed/Fri:

6:30-10:30 am & 6-8 pm (no pm shift Fri)

Tue/Thur: 8:30-10:30 & 6-8 pm

Saturday: 8:30 - 10:30 am

For elevator access,  
call 250.227.9418.

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

## '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.

If you know a child/family who can benefit from this program please pass the information along. Call Wendy @ 250 225 3516.

*Please make The Angel Tree a part of your Christmas Tradition.*

### 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.*

## 25 Years of Tipi Camp and Going Strong

by Eva Brownstein

The Guiding Hands Recreation Society's Tipi Camp would like to thank all the participants, volunteers, and donors for another amazing summer!

Located on the tip of Pilot Bay Peninsula and accessible only by boat or hiking trail, Tipi Camp has now been in operation for 25 years. Founded by visionary Peter Duryea, the camp offers wilderness immersion programs for children and teenagers, nature and craft weekends for families, yoga and meditation retreats, and provides a tranquil setting for the Nelson Clubhouse's annual camping trip.

This summer the Young Adult program ran for its second season and offered youth 17-21 the opportunity to spend ten days immersed in nature, trekking around Haystack peak and deepening their understanding of the local ecosystem and their part within it.

The W.I.S.E programs (Wilderness Immersion for Self Esteem) were all full and bursting with adventure and enthusiasm. The teens made it through hail storms and mosquito clouds to summit Sphinx and discover the legendary Starship Cabin, and the kids perfected their canoe technique in "canoe wars", and came home with some really cool tie-dye t-shirts.

A special thank you to Gitta Ritter and Peter McAlister for another informative and fun family nature weekend, with Gitta sharing her knowledge of weaving and natural dyes during the day, and Peter sharing his encyclopedia of natural knowledge around the nightly campfire.

Karuna and Paul Erikson led another blissful & nourishing yoga and meditation retreat, where yogis followed morning practice with a dip in the pristine lake and a fresh, vegetarian meal prepared by our lovely cooks.

8 **Mainstreet December 2012**

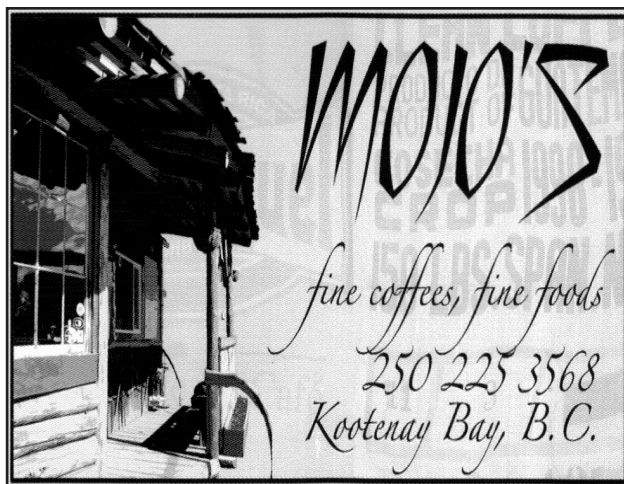
## Christmas Community Potluck

by Jacqueline Wedge

FoodRoots has been sponsoring monthly community potlucks and the last one in November was a wonderful success, with Mexican-themed dining, Spanish music and language lesson games and great attendance. Thanks to all who participated!

December's meal will be the ever-popular Christmas Potluck. This Santa-sweet event is for all families in the Crawford Bay, Kootenay Bay (and beyond) area, but the sign-up list is an important aspect. It is very methodically organized, with organic turkeys and entree items decided-upon a week or so in advance...

Sign-up sheets (food to bring, volunteer duties, ages of children...) will be at the Crawford Bay Market and the Credit Union in Early December. Please note that this fun event is on Saturday, December 15, not the Sunday. Please join us for live music, caroling, craft table, good friends, great times...




The generous contributions of all our donors, private and public, made this season possible: Community Initiate Grants, Credit Union, RDCK, the Lions Club, the Pumpkin Hill Foundation, BC Gaming Grants, and Creston Valley Forest Corp. A huge thank-you to the fundraising volunteers and sponsors of this past winter's Yogathon and Randy Richmond's Pilot Bay Cross Country Run. Also, to the many local businesses who donated goods to the silent auction at the Crawford Bay Hall and to the community who came out in support. Thanks to the help of everyone above, we were able to provide bursaries to families in need so more children could experience the WISE programs. You also enabled us to buy a new boat motor; the lake crossing has never been smoother! Can't forget the Crawford Bay School, who not only loaned us canoes and hiking gear but also their student body to help with camp take down this year!

The wisdom and sustained vision of our founder Peter Duryea continues to inspire us. The dedicated work of our operations manager Sandra Bernier and WISE facilitator David Gilmour, along with the rest of our staff & participants, made this year magical. Thank you mama nature for blessing us with this slice of Kootenai paradise that we've been able to share with people from all over North America!

We'd love to share any information about tipi camp, its upcoming 2013 programs, its fundraisers, and how you can get involved next summer. Check out our website at [www.tipicamp.bc.ca](http://www.tipicamp.bc.ca)

### Barefoot Handweaving



"Have nothing in your home that you do not know to be useful or believe to be beautiful"

William Morris

**OPEN Every day 10-4 at least 227-9655**

## Halloween in Riondel

by Sharon Webster

All sorts of ghosts and goblins came out to celebrate Halloween in Riondel this year. The Riondel Youth Group Society hosted a party for the spooks of all ages at the Riondel Recreation Centre. The school bus delivered a bus full of kids directly from the school and they were joined through the evening by parents and other community members. Big and small, almost everyone was costumed. There was music and pumpkins to carve, a cupcake walk and a Stick the Wart on the Witch game. There were chili dogs for everyone and every child left with a loot bag full of donated goodies. Some of the children went into the streets to trick or treat, and then brought their haul back to the Rec Centre to compare and trade with others. When it got dark, Daniel Chiasson, Sophie's dad, brought out the fireworks and put on a show. The evening wound down near 8pm, with many a contented child asking if they could come again next Halloween.

It was fun to see so many people of all ages out in costumes and having a great time. In all, over 100 people attended. Thanks need to be given to James and Danielle Linn for organizing the Youth Group and soliciting help and donations. The kids of the Youth Group did a fantastic job of decorating the Rec Centre and of cleaning it up the next day. Thank you to the Riondel Market, Crawford Bay Store and Gray Creek Store for providing discounted supplies and having donation boxes in their stores. Thanks also to Steve for bringing pumpkins to carve, and to Daniel for the fireworks. We are also grateful to Levea, Stephanie, Cathy, Danielle and Sharon for providing food and making cupcakes for the cupcake walk. There were many parents who came out in costume and pitched in to help and everyone taking part is what made it a truly great community event! So, to all who asked, "Yes, you can come back next year."

### Get Your Groceries... \$ support a worthy cause



**Do you shop at Save-On-Foods (Overwaita) or Kootenay Coop?**

**If so, buy a loaded grocery card (you give us the money, we give you the equivalent in gift cards to be used at either store) and the store gives our organization a percentage of the sales.**

**There is no extra cost to you - it's the same as walking in to the store with cash, but you support kids in our schools getting bursaries and educational tools paid for by the grocery store's percentage donation to the Crawford Bay School PAC (Parent's Advisory Council).**

**We will be selling these gift cards over the next few weeks, with our final push for sales being at the Bevy of Angels Craft Fair in Crawford Bay on December 9. Come for the fair, check out all the local arts and crafts, and bring your cheque book or cash to buy a card for pre-Christmas grocery shopping!**

**To be put on the list, contact Erin Cristofoli at [namaskar@theeastshore.net](mailto:namaskar@theeastshore.net) (250.227.6848), Ingrid Baetzel at [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net) (250.227.9246) or Amanda Hulland at [amandashimmy@yahoo.ca](mailto:amandashimmy@yahoo.ca) (250.225.3346).**





**CRAWFORD BAY COMMUNITY  
CHRISTMAS POTLUCK  
DINNER**

**Saturday December 15th @ 5 pm  
at the Crawford Bay Hall**

**live music, carolling, kids crafts,  
SANTA (!!!) and an amazing meal  
made by you and me.**

Sign-up at the CB Market or at the  
Credit Union from Dec 1 to Dec 12 for  
all adults & children, please.  
You will be contacted for your food &  
volunteer contributions.  
**SEE YOU THERE! (with bells on...)**



**Chris Noakes**  
Coldwell Banker  
Rosling Real Estate  
Cell: 250-354-7689  
Email: [cgcnoakes@shaw.ca](mailto:cgcnoakes@shaw.ca)

**Reduced!!!** Situated on the banks of Crawford Creek in the heart of Crawford Bay is a flat 2.67 acres with 125' of highway frontage that provides for numerous potential uses. The single story log home can suit the needs of a variety of buyers and measures approximately 1700 sq/ft, including 2 beds, 1 bath, updated kitchen and a spacious open floor plan. Other features of the property include a serviced outbuilding c/w wood burning oven, large double carport and several other storage sheds. Possible financing available.

**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)



East Shore Internet Society  
EAST SHORE INTERNET SOCIETY

**High-Speed Internet**

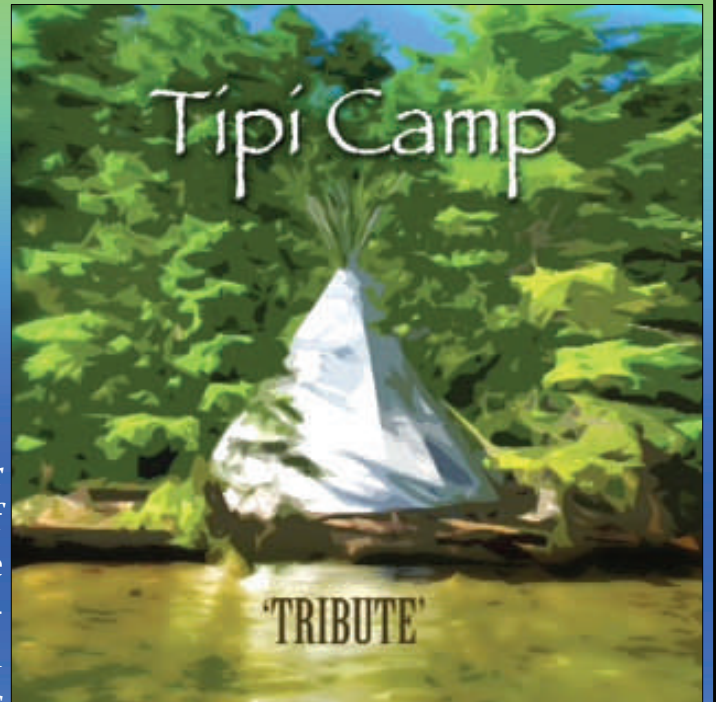
**250-505-4089**

[info@esis.theeastshore.ca](mailto:info@esis.theeastshore.ca)  
[esis.theeastshore.ca](http://esis.theeastshore.ca)

Central Kootenay Lake's community non-profit ISP

**Tipi Camp "TRIBUTE"**

100% of proceeds to Tipi Camp's W.I.S.E. youth programs.



