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YEAR 20, NUMBER 2

FEBRUARY 2010

The East Shore Mainstreet

KOOTENAY LAKE BC

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

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

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Central Kootenay Lake's community non-profit ISP



KLEECA supporters listen attentively as project manager, Johanne Bedard, presents information about the co-op's supportive housing development in Crawford Bay. More on this story inside.



Images provided by Pastor Doug Middlebrook from the Haiti Arise trip to Haiti and it's devastating earthquake.
Above: the flattened water tower on the Haiti Arise property.
Top Right: Mt. Sentinel students donating rice to local Haitians.
Right: A few of the local children.
More on this story inside this issue...



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MS Issues

by Ingrid Baetzel,
Editor

As part of a month-long religious festival, the ancient Olympic Games of Greece were first held in 776 BC. The purpose of these games was to honour the Greek god, Zeus. The festival that surrounded the Olympic Games was huge and given the highest honour in the Greek world. The games were held, even then, once every four years and the period between two consecutive games was known as an Olympiad. The games went on for nearly twelve hundred years until the Byzantine Emperor, Theodosius I, banned them along with all other pagan festivals. They were brought back to life much later.

In the beginning, the competition consisted of one race. Eventually, more sports were added, including boxing, discus, equestrian events, javelin, long jump, running and wrestling. In fact, this period of time saw the birth of what one might currently call Mixed Martial Arts, currently giving huge celebrity to athletes who compete in this field in organizations such as Ultimate Fighting and Pride Fighting leagues. The sport was originally called pankration, a combination of wrestling, boxing and kicking.

Lastly, there was the pentathlon, which tested an athlete's abilities in five different disciplines: javelin and discus throws, the long jump, running, and wrestling. The winners of these events were given a crown of wild olives. Only men were allowed to compete.

In those days, a crown of olives and local notoriety was the reward for athletic prowess. (In 1904, the medal system was introduced, following shortly on the heels of the development of the International Olympic Committee (the IOC), an overseeing committee with strict regulations and standards.) In those days, the reward for athletes would come in the form of honouring through paintings, stamps, pottery, coins and even literature. A winning athlete would receive a free meal in the city hall every day for the rest of his life. It was a time when all the men of Greece were assembled together. Wars would stop just for the Games and people from rival city-states would come together in peace. Athletes were honored, as well as the best writers, poets, artists, and historians, who would reveal their work in contests.

In 1896 the first modern Olympic Games were held in Greece, the birthplace of the Games, in the city of Athens. In those first games, there were fewer than 300 athletes from fourteen countries in 43 different events, and all the athletes were men. The Games grew and changed over the course of time. By the second Olympics, held in Paris, France, women were allowed to compete in the Games. There were 24 nations represented, over a thousand athletes, and almost a hundred events.

At this rate of growth, it is no wonder that today, a thirty-second commercial spot during the televised Olympic Games costs nearly one million dollars. It is no surprise that corporate sponsorship has taken the ludicrous over-valuation of TV and promotional time to a whole new limit.

Daphne Bramham, a *Vancouver Sun* columnist wrote recently that an estimated SIX BILLION dollars will have been forked over to make these Vancouver Games happen. This estimate is huge, and, likely, not far off. It's gigantic, and begs the question whether our value systems are a bit off the mark in this contemporary world.

Daily, we are offered examples of suffering and loss (case in point, Haiti's recent devastation) and given clear demonstrations of the inequality of wealth and disbursement of money and resources in our world. It leaves a pretty big hole in the heart to think of the

many ways that the Olympic-sized money pot being spent on our own West Coast could be used to save and enhance millions of lives. *Millions of lives.*

Pierre deCoubertin said, "The most important thing in the Olympic games is not to win but to take part, just as the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well."

Perhaps it's time to take the Games back to what they once were: a struggle for honour, an athletic competition... less soda commercial, more human.



KLEECA ANNOUNCES PROJECT MANAGER



The Kootenay Lake Eastshore Eldercare Co-operative Association (KLEECA) is pleased to announce Johanne Bedard of Gray Creek has been contracted to act as Project Manager during the initial stages of development for our "supportive housing" project in Crawford Bay.