Join Tipi Camp's founder Peter Duryea on a journey to the heart of Kootenay Lake. On the tip of the Crawford Bay Peninsula, surrounded by nature there is a Tipi Camp. It's here that opportunities to connect with yourself and nature abound. Celebrating it's 25th year in operation, the camp has inspired thousands of its visitors. This album is the production of a few of those people.

Available in Nelson BC at:  
Sacred Journey World Imports  
411 Baker St,  
Nelson, BC

Available on the East Shore at:  
Yasodhara Ashram  
527 Walker's Landing  
Kootenay Bay, BC

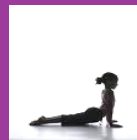
Or send \$20 cheque or money order to:  
Guiding Hands Recreation Society  
Attn. Tipi Camp "Tribute"  
PO Box 20, Crawford Bay BC. VOB 1EO

**Yoga w/ Lea:**

**Mon:** All levels, 10-11:30am, Comm. Cnrr.  
**Thurs:** All levels, 9:30-11am, Boswell Hall  
**Fri:** Beginner's/Gentle Yoga, 10-11:30, Comm. Cnrr.

*Available for booking group Laughter Yoga sessions for parties & private functions.*

**More info: 250.227.9030**  
[learae75@gmail.com](mailto:learae75@gmail.com)



**The Ping-Pong Club**

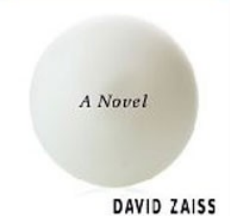
**The Ping-Pong Club**

a novel by David Zaiss

**Now Sold Locally**

at these locations...

- Gray Creek Store
- Yasodhara Ashram



This new book by former longtime East Shore resident David Zaiss, centering on the realities of wrongful discharge and a counter to the corporate mentality taking over both private and public institutions across the United States, is set amidst the quiet and beauty of the north woods. This first novel creatively weaves life in a small town with the Occupy Wall Street movement and his love for the game. Heralded as "An impassioned story told with immaculate detail and a courageous heart. The Ping Pong Club is a heartening read for anyone who has experienced injustice at the hands of the corporate elite." (M. Hoosen) **\$15**

**Christmas Eve  
Candlelight Service**

Koot Lake Comm Church, Wadds Road & Hwy. 3A

December 24 - 6pm



*Hear the  
Christmas Story  
Sing some  
Christmas Carols  
All are welcome...*

**CHRISTMAS LIGHT UP!**

**CRAWFORD BAY PARK  
SATURDAY DEC 8, 2PM**

**PRIZES! GAMES! REFRESHMENTS!**

**Bring your family & help  
decorate the park for Christmas.**



## - Silent Auction - Raises \$8,500+

submitted by Terry Fiddick

The teens of CBESS as well as parent volunteers raised over \$8,500 towards our humanitarian trip to Oaxaca, Mexico. Thanks to all those who assisted us in preparing for and cleaning up after the event. The list is long, and we will thank you in more detail later.

We would also like to thank the following businesses and artists who donated their wares to our silent auction - & we kindly ask that you support them as they supported us:

Abacus Beads, Nelson, Afreakin Bead Shop, Ainsworth Hotsprings, Alanda Greene, Ambrosia Chocolates, Arrowsmith Gallery, Avrell Fox Tatoos, Nelson, Baillie Grohman Winery, Barb Loeppky - Handwoven Brilliance, Barefoot Handweaving, BC Wine Guys, Nelson, Bella Flora, Nelson, Bibo, Nelson, Big Cranium, Nelson, Black Salt Café, Blanch Tanner - Breath Practitioner, Blown Away Glass, Blue Sky Clothing, Nelson, Bobs Bar And Grill, Bocalinos, CBay Lunch Café, Christie Peel - Acupuncture, Christina Depape - Massage, Cindy Bonnel / Nancy Schmauss, Cowans, Nelson, Crawford Bay Auto, Crawford Bay Inn, Crawford Bay Store, Creston Rec Center, Diane Trudel - Artist, Digirati Computers, Nelson, Dog Patch Pottery, Doreen Zaiss Pottery, East Shore Auto, Fireworks Enameling, Flickering Goddess, Found Salon, Nelson, Gaia Rising, Nelson, Gill And Gift Balfour, Greg Lostracco - Guitar Teacher, Gray Creek Store, Harrison Tanner - Massage, Hazel May Farms, Home Build Center, Nelson, Home Building Center, Creston, Howlin Dan, Ingo Johnson - Slab Rock, Ink Rebels, Jayanti Holman - Gardening, Jem Fitness, Jessie Winter - Painting, Karl Petters - Pottery, Kaslo Jazz Etc, Kenji Fukishima - Guitar Teacher, Kokanee Camera, Nelson, Kokanee Chalets, Kokanee Springs Golf Course, Komel Jewelry, Nelson, Kootenai Moon, Nelson, Kootenay Bakery, Nelson, Kootenay Cobbler, Nelson, Kootenay Coop, Nelson, Kootenay Forge, Kootenay Gut Busters, La Gala Jewelry, Lea Belcourt - Yoga Teacher, Lenora Trenaman, Levea Sturko, Love Of Shiva, Nelson, Lucky Cupcakes, Nelson, Marian Kien, Marie Berthaiume Pottery, Marilyn Arms, Mauz Kroker- Pizza Master, Michael Oconnor - Astrologer, Michelle Angela Jewellry, Mojos, Moonraking Pottery, Morris Flowers, Creston, Mountain - Camera, Natures Path, Nelson, NDCU, Nelson Ford, Newalta, Vancouver, Newkeys, North Woven Broom, Old World Bakery Balfour, Oso Negro, Nelson, Otter Books, Nelson, Pixie Candy, Nelson, PNW Nelson, Preserved Seed, Nelson, Purple Door, Riondel Market, Royal Bank, Nelson, S. Arnott - Artist, Sacred Journey, Nelson, Sacred Ride, Nelson, Sapphire Hair Salon, Shadow Mountain, Shambala Music Festival, Sharlene Ryks, Sherlynn Green, Shirley Wyngaard - Artist, Shprixieland, Silver King Tofu, Nelson, Soap Stone, Stained Glass, Starbelly Jam, Handwoven Brilliance, Sunset Seeds, Creston, Susan Snead, Astrologer, Ted Diakiw, Ted Wallace - Artist, The East Shore Mainstreet, The Hub, Theresa Lee - Acutonics, Thors Pizza, Nelson, Tigz Design, Tim Hortons, Creston, Turlock Electrical, Vogue Studios, Nelson, Wallace Atkins - Artist, Walmart, Nelson, Wedgewood Manor, West Kootenay Septic, Yasodhara Ashram, YRB.



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# Christmas 2012



## ~ Blessings & Greetings ~

“May your thoughts be as glad as the shamrocks, may your heart be as light as a song, may each day bring your bright happy hours that stay with you all the year long” – Irish blessing. Merry Christmas and Blessings for 2012 from

Blanche and Harreson Tanner

There is a Buddhist proverb that reads, “Enough is a feast.” May each and every one of you revel in enough. Here is a wish for the most satisfying of seasons to all  
The East Shore Mainstreet.

Greetings and Best Wishes from Tom & Sharon, Dave & Kris, Debbie, Christy, Dan, Dean, Matthew, Liz, Marilyn, Rose, Seth, Chandler and Adam at Gray Creek Store.

From home to home, and heart to heart, from one place to another, the warmth and joy of Christmas brings us closer to each other. Happy Holidays from Susan, Julie, Karol, Sheri, Barb and Johanna - The staff of Nelson and District Credit Union – East Shore Branch

Peace, love & much merriment and blessings of the season from the crew at Black Salt Café.

We are so grateful to belong to the East Shore Community. Merry Christmas Everyone!  
The Keraiff family.

Merry Christmas to all our friends and neighbours from Fireworks Copper and Glass.

May all that is great be yours this season. Merry Christmas and the very best to you and yours in the New Year. Gerry, Pam and all of the Newkey's elves.

Christmas Greeting - Christ is Born! Let the heavens be glad and the earth rejoice. Merry Christmas from Kootenay Lake Community Church.

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

Thanks to all our great clients for your support over the past year. We wish you all a wonderful Christmas and a prosperous New Year.  
Creston Veterinary Clinic.

Happy Christmas, thanks for the support in 2012. Stay warm!  
The Barefoot Weavers

From all of us to all of you – Have a Merry Christmas and a Happy and Prosperous New Year!

Wedgwood Manor Country Inn.

Merry Christmas, Players.

Thank you East Shore, for all your support with getting Your Market open for business - from the team at the Crawford Bay Market.

Much love to all our friends, family, and community over the holiday season and best of 2013 to all.

The Belcourt-Marcheterre Family

Wishing you all many steaming mugs of hot chocolate with marshmallows on top after your skating, caroling, and celebrating this season. Love from Dog Patch Pottery

Wishing all a very blessed Holiday Season full of love, light and prosperity. May the spirit of joy and peace be with you all through this coming year. Blessings from Khyati & everyone at Sacred Journey Galleries

May Christmas blessings come into your lives and continue to comfort and bring joy from Riondel Community Church.