Her previous experience in subdivision, property development and business issues will assist KLEECA during the ongoing application for the Preliminary Layout Application portion of our business plan. Johanne's extensive managerial experience will also be valuable to us for developing operational procedures, organizing project timelines, and working with groups of residents and investors.

LETTERS TO THE EDITOR

DOG POLITICS

Dear Mainstreet and East Shore community,

I write this in great regret, for on Tuesday December 29, 2009 at 11:20 am, my family was driving to the ferry and had the misfortune of hitting a dog that was attempting to run across the highway near the new school in Crawford Bay.

That particular morning, the road conditions were treacherous. The highway was a skating rink. We were not speeding, we weren't even going the speed limit and like I said, our two children were in the vehicle with us. There was traffic headed towards us as well as three cars directly behind us. There were no options for us except to hit this dog that leapt from the ditch, completely oblivious of all the vehicles and the threat they posed.


Had we swerved into the other lane, a head-on-collision was a surety. Had we slammed on the breaks, we would have caused a three car pile-up or worse, due to the icy conditions.

The dog was run over by both tires of the right hand side of the vehicle that was traveling 45-50 kms per hour. He did two somersaults and lay dead where he landed, on the side of the road. I am certain the initial strike of the first tire broke that poor pooches neck instantly. There was no yelp, just dead silence and stillness.

A wave of shock and fear swept over me immediately, as it did with my oldest son who is tall enough to have witnessed what happened. We both burst into tears. My youngest son kept asking if Mom was okay. My oldest son and I (regretfully) got angry and attacked the driver with accusations of not doing something to prevent the accident.

In hindsight, it was my partner's good driving that didn't cause a far greater tragedy that would have involved vehicles and people as well as a dog.

We called the pet's owner after locating his phone number, within five minutes of the dog being hit, and



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Next Deadline:
Wednesday February 24, 2010

asked if he wanted us to bring the deceased animal to him at his house. He declined the offer.

Our family went through the whole episode again and again on the ferry ride and on the drive to town and were quite solemn for the rest of the day. It was truly traumatic for us. Our hearts were with the dog owner and we felt terrible about the grief he was and would be going through. It was a painful, difficult experience for our whole family. We have a family dog that we love very much.

It pains and shocks me even more to hear that my partner and myself are being publicly slandered on a social networking sight on the internet regarding this painful incident with false accusations.

I believe we should get the facts straight before we make judgments of people. What purpose does all this negativity serve us anyway? Does it bring back that poor animals life? Does it justify the pet owner's negligence in not keeping his dogs at home? I could look at that situation like that dog running across the highway nearly killed my family. But I don't.

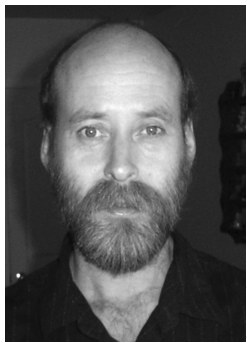
We can make a choice to look for the lessons in life for they are everywhere if we are willing to put down our egos and open our eyes, ears and minds.

I have read numerous letters and articles in this newspaper over the years regarding dogs on the loose in Crawford Bay and at large on the east shore. This is not new news.

Please, I urge you dog owners, keep your pets safe! It is extremely dangerous for dogs to be running on the highway! (I cannot shake the image of that tumbling, dead dog from my memory ever since this happened.)

It is your responsibility to train your dogs to stay home and off the roads. If that doesn't work, put up a fence, get a dog run or chain them up if all else fails. If your dog runs on the road and gets hit by a vehicle, be accountable for your own lack of discipline.

I am truly sorry for this pet owner's loss. If there was any way to avoid the accident from our part, it



RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

First off, thank you Ingrid (she knows what I mean). Having this local paper as a resource is great and I for one take Ingrid's efforts for granted for time to time.

Perhaps it is just my own perception, but for the "quiet" time of year I am finding life very busy. I have even found myself cleaning up around the yard, an activity usually precluded for another month or two by our normal blanket of snow. I see what appears to be a healthy snow pillow on the mountains across the lake but I also see that the Libby Dam has gone to minimum outflow as of January 1 and is still slowly dropping in storage level. Looking at maps of the southern portion of the basin there are many areas in the US (which feed Kootenay Lake) with below average snow pillow. At least much of the Canadian side is near average and we are still in the time of year where major accumulations tend to occur. Talking to a friend this week she commented she would like to see a little more winter. Perhaps that is what we need.