Let this Christmas bring many tender moments to build into the memories of a new and successful year from Eastshore Garden of Remembrance.

Merry Christmas to all our neighbors along the East Shore. We wish you a very healthy and fulfilling New Year from the Boswell Hall Board.

Wishing all of you contentment in your life, joy in small things, and trust in the power of positive efforts.  
Anna Rose, East Shore Physiotherapy.

We would like to wish everyone in our little mountain village of Riondel and those in the bigger communities that surround us on the East Shore a wonderful Christmas season and Happy New Year ahead. From the Riondel Community Center Committee.

Wishing you all the joys of the season - Happy Holidays from Shannon & Chris Nickisch

Blessings this season to our young children and their parents, grandparents, families and friends. May we be forever young as we are blessed with the playfulness and beauty of our youngest community members, from Laverne Booth for EASEY.

Joyous songs and Christmas cheer... May laughter and friendship be yours all year. From our family and the staff at Bob's Bar and Grill, we send our wishes for a safe and happy holiday season.

Wishing everyone a warm and cozy Christmas! May your fires burn warm throughout this holiday season!  
The Staff at Kootenay Forge Ltd Buy It Once, For Life

Sending happiness, health and wealth to everyone this Christmas Season. Spending Local, Keeps It Local!  
The Kootenay Lake Chamber Of Commerce

Do not fear that the end is near, The Hub is here to spread some cheer! Come on down to have a beer and celebrate the coming New Year!

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## Local Theatre Production "Interior Health" An interview with writer/director, Doreen Zaiss

by Galadriel Rael

Our local theatre group, the Hexagon Players, will be presenting their newest production, "Interior Health" at the Crawford Bay Elementary Secondary School on January 18-19. I took a few minutes to ask Doreen Zaiss, writer and director, a couple of questions...

**Q. You produced many memorable theatre pieces during your years as a teacher at the Crawford Bay School. And after your retirement we didn't see you involved in any theatre around the community for a while. What inspired you to get "back in the saddle"?**

*A. Carol VanR. She is one very insistent cookie. She wanted to start a theatrical group and knew that it would need someone to direct it. I remember she came to me with a full-length play and a pile of enthusiasm. I nixed the idea of a big play as a premiere effort, but suggested something more modest; hence, "The 15-Minute Hamlet".*

**Q. Who are the Hexagon Players and how did this group evolve into existence?**

*A. The original Hexagon Players met in my living room, which is hexagonal in shape. We played with improv and then with that crazy version of Hamlet which we staged in The Hub and then to open Starbelly 2011. The original players were Carol Van R, Lea Belcourt, Kate Page, Janet Wallace, Ingrid Zaiss-Baetzel, Jacqueline Wedge. We also had the help of several little girls: Olivia Wedge-Darchen, Zoe Zaiss-Baetzel, Morgana Page-Deal and Jolie Mwinyi. The group has grown since then. We have welcomed in new players for two years now.*

**Q. Can you give us a brief summation of the play?**

*A. It takes place in a hospital; Kelowna General is implied. Four patients in a ward are going through different struggles with Interior Health, both the Authority and their own physical and mental interior health. The interactions of the patients, the staff, and the circumstances are the subject of the play.*

**Q. You not only are producing this play, but you also wrote it. What was your inspiration behind this script?**

*A. Two years ago I was in the Kelowna hospital for a surgery. The machinations of the hospital, the food, the mixed wards, the turmoil and humour of the "inmates" all fascinated me.*

**Q. Why this subject matter?**

*A. Because it just wouldn't leave me alone. I tried journaling the experience, writing poems and short stories about it. In the end, the only approach that satisfied me was to give each character a voice.*

**Q. Are the characters based on real people?**

*A. Some of them are. Others spontaneously combusted.*

**Q. Is this the first production of something that you wrote?**

*A. No, I wrote a few of the plays that the acting classes in Crawford Bay Secondary staged: Shrewed and Coyote Recall among them.*



Milten (Paul Hindson) with his buddies Duwain (Robert Agnew) and Swifty (Lea Belcourt) havin' a guffaw.  
Photo: Allan Hughes

**Q. Is it a different experience to be directing a play that you wrote?**

*A. Yes. I start right out with a strong image of what it should be. However, the cast manages to modify those preconceptions. And of course I am constantly questioning myself and my own Interior Health.*

**Q. What are the challenges?**

*A. Time. All the actors do so many things in the community already. We can only rehearse once a week. It's not like a professional theatre group in which people work full time at a production over a shorter period. We have to sustain our involvement and energy for five months.*

*on the first big play, which was based on three different Shakespearean plays. Then I got a drama class (grades 8-12) and we created our own plays based on classical stories like Scheherazade or Alice in Wonderland. Things became more workable when I got to teach junior and senior classes separately. Eventually I learned to trust the actors more and tap into their creativity. That's when it really got to be fun.*

**Q. Putting on a full-length play involves many volunteer hours, why do you do it?**

*A. Love of the art. Love of the players. Love of the audience.*

**Q. What is your ultimate goal?**

*A. To fly.*

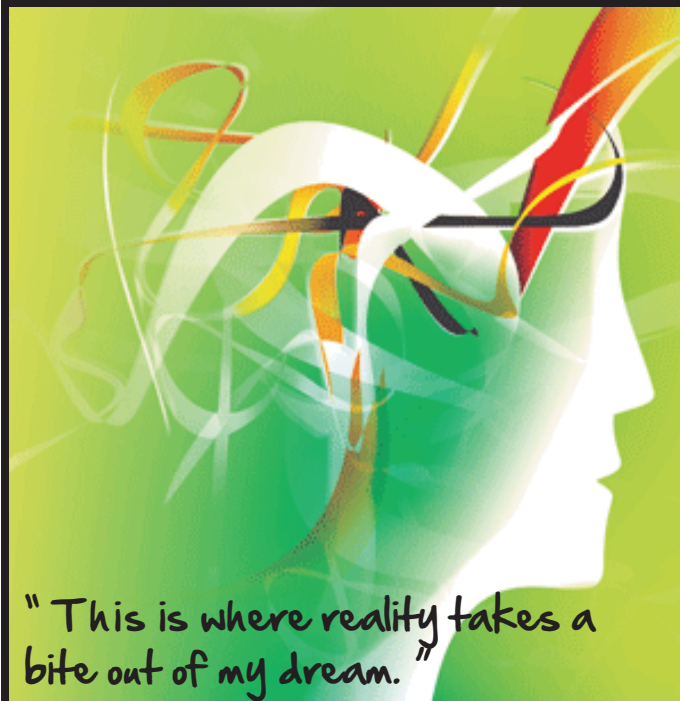
# Interior Health

Join the Hexagon Players and writer/director  
Doreen Zaiss in a play to add spark to your mid-winter.

*Interior Health* shines light on what helps and hinders healing,  
including the forces within ourselves and our society.

Enjoy an evening out with friends and neighbours to improve your *Interior Health*.

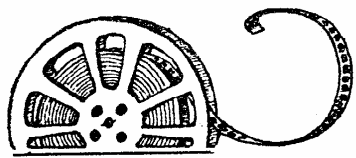
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## Seldom Scene

by Gerald Panio

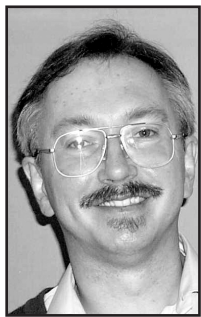
*One love, one heart*

*Let's get together and feel alright*

*As it was in the beginning (One love)*

*So shall it be in the end (One heart)*

--Bob Marley, "One Love"



During the 1960's and 1970's two faces dominated the posters that caught that era's zeitgeists. The first was that of revolutionary leader Ernesto "Che" Guevara. The second belonged to reggaeman Bob Marley. In this second decade of the 21st century, thirty years down the road, neither of these iconic figures has lost his hold on the popular imagination. Che Guevara's memory is celebrated by leftist governments in countries such as Venezuela and Brazil, and reggae has become a key strand in the world's global musical DNA. In the cinema, Guevara was well served by Walter Salles's *The Motorcycle Diaries* (2005) and by Steven Soderbergh's epic *Che* (2008). Until this year, however, Bob Marley hasn't been so lucky. That's now changed with Kevin Macdonald's documentary *Marley*.

With a 146-minute running time, and the full cooperation of Bob Marley's extended family (Ziggy Marley is the executive producer), Macdonald has delivered a film worthy of his subject's extraordinary gifts. I'm curious as to Kevin Macdonald's connection to Bob Marley. As a director, he's been responsible for one film set in Idi Amin's Uganda (*The Last King of Scotland*), one film about a lost Roman legion (*The Eagle*), a powerful semi-documentary about mountain climbing (*Touching the Void*), and a currently-in-post-production film based on Meg Rosoff's brilliant, dark-as-hell young adult novel, *How I Live Now*. Perhaps the Marley project just fell in Macdonald's lap because other directors backed out and his resume showed he was versatile enough to handle just about anything. I'd bet there was something more, though.

*Marley* begins, appropriately enough, at Cape Coast Castle, in Ghana, West Africa. The fortress was a centre for the slave trade, for the African diaspora. As a passionate adherent of the Rastafarian faith, Bob Marley saw Africa as the ultimate homeland to which the enslaved and dispossessed would someday return. It was the continent to which God had come back as Ethiopia's Emperor Haile Selassie I, King of Kings, Conquering Lion of the Tribe of Judah, Elect of God, Root of David, Ras Tafari. I don't pretend to really grasp Rastafarianism, a kind of homegrown Jamaican liberation theology, but I believe it gave Bob Marley's songs a universal resonance that lifted them to another plane beyond reggae's strong dance rhythms and uncompromising political messaging. Key tenets of Rastafarianism were self-confidence and self-reliance, ideal weapons against poverty. One can appreciate the tremendous loss Marley's early death (he was only 36) represented when one listens to the quality of the music that his contemporaries are still making. Jimmy Cliff's *Rebirth* album is reggae at its best (check out the song "One More"), but I miss the unique spiritual dimension that was always present in Marley's finest songs (and in songs on other early reggae albums such as *The Harder They Come* and *Marcus Garvey*). What

could Bob Marley have done if he'd been blessed with another 30 years?

From Africa, *Marley* shifts to some razor-sharp aerial photography of the Jamaican hills and valleys in the midst of which nestles the ramshackle village of Nine Mile in Saint Ann Parish, Bob Marley's birthplace. In the Blu-Ray version, the shots of the hills remind me of the stereoscopic landscape photos we looked at in high school, except in glorious colour. Arriving at Nine Mile, we get to meet Marley's mother, his first teacher, and a childhood friend. As with everyone interviewed for this film, these are memorable individuals—forthright, strong, resilient. They're survivors. Life in Saint Ann Parish wasn't (and still isn't) for the faint-hearted.

Marley's father was a peripatetic white man named Captain Norval Marley; his mother was a black woman from the village. Never much a part of Bob Marley's life when he was growing up, the Captain refused to see him when Marley later attempted to reach out to him. Haile Selassie may have been the father figure who helped fill that particular hole in his life.

As a half-caste, the young Marley was teased and rejected, but later said that his outsider status eventually allowed him to bridge cultural and racial divides through his music. The large home he purchased in Kingston in the 70's would become a gathering place for all strata of Jamaican society. One love in action.

Bob and his mother moved from Saint Ann to the Kingston ghetto of Trench Town when he was 12. Bob played football, started recording at local studios, and scabbled a living with odd jobs such as welding. In 1962, when he was 17, his

mother left him to move to the U.S. In that same year Jamaica gained its independence and the whole political landscape shifted.

Marley's solo recordings didn't sell, and it would take several years before he had his first #1 hit with The Wailers in 1964. I think that was also the year that he met his wife, Rita, one of the most eloquent voices in this documentary. During those years of waiting for a breakthrough, Marley played and rehearsed constantly. One of the Wailers described him as "a serious focus man," and that seems perfect. Some of the best interview subjects in *Marley* are the musicians who worked with him. They provide clear pictures of Marley's dedication, his inability to compromise, and his dealings with mercenary managers and producers.

At times, the interviewees themselves, with their dreadlocks and bonnets and other Rasta paraphernalia, look a bit like alien life forms. In a good way. Very benevolent alien life forms. That artists such as Bob Marley, Jimmy Cliff, and Burning Spear could have married Rastafarianism so perfectly to their music and made its message so universal is a miracle in itself. Of course, the ganja (the sacred herb mandated in the Book of Revelations) probably didn't hurt.

Shortly after Haile Selassie made a rapturously received stopover in Jamaica in 1966, Marley decided to join his mother in Wilmington, Delaware. It was a short stay, and he was soon back in Kingston, at first distributing records on his own label and then signing up with producer Lee "Scratch" Perry. It was the start of a meteoric rise and of the more aggressive touring schedule that saw old companions such as Peter Tosh and Bunny Wailer drop out and new musicians and back-up singers join.

*Marley* features a good deal of excellent concert footage from around the world, but I was equally grateful for the chance to hear what his family had to

say. It wasn't always easy being the son or daughter of a charismatic spliff-smoking musical activist who fathered eleven children in seven different relationships and was as fiercely competitive with his own kids as he was with everyone else. "No let up in him," says one of his sons. Rastafarianism also brought with it "rules & doctrines & tenets" to live by. Women were expected to wear dresses at home and forgo "Babylonian things" such as make-up. When an interviewer asked Bob Marley if he was married, he replied "No, I can't deal with the Western way of life. If I must live by law, it must be the laws of His Majesty. If it's not the laws of His Majesty, then I can make my own law." That kind of freedom doesn't come without a certain amount of pain, for everyone around.

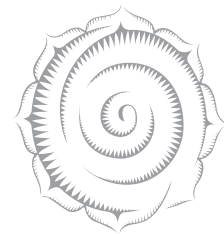


By the mid 70's Jamaica had turned into a political war

zone, with young gangsters shooting it out for the right-wing JLP or the left-wing PNP. Marley's message of peace & community was being drowned out by gunfire. And in 1976 a lone would-be assassin went after Marley and his friends. He and Rita and two others were wounded in the attack. Not wanting to live looking back over his shoulder, he went into exile in London.

The situation in Jamaica continued to deteriorate. In 1978 Marley was invited back to his home country to give a Peace Concert to try and stop the bloodletting. It was Bob Marley at his finest. In a spontaneous gesture he called the leaders of the two parties onstage to shake hands and pledge reconciliation. That moment is caught on film, as is the entire concert.

Bob Marley had one final dream to realize before the cancer that was invading his body finally dragged him down. He'd long been disturbed by the fact that he'd never been able to reach black audiences in the U.S. the way he thought he should. He had countless white fans there, but it wasn't enough. So in a gesture that perfectly captured his commitment to his musical mission, he agreed to play the U.S. as the opening act for the Commodores. By this point Marley had the whole world's attention and respect, but he was willing to take a step back in order to be allowed to share the spotlight with performers who had the respect of Black America. It was absolutely the right call. For one last time, he reached out and gathered Jah People in.



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## It's a Small World After All



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### Issue of the month: The struggle for democracy in Burma, explored in two books

by Anna Rose

1. *The Lady and the Peacock* – the Life of Aung San Suu Kyi” by Peter Popham, 2012 Rider Books, 448 pages, non-fiction

2. *The Lizard Cage* by Karen Connelly, 2005 Random House Canada, 528 pages, fiction

Our two eyes working together give us depth perception and here, two very different books give the reader a much fuller picture of a current issue than either one alone.

Written by a British journalist, *The Lady and the Peacock* presents the history of the decades-old struggle for democracy in Burma and details the life of the struggle's leader, Aung San Suu Kyi (pronounced Ong San Sue Chi). The subject matter is fascinating, though the author is hamstrung by the ruling military regime's tight control of foreign journalists. Dates and names abound, but to give a more personal side to Suu Kyi he must rely on second-hand material such as a diary kept by Suu Kyi's personal assistant. On the other hand, *The Lizard Cage*, written by a young award-winning Canadian who describes as “author-poet-traveller” gives neither dates nor actual events. Instead it uses strong characterization, lively dialogue and vivid descriptions in an unforgettable story. The author wrote the book after spending time with Burmese dissidents in Thailand in the mid 1990's.

The “lady”, Aung San Suu Kyi is the daughter of Aung San, who is himself widely celebrated in Burma as a national hero. He sought to bring independence and democracy to the country, after Japanese control ... after British control, after centuries of monarchs. He was assassinated in 1947 when his daughter was just two years old, and the military seized power. The “peacock” reference is to the bird associated in Burmese culture with fighting spirit. It is on the flag of the National League for Democracy, the political party of which Suu Kyi was a founding member. The party was formed in 1988 in response to the massacre of thousands of civilians who were demonstrating peacefully.

Over and over again, Popham emphasizes how Suu Kyi has never been motivated by personal power, but by the responsibility she feels to the people of Burma. Kept under house arrest for 15 of the 21 years in the span 1989 to 2010 (including the year 1991, in which she was awarded the Nobel Peace Prize), Suu Kyi's persistence and bravery have become legendary. Modestly, she implies that her courage is no greater than that accessible within anyone. In an essay called “Freedom from Fear”, she wrote

*Emerald cool we may be / As water in cupped hands / But oh that we might be / As splinters of glass in cupped hands.*

The Burmans, she was saying, needed to stop being as passive as water in the hands of the rulers. “Glass splinters ... the smallest with its sharp, glinting power to defend itself against hands that try to crush, could be seen as a vivid symbol of the spark of courage that is an essential attribute of those who would free themselves from the grip of oppression.”

14 Mainstreet December 2012

That kind of courage in the ordinary citizen is exemplified by the main character of *The Lizard Cage*, a young follower of Suu Kyi's, held as a political prisoner in the infamous Insein Jail of Rangoon. Forced to supplement his meager rations with the lizards he can catch within his cell, he endures torture and continues to practice his Buddhist faith. That includes praying for all beings (including his jailors) to be happy, to be free from suffering and enmity and hurtfulness and ill health. Readers, be prepared for brutality and coarse dialogue, but believe the book reviews that speak of the novel's thriller-like pace, and read this for yourself.

If you doubt that in real life the Burmese regime treats those who speak out against it as badly as in the novel, go to the website of Amnesty International for an Urgent Action issued in November 2011, (index ASA 16/007/2011). It tells of fifteen political prisoners in the Insein Jail being denied drinking water while on a hunger strike. Eight of them were moved to the “dog cells” mentioned in Connelly's book, poorly ventilated cells 2m by 3 m without beds or sanitary facilities. Torture is reported to be common practice, and the long sentences of political prisoners are not eligible for reduction as are the sentences of criminal prisoners. One of Suu Kyi's co-founders in the NLD was imprisoned for nineteen years.

To end with a positive note, there is a short video on Youtube from June 2012, entitled “Amnesty awards Aung San Suu Kyi”. After getting to know in depth her story and the conditions in Burma which she struggles against by reading the books reviewed, see and hear her for yourself. At 67, the woman committed to the establishment of democracy in Burma is as articulate and determined as ever.

### Riondel Parks, Recreation & Community Service Society

The Riondel Parks, Recreation & Community Service Society has a limited term, contract position available for 2013. The position is Attendant(s) for Riondel Campground and Park for the operational period May 15, 2013 to October 15, 2013.

#### Job Description/Responsibilities

- Monitor access to Campground and enforce all posted rules.
- Accept and confirm reservations.
- Collect fees and issue receipts.
- Maintain a daily record of site registrations.
- Maintain a record of payments.
- Maintain all areas of the park in a safe and clean condition.
- Clean toilets, showers and fixtures daily and ensure units are maintained in a safe and sanitary condition.
- Ensure garbage is daily stored in a secure animal proof area; transport garbage to the Crawford Bay garbage transfer station on a minimum weekly basis.
- Split and sell firewood (this may require the attendant to prepare in advance of the season opening).
- Ensure water systems, signage, picnic tables and benches are safe and fully functional at all times.
- Clean Campground prior to season opening and winterize after season closing.