I attended the meeting on January 21 along with my colleagues from around Kootenay Lake with representatives from the Department of Fisheries and Oceans, three provincial ministries and first nations to continue the discussion on issues surrounding the lake habitat. As I noted last month, we are proposing to support a study similar to that performed along the west arm of the lake in 2008 to identify sensitive habitat and produce foreshore inventory mapping for the north and south arms. The January meeting was a chance to connect or re-connect with a myriad of participants and

their current views. The next meeting will focus on what data is known, what is needed and what types of efficiencies may be gained by the various levels of government working more closely. Again, I hope this process of information sharing and planning for sustainability expands to include broad public input and participation in coming months. Efforts to establish a stakeholders' group over the past 8 or 10 years may move forward.

It is the time of year when applications will be accepted for the Columbia Basin Trust Community Initiative grants which are funneled through local government. Allocation of funds to each municipality and rural electoral area is based on population. Area A, which includes Wynndel and the East Shore of Kootenay Lake to Riondel, has an allocation of about \$38,750 available for disbursement. Applications forms are available on-line through the RDCK and I have also left a few hard copies of the application along with posters giving details at our local stores. CBT has firm criteria as to what types of applications are to be accepted. Look for the ads in Mainstreet and other local papers for details on how to confirm whether your application would qualify. In past years this fund has been 'over-subscribed' by more than double, that is to say that the requests far exceeded the available funding. With other sources of funding being relatively scarce this year the level of applications may be even greater for CBT funds.

TAXES: It is budget time for RDCK which of course involves taxes. Some services have trended towards a combination of taxation and user fees while others still rely more heavily on taxation. Without getting too much into that detail, a few trends are clear. Demand for environmental, planning, mapping and development services in general is climbing. Some of this is paid for by development application fees or other various user fees when the work is specific to a project. Some is paid out of general funding (rural alone and/or in combination with incorporated municipalities). Some of the more global work, such as envi-

ronmental sustainability studies, is MANDATED by higher level government as a condition to our continuing to receive the same level of grants. For the City of Toronto, with a huge tax base over a relatively small foot print, it is well within their capacity to do these studies without a hefty budget hike to cover the study itself. For sparsely populated, mainly rural towns and small communities the cost per capita is higher. The cost increases for some of these services will be large compared to last year, but the TOTAL increase in taxes will not be as large since your local government taxes are made up from many components of local services.

A few other initiatives (at LOW cost to the local taxpayer) are underway. The Columbia Basin Trust (CBT) is looking at venturing into economic development throughout the region. They are in their early stages of defining how and where they would participate. We have also signed electoral Area A on as a partner in an initiative called "Invest Kootenay" which will take in the entire area from Wynndel to Riondel. At a glance this appears to be a business oriented initiative, but I look at it as more of a community building initiative. Over the past dozen or more years I have observed a fairly consistent trend. Our tourism industry, for all its ups and downs, brings new faces to our area year over year. I have had the pleasure personally of working with many such visitors, designing and building their homes, after they decide to "invest" in our lifestyle. They bring their life earnings to invest in their home which creates jobs for workers of all ages, they bring their energy and enthusiasm to our community organizations and they bring the wonderful diversity which I appreciate living here. I hope the Invest Kootenay initiative can help us sustain some of the pleasant growth we have seen by providing another avenue to introduce people to our enviable lifestyle.

As always, e-mail me at gjackman@kootenay.com or call 250-223-8463. Look for the RDCK website for a raft of information on meetings and initiatives at rdck.bc.ca.

LETTERS TO THE EDITOR

would have happened. I can only hope my community can learn from this mishap and take heed.

*Respectfully, Melanie Scruton,
Nelson and Gray Creek*

GRAND BC TRANSIT PLAN

Dear Editor,

I would like to know if anyone has heard any more about the Grand BC Transit Plan?

Way back in the fall, so long ago I can't remember the date, I attended a public forum on the East Shore to discuss our vision of what BC transit should be. More than a dozen interested citizens braved a particularly dark and rainy night to attend the hastily arranged meeting despite the lack of official notice, slightly more than the community grapevine.

We expressed two particular interests. We need, and were assured many months ago we would get, some form of transportation to a clinic that was "centralized". This is particularly important to the community of Riondel where a large number of elderly and non-driving patients had been able walk to the previous clinic. (Please note the transit forum was also "centralized," effectively excluding these interested potential riders) The second issue for us is the need to coordinate bus schedules with the ferry schedule, something that would allow us to park at the east landing and ride on the other side. While an arrangement has been made that gets us there, nothing yet exists for the return trip. This would be an economic boon to the region in line with coordinating other commuter opportunities.

The lack of planning and preparation for the meeting was not an encouraging beginning, but officials present listened to whoever wanted to speak and responded to our concerns. No solutions were offered, but there were explanations why our needs have not been addressed and assurances that our issues would be taken into consideration. It is comforting to feel

you are being heard when, for years, letters, petitions, and requests sent to BC Transit went unanswered and unacknowledged. Only one promise was made: to publish the information acquired through the public forums and the surveys.

So has anybody heard?

*Fran O'Rourke,
Riondel, BC*

A VERY BIG THANK YOU

Dear Editor:

The day after my birthday, I am driving back home after dropping off my daughter at school. Splendid blue sky reflecting all its brightness onto the lake by the road. I well-up with last night's flashbacks of my surprise party at the hall with you all and start sobbing, loud and hard, while driving. That happens when happy. Overwhelmed by a thought, the event happened for a simple reason: a birthday, a person gets born and is recognized for it.

It didn't crown a successful performance, wasn't a reward for an achievement, wasn't anything that usually occurs after accomplishing a personal goal. Life is full of those visible landmarks defining us in relation to the world, gratifying in attention, generating momentum in exterior validation. But the needs we humans have to feel good about ourselves matter only when well anchored on a crucial fact: appreciation for just being. That's it. That's worth living for. And that is what you all reminded me.

I value all your presence, wishes, acceptance, generosity, and your wish to celebrate (adored the gifts too!). And for all who didn't know: yes, it was a surprise until the very last minute (I'm glad I live in my bubble!) They say home is where the heart is, mine is 3000 plus kilometers wide (here to Quebec). Thank you. It will carry me and I hope you also all revere in your being.

*Marie-Chantal Legault-Elias,
Gray Creek*

BREADLINES & CIRCUSES

Dear Editor:

The Olympic torch came through Creston, 50 miles south of us, and I didn't care. It reached Nelson on the other side of the lake that evening, and was run around Nelson the next day. All this ballyhoo was intended to distract us from the fact that our schools are being starved for money, and waiting times for surgery in BC are totally unacceptably long.

Also there are record numbers of unemployed and homeless having to depend on food banks to survive.

The Romans kept the mob from acting up by distributing bread and holding some of the most bloody public spectacles in history; bread and circuses. Have either our Gliberal government in Victoria, or the Regressive Preservatives in Ottawa no sense of history?

Note: there were some recent protest marches against the actions of our cowardly Prime Minister and our pushover Governor General called "perogies, not prorogation".

There will likely be school closures in the Vancouver and Prince George school districts, with many teachers facing layoffs. The excuse for reducing the quality of education is declining enrolment, and therefore less money as the school districts get money based entirely on enrolment.

We have bean counters rather than educators running the province now.

I quote an Alberta teachers button- "If you think education is expensive, try ignorance."

What about hospital and surgical wait times? Maybe the attitude in Victoria is to just make everyone wait, until, as Dickens put it, they "die, and decrease the surplus population".

What about the hungry and jobless, I hear people ask. Well, the answer is plain.

Breadlines and circuses.

David George, Crawford Bay

Living Through an Earthquake

by Pastor Doug Middlebrook

January 12, 12:50: We arrived in Haiti. It took us about half an hour to clear customs and get on the bus for the two hour drive to the Haiti Arise compound.

January 12, 4:00: We arrived at the compound and quickly unloaded the bus and started to settle in. A lot of joy and renewing friendships for me was happening. Showers and unpacking began.

January 12, 4:45: We heard a loud sound and the house started to shake. Furniture was moving around the room. The floor seemed to just drop out from beneath me. I could not get any footing to move. I was being tossed back and forth around the room. It was like trying to run on ice with dress shoes.