#### Position Requirements and Qualifications

- Attendant(s) is required to provide proof of comprehensive liability insurance covering the contract term and in an amount not less than \$2,000,000.
- Attendant(s) is required to provide proof of Worksafe BC coverage.
- Successful applicant(s) must be physically fit to carry out manual labour duties.
- Successful applicant(s) must have good communication skills, be organized and reliable.
- A criminal record check may be requested.

#### Remuneration

- 50% of most fees collected and submitted to the society
- \$10 per trip to the Crawford Bay dump site.
- Free site, including power and water, for attendant's trailer/motorhome.

#### Contact Information

Applications and resumes should be submitted by mail to:  
PO Box 146 Riondel BC V0B 2B0,  
Or email: <sfulton@sfu.ca> or <forourke@bluebell.ca>  
For further information,  
Sherrie at 250-225-3331 or Fran at 250-225-3268.

## East Shore Community Library/ Reading Centre News

by David George

The board has decided to delay the availability of our online public access catalogue until sometime in the New Year. This will enable more features to be offered, as well as, we hope, a website.

Email addresses are being collected from our members. Our librarian would like to use these only to let people know if a book is overdue or has come in for them.

Interlibrary loans are free, and usually take about two weeks to arrive. This year so far we have filled 64 requests for books we don't have. Remember, interlibrary loans are free. Your taxes have already paid for them.

We are open Tuesdays and Saturdays from 12 o'clock Noon until 3pm, and Thursday evenings from 7 to 9pm. We will be closed on Christmas Day and New Years Day. Due dates will be adjusted accordingly. Phone is answered when we are open, at 250-777-1492.

Holiday best wishes to all our patrons, and special thanks to all our library volunteers.

Note: Having written this column for three and a half years now, it is time for me to retire and hand this over to someone else. This is my last library column.

## Riondel Library

by Muriel Crowe

Once again we are enjoying the benefits of pre-Christmas publishing by the big companies with lots of new books on our shelves.

There are a dozen new DVD's also and we are expecting a shipment of young readers books this coming week. The year has been a busy one for our little library, we moved house temporarily twice and are now comfortably back home again. We had a wonderful open house in the spring and recently hosted readings by seven authors which was enjoyed by many. Several mentioned that they thought that the readings should become an annual event. We all agree but would really appreciate some volunteers stepping in to help out with that. Our library volunteers are a busy bunch with commitments to other organizations as well as the library. The library also hosted a poetry workshop courtesy of our own Poet Laureate Fred Wah and a very interesting talk about the oil sands by David Dean. If you have suggestions re speakers or workshops please share them.

I am delighted to report that our number of items borrowed has increased by at least 2000 this past year. Part of that increase is that all of the holds and renewals are now included but there was a significant increase in regular borrowings too. Does this increase our funding? Not at all, but it does give us all a great sense of satisfaction that people are enjoying what the library has to offer.

Please drop in and browse the shelves, check out some wonderful books or videos and settle in for some great winter entertainment. I can almost guarantee these pursuits won't create sore muscles or bruises. Enjoy the winter weather and the coming holiday season.

**Next Deadline:**  
**Dec 26 2012**

## Book Review

by Eileen Delehanty Pearkes

*Napi's Dance*, by Alanda Greene

Toronto: Second Story Press 2012

Anyone who loves southern Alberta's soft beauty and expansive vistas will appreciate Alanda Greene's fine new novel *Napi's Dance*. The story follows Snake Woman, a Blackfoot Indian born into the shifting, changing world of the mid-1800s, when British and American traders in search of buffalo hides influenced the shape and rhythm of indigenous prairie life.

This was a time when buffalo chips still made the best fuel for winter warmth and coyotes bobbed freely in and out of the coulees. Tribes moved in time-honoured patterns from hunting grounds to wintering grounds, beneath a sky that was peppered by stars, across grasslands that billowed in the wind. At the same time, the effects of alcohol and the new economy, both brought by the Trade, had begun to put pressure on the old rhythms.

Snake Woman bridges the old world and the new, learning the traditional ways from her grandmother, yet going on in adulthood to marry a white man and move away from the prairie she loves. Later in life, she returns to her homeland, where she encounters a young settler named Eleanor, whose family has come to farm the thick sod. In their relationship, the seeds of reconciliation between white and brown are sown.

Greene's sensitive mind and heart help the reader enter into the complexities of the indigenous and settler worlds in a way that is both respectful and fresh. This is not easy territory for a non-indigenous writer, and Greene is certainly up to the task. Her novel will help all of us understand what has been gained and what has been lost since European contact, and may even inspire us to think about what can be restored.

With evocative, delicate language, she brings to life a layer of time in southern Alberta when life circled around the natural world and its mysteries. She joins other place-based writers such as Fred Stinson and Sid Marty in bringing to life the land and its people, uncovering the old stories like sod-lifting and turning all that is fertile and best about history and landscape. This is a good read.

Eileen Delehanty Pearkes writes about indigenous culture and landscape in southeastern British Columbia.

### Alanda Greene's *Napi's Dance* (2012)

From [buriedinprint.com](http://buriedinprint.com)

"It recalls Sharon Butala's love of the prairie, reverence for the land. It brings to mind Lee Maracle's focus on relationships between women, love and friendship and sustenance and it reminds me of Louise Erdrich's unflinching consideration of violence against women and the world, but Alanda Greene's *Napi's Dance* has a spirit all its own. Her prose is controlled and measured; it is like a slow intake of breath, hopeful and restorative..."

Alanda Greene has thrown her rope around time in this novel, securing the days and nights of her characters with equal amounts of delicacy and determination; the storytelling is organic and the characters are credible.

This is a story that I wish I had been given to read in school, with another layer of truth to put alongside the stories of brave missionaries and unruly rebels and noble savages."



## Tom's Corner

by Tom Lymbery

Gray Creek Appears on Highway Maps in 1931

Sternwheeler SS Nasookin started running the new ferry service across Kootenay Lake from Fraser's Landing to Gray Creek in early April 1931. The road crew had only finished the tough job of blasting their way through Burden's Rock in the winter of 1929-30, and they and other crews were working to complete the gravel, mostly two lane road the rest of the way to our Gray Creek wharf. Prior to 1931 vehicles crossing BC could travel between Nelson and Kuskonook on the Nasookin's daily trip, but the CPR opened their newly constructed rail line between Procter and Kootenay Landing January 1, 1931. At that time the CPR tied up most of their boats and tugs at Procter – out of service. The province of BC was able to charter the largest boat for the very necessary ferry service.

Hon. R. W. Bruhn, the BC Minister of Public Works (Highways) was concerned about this, and he made an arduous trip to find out for himself. He came by Kettle Valley train to Procter, had a boat drop him at Pilot Bay, and then hiked the trail to Kootenay Bay. He was able to get a ride to take him over the eight foot wide road/trail to Gray Creek, and then south to see how the construction between Boswell and Gray Creek was progressing.

He made the immediate decision to have the sternwheeler landing moved to Boswell. A *Nelson Daily News* report of April 18, 1931 had this to say: "This change in service was brought about after Hon. R. W. Bruhn had gone over the newly constructed portion of the main lake highway, and also that portion between Boswell and Gray Creek on which the work of relocation and widening is being carried on. This latter road the minister found is almost impassable and in addition is dangerous because of road crews at work on it. In order to give the workers a better chance to do their work without interruption and to save tourists and others using the main lake highway the minister has secured the alternative ferry route to Boswell. This service will likely continue for a couple of months until the road link is in better shape."

This made the service two trips a day, instead of three, as the crossing to Boswell took almost half an hour longer than that to Gray Creek. Why did Bruhn go to Pilot Bay? Presumably because the original intention was for the ferry dock on our side to be built at Pilot Bay, and he wanted to scout that out. This construction period was when Russ Reilly was employed on the road, renting our Green Shutters cabin, where the Reillys' eldest, Eileen was born in 1931. Mrs. Eliza Oliver was the midwife at her birth, with my

mother helping as best she could.

The fare schedule for the new ferry service was printed in the *Nelson Daily News* on April 17, 1931, and this continued almost unchanged except that local residents got a return trip for the price of a one way. And this continued while the MV Anscomb was operating from Kootenay Bay to Balfour from late June 1947 until October 1963, when the province took tolls off the Nelson bridge, as well as all other BC bridges, and our ferry became toll free.


By July 11, 1931 the new highway was in better shape, so the three trips daily from Gray Creek to Fraser's Landing resumed. Fraser's is where the Heuston family continue to raise Black Angus cattle on the West Arm below the highway to Nelson. From 1931 to 1947 they also had cabins and a store to supply those waiting for the ferry. This was as far as the road from Nelson remained close to the lake – at that point it climbed the hill where the Balfour Golf Course is now.

From April to July 1931, Charlie Bebbington served sandwiches and meals to the Boswell ferry line up, using a tent with a wood stove. He approached my Dad

to see if he could do the same at our place. So Dad supplied the material for a shiplap floor for Charlie's tent and Charlie built a small kitchen behind for the cookstove. The next year Dad took the bid from Louis Johnson (Beanie's dad) and Alfred Nelson to supply and assemble cedar logs around that floor – for the Depression price of \$50 each. Bebbington completed the bedrooms above, where he lived while the new dining room was in operation, and he built two more cabins. Over time the dining room was used as lodge, camp office, and gift store.

We hope to save this landmark hip-roofed log building next to Gray Creek Store, but we are desperately short of parking with our current store expansion. Can we move it back to the property line?

Much credit for help with this article goes to Earle Cutler of Nelson who loaned me his file of *Nelson Daily News* clippings that he had so conscientiously saved whenever the Nasookin was mentioned. Earle moved from Taber, Alberta when his bid to scrap the Nasookin was accepted in 1950.



# NOTICE

## Kootenay Lake FERRY SERVICE

Effective immediately the Kootenay Lake Ferry will operate between FRASER'S LANDING and BOSWELL on the following schedule:

Leave Fraser's	Arrive Boswell	Leave Boswell	Arrive Fraser's
9 a. m.	10:30 a. m.	11:00 a. m.	12:30 p. m.
1 p. m.	2:30 p. m.	3:30 p. m.	5:00 p. m.

SCHEDULE OF CHARGES

Passengers (single)	\$ .25
<small>(5 tickets for \$1.00)</small>	
Children under twelve	Free
Motorcycle and driver	.25
Motorcycle, sidecar and driver	.50
Car, auto, express, etc.	1.50
<small>(Up to 115-inch wheelbase)</small>	
Car, auto, express, etc.	2.00
<small>(116-inch to 125-inch wheelbase)</small>	
Car, auto, express, etc.	3.00
<small>(Over 25-inch wheelbase)</small>	
Rigs	.30
Horses or mules without vehicle or rider	.30
Cows, pigs, sheep, colts, calves	.10
Freight, up to 100 lbs.	.10
<small>(Each additional 100 lbs., .05 per ton)</small>	
Tonnage rates	.50
Bicycle and rider	.25

By Order  
Department of Public Works  
British Columbia

### Create your own job!

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

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

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



Community Futures  
Central Kootenay

Growing communities one idea at a time.

Call Erika at 250 254-1967 to book a free appointment in Crawford Bay  
[www.futures.bc.ca](http://www.futures.bc.ca)



## From the Principal's Desk

by Dan Rude

Have you had an epiphany lately? I'd like to thank one of our secondary students for one I had recently. As this student worked on a mathematical concept (using a new online system I've recently discovered from Australia) he voiced to me one day, "Mr. Rude, I had an epiphany." He then proceeded to tell me about his new, clear understanding of a concept that had somewhat eluded him for some time. This got me thinking (re-thinking, actually, as I've had this epiphany multiple times now) that the essence of learning – and of our work with our children and youth – is largely about creating the conditions for each of us to experience ourselves having regular epiphanies. Whether we are clarifying math concepts, emerging as readers, exploring our natural environment, improving in physical activities, overcoming personal challenges, or experiencing what it is like to be a good friend and human being, every moment has something strikingly brilliant for us to notice, that we may not have seen clearly before. Every day, every moment, is an opportunity to seek out, discover, and uncover new learning.

For another potential epiphany, I encourage you to have a look at this youtube video that was recently shared on the BC Physics teachers' listserve, in which a guitarist placed his iphone inside his guitar to capture the beauty of the strings' waves. <http://www.youtube.com/watch?v=TKF6nFzphBU>

And now it's your turn. I'd like to know some of the epiphanies that you, the members of our school community, have recently had. Please email me at [drude@sd8.bc.ca](mailto:drude@sd8.bc.ca) with your stories and consider coming in to share with our children and youth.

At this point in the school year, when I'm not quite sure how December has come so fast, I'd like to recognize the incredible work of our school community so far. I am proud of our small community. From my perspectives as principal, teacher, and parent of two little ones, I'd like to thank all of you who give of your time and energy to help care for our children and youth.

Finally, you may have noticed that our website has not been updated in a while. Without going into the technicalities, it has become clear to me that it's time for a new version that is easier to manage, update, and change. I am currently working via skype and email with Gef Tremblay (who is actually in Germany) in converting our current site over to Wordpress. An early version of this new site should be up and running very soon and will include a more regularly updated listing of events and happenings.

## 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, December 10 at 7pm in the school library. All parents & guardians are welcome! Call Ingrid at 227-9246 or email [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net) to be put on the agenda.

**HOT LUNCH PROGRAM:** We've got so much for sale on going on, it's almost dizzying! See the ad in this issue for further details!

## EASEY News for Parents

by Laverne Booth

**Christmas Story Telling** for young children and their families at the Eastshore Community Library in Crawford Bay with Simone Stanley and friends. Time TBA. Sponsored by Columbia Basin Alliance for Literacy.

**Childsafe First Aid Course:** Please register if you are interested in a one-day course to be held at Crawford Bay School early in the new year. Cost is \$85, includes a certificate. Call [Laverne@250-227-9552](mailto:Laverne@250-227-9552).

**Special thanks to our local midwife** and grandmother Sylke Plaumann of First Contact who offered Tuina massage for children at the Strong Start program. This is part of a skill-sharing program where parents and other resource people share their interests and skills with young children and their care-givers.

**Thanks to all family-friendly businesses** on the East Shore who welcome and support all ages of family members. This year when we had a pancake breakfast to thank Dads, Yoan Benoit of Mojo's donated some especially delicious maple syrup. Ingrid Baetzel of *Mainstreet*, thank you for keeping on finding new ways to keep us all informed of what is going on.

If you have stories or pictures of the beautiful ways our East Shore community looks after you, your grandchildren and your family- do consider sending them in so we can post them on our wordpress site: [www.familyplace.eshore.ca](http://www.familyplace.eshore.ca)

I am grateful for the fabulous leadership of Simone Stanley at the Strong Start program in Crawford Bay, Dan Rude for the grand cooperation at the school with the East Shore Family Place, Linda Steward of the Columbia Basin Alliance for Literacy (CBAL), and Jennifer Sebastian of Kootenay Kids in Nelson for ongoing support. There are so many wonderful people who offer childcare support to the young children in our community. May you all be blessed at this time.

**Contact person for East Shore Alliance Supporting the Early Years (EASEY) Laverne Booth at 250-227-9552 or [laverne@theeastshore.net](mailto:laverne@theeastshore.net).**

## WATCH FOR US!

(...at holiday fairs, the school, and events near you or contact Jennifer at 250.227.9175)

### Hot Lunch & Mexico Fundraisers

~Made by students & volunteers with love~

#### Hot lunch Only

Turkey Raffle: \$2/ea or 3/\$5

Cook books: \$15

1 litre apple juice: \$5

BC Canned Smoked Salmon: \$7

BC Canned Tuna: \$6

#### Combination Mexico/Hot Lunch

##### Small Jars:

Assorted Chutney: \$5 or 3/\$12

Blueberry/Pear Jam: \$5 or 3/\$12

##### Medium Jars:

Assorted Chutney: \$8 or 3/\$20

Apple Sauce: small: \$4 med: \$6

Combination of sizes:  
2 sm & 1 med: \$15  
1 sm & 2 med: \$17

#### Mexico Only

##### Waist aprons:

\$25 all money from each apron sold is being put into individual student travel accounts

## Tom Sez

by Tom Lymbery

**Ted Uthhoff of Crawford Bay** served in the 1914-18 war in the 54th Kootenay Battalion and saw action at Vimy Ridge and Passchendale. Because he never spoke about it, we never knew that he earned a Military Medal for "his daring coolness and devotion to duty on the nights of Sept. 5 and 6 1917. During this action he observed that one of our posts was being hard pressed. He immediately crossed the road in face of heavy enemy fire and lent his assistance to the hard pressed garrison. From this post he made several individual sallies, bombing the enemy and inflicting much damage. His splendid example was an inspiration to all the men around him, and was a steadying factor at a critical time." We always knew him as Toffee Uthhoff, and felt he was just another oddball Englishman, not knowing that he was likely left with shell shock and post-traumatic stress disorder. See this month's book reviews to find out where I found this most interesting story about a man we had likely been too critical of.

**Excellent photos of Forestry** lookouts, stern-wheelers and the Duncan River before it was flooded, bridge building and more <http://touchstonesnelson.ca/exhibitions/wallace/>

**When I went to Castlegar** to have lettering put on my pick up, I didn't realize I was going to a tattoo parlour.

**A recent Nelson Star** article suggests it time to "Bring Back a University for Nelson". Why did they ever close David Thompson University in 1984? Nelson is an ideal university town.

**Let your lady stand up** and take control – put a Shee Wee in her Christmas stocking.

**Harvey tells us his problems** with Chinese made socks in his last month's "Thoughts from a Disturbed Mind" -- all the socks we sell at Gray Creek are MADE IN CANADA – except for Bama Sockets which come from Poland.

**Is it my age or my hearing** that makes the high notes some singers are striving for sound like a fleeing deer hitting barbed wire fence?

**I spent a Christmas in Edmonton** in 1954, and the radio stations there had agreed not to start playing Christmas music until December 23. These years the stores seem to start their displays soon after Labour Day.

**Those Bama Sockets** mentioned above are specially designed for rubber or winter boots – using acrylic fibre to wick away perspiration, and dry quickly overnight. Because they have an elastic top that fits below the ankle they also keep your socks from balling up on your toes.

**If you run out of firewood** and try North Idaho Energy Logs you may never go back to the effort of cutting and splitting wood.

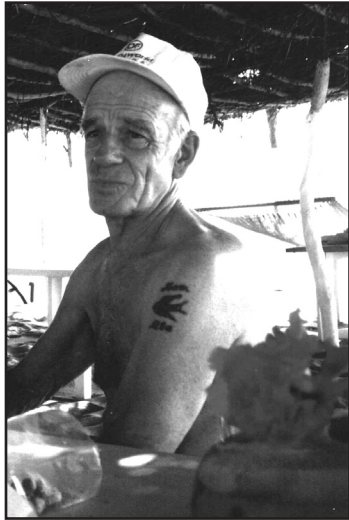
**We were deked through Mexico City** on an Aero-mexico flight from Los Angeles because of an Alaskan Air delay. What an amazing, clean and efficient airport for the world's third largest city – over twenty two million population. There are two hotels, right in the airport. We had to stay overnight but Alaskan didn't pay for that. We flew in an Aeromexico 50 passenger Embraer 145 jet to Manzanillo, Mexico. This was our first flight in a plane made in Brazil by Embraer, Canadian Bombardier's principal competitor in regional aircraft manufacture.



## Notice of Passing

Thomas (Frank) Charles Waters

May 8, 1935 – October 12, 2012



It is with great sadness that we announce the passing of a wonderful man, brother, husband, father, grandfather, great-grandfather, uncle and friend.

With his family at his side at Jubilee Manor in Nelson, Frank passed away quietly on Friday afternoon, Oct 12, after fighting many health issues.

Frank was born and raised in Nelson, BC.

His parents were Arthur and Violet, and he was the oldest brother to Bob and Nita. They lived in town and enjoyed the summers on the North shore. He went to school in Nelson, until he left to join the Navy. During his time in the Navy, he was part of the Queen's Honour Guard. He met his wife Carole in Victoria and, soon after getting married, moved back to his home town of Nelson. Frank and Carole lived in the family summer home on the North Shore and made their permanent home. There they raised their four children. Frank and Carole were extremely involved in the curling community. They helped organize the Annual Midsummer Bonspiel for many years. Then they would escape for a week on their boat and camp and fish along Kootenay Lake, taking off to the lake every chance they got. Frank worked for Palm Dairies for many years, and then retired when Dairyland closed the office.

Frank and Carole moved to Crawford Bay in 1991, where they both enjoyed golfing in Riondel and at Kokanee Springs. Frank became a starter on Number 1 tee box at Kokanee Springs after retirement. There he worked for 17 years and enjoyed every minute of it. He enjoyed meeting people and they enjoyed meeting him. Frank and Carole developed many strong friendships. Frank had a wonderful voice, and loved to sing and whistle. Everyone who met Frank loved him; he touched a lot of lives and will be missed terribly and will never be forgotten.

Frank is survived by his wonderful wife Carole (Holmberg). It would have been their 56th wedding anniversary on October 13, 2012. He is also survived by his sister Nita (Terry, Lori, Kelly), his brother Bob (Lois, Ray and Michelle), his daughter Tracy (Jeff – children Cassandra, Christopher and Tyler), his son Rory (Donna – children Alisha, Tanya and Zach), his son Rob (Joy – children Richelle and Matthew), his son Gary (Laura – children Christopher, Sarah and Tierra), along with 5½ great grandchildren and many cousins. He was loved and will be missed by all.

We would like to take this time to thank the doctor, nurses and staff at Jubilee Manor for taking such good care of our beloved Frank and making him comfortable.

There will be a Celebration of Life for Frank on May 18-19, 2013 at Carole and Frank's house on Crawford Creek Road.

## Hospice News

Ali George, Coordinator

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

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

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

Donations are gratefully accepted but not obligatory. If you do wish to make a donation or become a member of East Shore Hospice, please fill out the membership and donations forms. This money supports the work of hospice on the East Shore. Annual membership with Nelson and District Hospice has been replaced by a life-time membership. Individuals can choose to pay either \$25, \$50, or \$100 which entitles you to receive a membership card, a hospice pin, early invitation to special events, and voting privileges at the Annual General Meetings.

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

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



### AREA "A" EDC Economic Development Commission

**\$15,000 available....**

**There is new funding** available for grants to organizations for projects for Area A (East Shore) relevant to the promotion of economic development. Applicant groups must be a registered society or apply to a registered society such as Community Connections to sponsor the application and handle the funds.

**Applications may be submitted at any time!**  
**Submit early so that we can help you succeed.**

**Next application deadline:  
February 15, 2013**

**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)

**Grants recommended by your EDC for  
RDCK approval in 2012:**

Community Connections - \$9008  
Gray Creek Historical Society - \$1600  
Crawford Bay Sunday Market - \$550  
Riondel Cable Society - \$5000  
Guiding Hands Society - \$2000  
Food Roots - \$5500

Email [lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca)  
Or call 250-225-3333 for information and assistance. All meetings are open to the public, call for meeting dates.  
*...and have a Merry Christmas!*

**Visit InvestKootenay.com**

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- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL HALL**

Booking/info: Judy @ 250-223-8664

## Remembrance Garden

by Muriel Crowe

November and remembrance go together for me. This is the month when my mother, her sister and their mother all died. A sad time yet softened by remembrance and one that reminds me that we have only a limited time to enjoy our family and friends.

Walking through the remembrance garden always stirs memories of my dad, who is mentioned on one bench, and of many wonderful people who I met after moving here. Those memories aren't always as sad and some of them bring a great smile to my face as I remember delightful moments. That always leads me to think of such moments with family and friends and reminds me to appreciate them while I can and to let them know that I do appreciate them.

While I do enjoy a little silent chat with those friends as I wander through, I keep hoping that no others will join them any time soon.

Have a wander through and sit on a bench if it isn't too cold, perhaps you can visit with an old friend too.

December 2012 *Mainstreet* 17

### EAST SHORE PHYSIOTHERAPY



**Anna Rose**  
BScPT

- Full Assessments
- Home Programs
- Gentle Treatments

Health Center, Crawford Bay

**(250) 227-9155**

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



\* Knowledgeable \* Skilled \* Experienced

For appointments, call 227-6877/505-6166

**SERVICES DIRECTORY**

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

**AUTOMOTIVE/MARINE**

**EASTSHORE AUTOMOTIVE** - Service & Repair 250-227-9370

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

**BUSINESS SERVICES**

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

**CONSTRUCTION/CONTRACTORS/TRADES**

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

**JB (JUERGEN BAETZEL) CONSTRUCTION:** Over 14 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

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

**THE GREEN MACHINE** - (See colour ad in this issue for more information.) 250-225-3485

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

**PERSONAL CARE/HEALTH**

**ACUPUNCTURE** - Christine Peel R.Ac. Located at 16210 hwy 3A Unit 9, Crawford Bay Motel. For an appointment please call 250-505-8130.

**ACUTONICS** - vibrational healing with tuning forks, practitioner available. For appointments call Theresa Lee 225-3518/cell:505-4706

**ALEXIS PHILLIPS, M.A., R.C.C.** - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 250-509-0368.

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

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

**FINGER PRINTS AND HAND ANALYSIS** - P. Danielle Tonossi IHA. Over 25 years practical experience as Healing Facilitator/Readings. Discover the inner purpose of your life and what it takes to live it more fully. 250-227-9478. Info: www.crystalgarden-spirit.com

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

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

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

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

**SAPPHIRE HAIR SALON:** Kate Page, hairdresser and proprietress. 16210 Hwy 3A (Crawford Bay Motel) Unit 9. Call to book an appointment: 250.505.6950.

**SUSAN SNEAD** - Astrological Counseling, Foot Reflexology, Traditional and Ayurvedic Massages. Call 250.225.3520.

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

**RESTAURANTS**

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

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

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

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

**YARD/LANDSCAPING/SITE PREP**

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

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

**Save Your Bottles/Cans!**

Crawford Bay School's secondary 'Community & Global Involvement Project' is aiming to do a bottle drive **once per month** in support of our spring break humanitarian trip to Oaxaca, Mexico.



Contact Carol Vanr at 250.227.9661 (ccarolynvanr@yahoo.ca) or Dan Rude at 250.227.9218 (drude@sd8.bc.ca) to line up post-holiday bottle collection.

Bottles can also be dropped off outside the shop cage at the school now and through the winter.

**CLASSIFIED SECTION**

**BUS. ANNOUNCEMENTS**

**Sirdar General Store:** A unique place to shop on Duck Lake. 2012-13 Angling & Hunting Licences, CVWMA Permits, Tags, Bird Permits. Tackle, Groceries, Souvenirs, Seasonal Greeting Cards Island Farms Dairy Products--Egg Nog, Soft Drinks, Energy Drinks, Juices, Water, Chocolate & Energy Bars, Chips. Locally made crafts, aprons, baby dresses, placemats, wooden cribbage & cutting boards. Post Office, Stamps, Money Orders, Express Post Envelopes. 8050 Hwy 3A, 250-866-5570 or Fax 250-866-6811. Happy Holidays. **Insurance Certification** requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315 **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

**BUSINESS SERVICES**

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

**EMPLOYMENT OPPS**

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

**HOME/BUILDING**

**Aluminum Water-proofing Membrane** - fix leaky roofs! House, RV, boat.. Peel and stick! Now at the 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

**Propane Wall Heaters** - direct vent kits included, 2 sizes in stock from \$675 - Gray Creek Store 250 227 9315

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

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

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

**Energy Logs** - 8lbs and contains approx 68,000 BTU. 240 log pallet has heating capacity of 1.5 to 2 cords wood. Shavings comes from our very own Wyndel Mill. 100% Natural. No chemicals. \$295.00 a pallet. Don't be disappointed - pre order your pallet today! Shipment arrives week of November 8. Gray Creek Store 250-227-9315

**Finest quality Benjamin Moore Paint.** Please phone 250 227-9315 to make sure that we have a tinting specialist on shift - Gray Creek Store

**16', 20', 24', Industrial** aluminum ladders, plus a 8' to 13' multiway ladder - Gray Creek Store 250 227 9315

**Building Supplies** you may not know we have - Sill gaskets, insulation, waterproofing products and more - please ask our knowledgeable staff - Gray Creek Store 250-227-9315

**MISC FOR SALE**

**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

**Stocking Stuffers Galore** - amazing unique stock for that hard to buy for person! Gray Creek Store 250 227 9315

**New Years** - Celebrate with Fireworks! Shop early for best selection. Gray Creek Store 250-227-9315

**Imported Christmas Treats** - Stollen, Pfefferkuchen, Lebkuchen, Spekulatius, Brandy Beans and more! 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

**Tis the weather** for a warm set of Stanfields. The only brand name for WINTER WARMTH from the traditional grey long johns to ladies wool that isn't itchy -

get 'em while size selection is good - Gray Creek Store 250-227-9315

**Make sure you have** a jumper - booster cable set in your vehicle - winter is tough on batteries - Gray Creek Store 250-227-9315

**Looking for a fun** unusual gift? Check out Redneck stemware and our very popular vintage signs. 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.

**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

**What a stock!** Time to sock up for winter: ocks and more socks - Gray Creek Store 250-227-9315

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

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

**No more batteries:** LED FLASHLIGHTS with crank handle - \$9.95- 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

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

**MUSIC/ENTERTAINMNT**

**Piano for sale:** 1925 solid wood piano. Call Karol Draper at 250 227 9401.

**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** and ATV Helmets: COMFORTABLE, try one on. Dave couldn't find any in Spokane at our special price - from \$36.95! - Gray Creek Store

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

**RENTALS/REAL EST.**

**For Rent:** We are a Co-op living situation in which

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

**WANTED**

**Laptop Wanted:** Our East Shore Fitness Place would benefit from a good used laptop. If you have one, please call Leona @ 227-9361

**YARD & GARDEN**

**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

**Bird Feeders** - and 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

**Snow pushers** and shovels of all types. Roof Rakes: get yours while we have good stock. Gray Creek Store 250-227-9315

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

## BULLETIN BOARD

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

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

Will be at the East Shore Health Centre monthly.

For further information, call Creston Health Unit at 250-428-3873.

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

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

#### PHYSICIAN COVERAGE FOR DECEMBER 2012

**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.**

DEC.4TH.TUESDAY DR. GRYPONPRE

DEC. 5TH. WEDNESDAY DR. MOULSON

DEC.6TH THURSDAY DR LEE

DEC.11TH TUESDAY DR GRYPONPRE

DEC.12TH. WEDNESDAY DR MOULSON

DEC. 13TH. THURSDAY DR LEE

DEC. 18TH. TUESDAY NO DOCTOR

DEC .19TH. WEDNESDAY DR MOULSON

DEC .20TH. THURSDAY DR GRYPONPRE

DEC 27TH. THURSDAY DR LEE - \*\*Special lab day\*\*

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

**Call to make appointments at 227-9006**

**on doctor days and Thursday morning.**

**Tuesday, Wednesday and Thursday (8:30 to 12:30)**

**Phone: 250-227-9006 Fax : 250-227-9017**

#### WEEKLY EVENTS AT BOSWELL HALL:

**1. Carpet Bowling** on Tuesdays @ 7pm; contact Tom Sawyer 250-431-8404

**2. Yoga with Lea** on Thursdays @ 9:30 am, contact Marilyn Arms 250-223-8058

**3. Line Dancing** on Saturdays. Beginners class @ 9:30 am, contact Cheryl Place at 250-223-8694 to register. Intermediate class @ 10:30 am; no need to register

#### SPECIAL EVENTS AT BOSWELL HALL:

**1. Fitness Class (Tone and Trim)**, led by Darlene Knudson Mondays and Fridays from 9 - 10am in the Boswell Hall. All interested people are welcome. Darlene Knudson is the contact person 250-223-8005

**2. Ladies Club Christmas Bazaar** - Boswell Hall - Dec. 9 from 11 to 3pm, featuring Crafters, Artisans, and home businesses from the East Shore and Creston areas. Lunch counter and bake sale, as well as great gift ideas.

#### FOODROOTS COMMUNITY POTLUCK.

The third community potluck will be the Christmas Potluck/Party on December 15 at the Crawford Bay Hall. Watch for posters, sign up sheets and *Mainstreet* on-line for updates. Call Jacqueline for more info: 250.227.6803.

#### RIONDEL COMMUNITY CHRISTMAS DINNER & MANY BAYS BAND AND FRIENDS CHRISTMAS CONCERT

Saturday, December 8, 5:30 pm, Riondel Recreation Centre (next to Curling Rink). Admission: 1 Pot Luck side dish: salad, vegetable, potato/pasta dish, or desert. To reserve a seat & register your dish call 225-3267 or 225-3331

#### NEED A LIFT TO GET FIT?

Need a lift to get fit? The Fitness Place now has elevator access. Call 250 227 9418.

### Looking for a great job opportunity?

Check out the **Request for Proposals** at [www.eshore.ca](http://www.eshore.ca) for applicants who want to apply as coordinator for the East Shore youth group and for the Community Directed Youth Funds.

## Birth Announcement



*Barney and Shelli Bothamley are thrilled to give a belated announcement of the arrival of their third grandchild, Mason James Dall. Mason came into this world a healthy baby boy on April 28, 2012. His proud parents are our daughter Kristin Bothamley and his dad Jamie Dall.*

### KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

**Off-Season Schedule in effect:**

*All times listed in "East Shore Time"*

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

## CHURCH CALENDAR

#### RIONDEL COMMUNITY CHURCH

##### December SCHEDULE

Dec 2: Br. Jeff Zak, 12:30pm

music - Darryl and Laura

Dec 9: Pastor Bill Gooding, 1:00 pm

Dec 16: Rev. Robin Celiz, Anglican, 12:30 pm

Combined Anglican Carol Service with Donny Clark & The Brass

Dec 23: Pastor Bill Gooding, 1:00 pm

Dec 30: Brenda Panio, 11:00 am

Please check [www.riondel.ca](http://www.riondel.ca) for changes Info at 250-225-3381

#### CHRIST CHURCH & EAST SHORE CONGREGATIONS

##### ST. ANSELM'S CHURCH BOSWELL (Anglican)

For information call Christ Church Creston 428-4248

Dec 2: 1pm - Rev. Robin Ruder Celiz, Lessons & Carols

January - No Service

#### HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

Sunday, Dec 16, 12:30 pm: A joint service with Riondel Community Church at Riondel Community Church. Lessons and Carol service with The Brass.

Rev. Robin Ruder Celiz. PLEASE NOTE THE TIME.

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

**or Sue Philp: 227- 9140**

#### KOOTENAY LAKE COMMUNITY CHURCH

*A Lighthouse on the East Shore*

Pastor Bill Gooding

Come & join us Sundays at 10 am. Coffee fellowship after the service. 16190 Hwy 3A, Crawford Bay 250.227.9444

#### TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

#### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2 pm

1st Sunday of the month, Fellowship Sunday.

#### THE CHURCH OF JESUS CHRIST

##### OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

#### CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

Sundays, 9:30 am - All welcome For info, call: 250.505.8021

*Next Deadline:*

*Dec 26, 2012*

## MEETING PLACES

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

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

or Lion Jim at 250-227-9622.

**TOPS** - Take Off Pounds Sensibly: meets every Thursday morn-

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

ment. Call Marilyn for more info: 227-9129

#### PARENT ADVISORY COMMITTEE

(PAC) Meetings

held at 7 pm at the Crawford Bay School library

on (usually) the second Monday of the month. (or Tues if Pro-D)

Call Ingrid to be put on the agenda - 250.227.9246

**Next Meeting: December 10, CBESS Library**

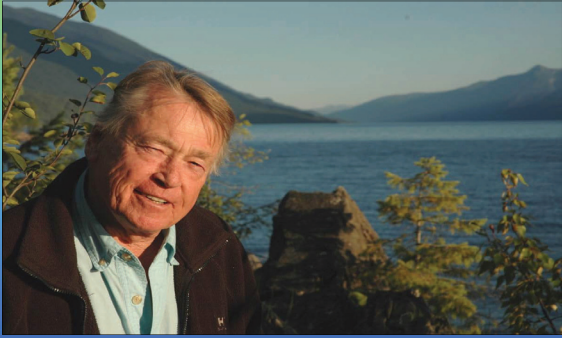

**December 2012 Mainstreet 19**

December 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
*Strong Start is every weekday at the Family Place at the school from 10-1						
2	3	4	5	6	7	8
Bottle Depot, 10-2	Yoga w/ Lea, CBay, 10am	Samba Practic, 7pm, CBESS - first time free! Lions Mtng, 7 pm Dr. Grymonpre	Volleyball, CB School, 7pm Dr. Moulson	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	Applesauce Fiddlers, Bob's James Wood, 5 Rhythms Dance Class, CBESS 7pm Yoga, w/ Lea , CBay, 10am	Rio Comm Xmas, Rio Rec Centre, 5:30 Xmas Light Up, CB Park, 2pm Dying in Good Hands Palliative Workshop, CBESS, 9-5
9	10	11	12	13	14	15
Bevy of Angels, CB Hall Xmas Meat Draw, Bob's Bottle Depot, 10-2	PAC, CB Library, 7pm Yoga w/ Lea, CBay, 10am	Samba Practic, 7pm, CBESS - first time free! Dr. Grymonpre	CB Park Stage Meeting, Community Corner, 7:30 Volleyball, CB School, 7pm Dr. Moulson	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	James Wood, 5 Rhythms Dance Class, CBESS 7pm Yoga, w/ Lea , CBay, 10am	Village Voices, Bob's Christmas Potluck, CB Hall
16	17	18	19	20	21	22
Bottle Depot, 10-2	Yoga w/ Lea, CBay, 10am	Samba Practic, 7pm, CBESS - first time free! Lions Mtng, 7 pm No Doctor	Volleyball, CB School, 7pm Mainstreet Deadline NO DOCTOR	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	James Wood, 5 Rhythms Dance Class, CBESS 7pm Yoga, w/ Lea , CBay, 10am	
23/30	24/31	25	26	27	28	29
Bottle Depot, 10-2	Candlelight Service, KLCC, 6pm New Year's Eve Party, Bob's Yoga w/ Lea, CBay, 10am	Samba Practic, 7pm, CBESS - first time free! No Doctor	Volleyball, CB School, 7pm No Doctor	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee, Special Lab Day	James Wood, 5 Rhythms Dance Class, CBESS 7pm Yoga, w/ Lea , CBay, 10am	

# Tipi Camp "TRIBUTE"

100% of proceeds to Tipi Camp's W.I.S.E. youth programs.

Join Tipi Camp's founder Peter Duryea on a journey to the heart of Kootenay Lake. On the tip of the Crawford Bay Peninsula, surrounded by nature there is a Tipi Camp. It's here that opportunities to connect with yourself and nature abound. Celebrating it's 25th year in operation, the camp has inspired thousands of its visitors. This album is the production of a few of those people.

Available in Nelson BC at:  
Sacred Journey World Imports  
411 Baker St,  
Nelson, BC

Available on the East Shore at:  
Yasodhara Ashram  
527 Walker's Landing  
Kootenay Bay, BC

Or send \$20 cheque or money order to:  
Guiding Hands Recreation Society  
Attn. Tipi Camp "Tribute"  
PO Box 20, Crawford Bay BC. VOB 1EO

**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

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RDCK TS Xmas	6	
Riondel Parks Attendant	14	
Sapphire Hair Salon	10	
Sunnywoods Farm	2	
Sunset Seed	9	
TWS	10	

### Transfer Station Hours

**CRAWFORD BAY:**  
(Nov - March)  
Sun & Tues  
10 am - 4 pm

**BOSWELL:**  
Weds/Sat: 12-4



### Library Hours:

**East Shore Reading Centre:**  
Tues & Sat: 12-3  
Thurs: 7-9 pm

**Riondel Library:**  
Mon: 2-4 pm,  
Weds:  
6-8 pm  
Tues, Thurs, Sat:  
10am-12:30pm