I was finally able to get to the door and opened it. There in front of me were four students huddled in the door frame of the hall. The shaking stopped and everyone was running for the exits. People were yelling, "Get out, get out!"

We gathered everyone outside and did a head count. Everyone was there and we had only one injury. Sue had been hit by a falling mirror, resulting in cracked or broken ribs. The emotions were running high. No one knew what was going on. Haiti had never been in an earthquake they said, but we were sure they were experiencing one now.

The aftershocks started almost immediately. These caused us to quickly sit on the ground. I put in a quick call to home only to leave a message.

"Get to higher ground," was the cry, "Move inland in fear of a tsunami." We reached another mission compound and settled in for what we thought was to come and it did. Haitian people were all around sitting on the ground crying out to God for help. We got our team together and started to talk with them. Double checking for injuries and making sure they were physically and emotionally all right. We assessed our situation and knew we had to go back. Many people had left with nothing, some wrapped only in a blanket, no shoes or shirts as they were in the shower, getting out, or preparing to have one. We quickly went in and out of our building grabbing a couple of suitcase and some food and then back to the other compound. Hours had passed it seemed, but this was not the case. What seemed like hours was only one.

Another major aftershock hit, sending terror through the people again. Confusion and fear reigned. Night was coming and fast. In Haiti you only have maybe half an hour from dusk to total darkness and surely there were to be no lights. Yet another major aftershock hit and people fell to the ground while parked vehicles moved. There was a fear growing. Like I said, no one in Haiti had ever experienced such a thing as what was happening. They were again crying out to Jesus, many thought they were being judged and that the end of Earth was at hand. "Judgment day has come," they were saying.

We distributed the clothes we had gotten out and talked about what had happened and about the coming night. To add to our distress a light rain started to fall. The mission group we were with pulled a bus up to our site, for us to sleep in. Many chose to stay outside. They huddled up close to each other for support and hopefully for some sleep. But the earth had others plans; aftershock after aftershock came, each one stirring the people to cry out.

Then in the midst of this terror, songs began to be sung. I recognized many of the tunes. The people were sing hymns and songs of praise. It was a compound of a thousand people, forming a circle, holding hands, believers and nonbelievers, singing in unity. We joined the circle. What a peace it brought. The night came and

went, the darkness turned to light. A night of no sleep for many and yet for some, total exhaustion allowed them to get some sleep.

January 13: We decided to move back to our own compound after we checked it out. The team gathered their stuff and the walk back began. Walking though a town devastated by the power of nature. Homes flattened into piles of bricks, Haitian people walking the streets with blank stares in their eyes. What has happened? Around another corner was the hospital, closed because of damage. Deep concern for the injured now added to problems. More houses down, the protecting walls laying on the ground, these the fences of Haiti. People calling out names, asking, "Have you seen, my son, my daughter? Help me," they cried.

We needed to get to the property and set up for what looked like a long stay. There was no communications, cell towers were down, and internet was intermittent at best. We had tried to send a message out the night before but had no idea if it made it. Had we been successful? We were okay, but our families back home did not know that. How ironic could it be that we, in the midst of this disaster, were worried about our families worrying about us.

The survivor instinct kicked in, we needed to set up camp, gather all we could to sustain us and the people of Haiti. We moved into the church structure - a pole barn type shelter with a tin roof. No walls... that seems funny, but it made us feel safer... easy to get out should another quake come. We then went back into the residence and pulled out all we could: blankets, mattresses, clothing, any food and cooking utensils. We even pulled out the propane tanks and stove (must have been the North American in us). We spent the day just setting up, sharing back and forth what had happened, and how we felt.

The Haitians of Haiti Arise came together and security cooks were put in place. Again how ironic: we came down to help them and they were now helping and protecting us. We went back to Lifeline Mission to try and send another e-mail but were unsuccessful. We later went to another mission group who had internet and were able to send out a couple of short messages. But I knew from living there that it could take days for an answer. Night came and went - another sleepless night, aftershocks still shaking the ground and buildings. Moral was amazingly high. These young men and women were handling this crisis in stride. No complaining, no bickering, working together, working for the greater need of the group and by this I include the Haitians. They cut their meals in half and went to two meals a day so that we could feed more of the Haitians.

It was time to get busy. We had to do something to get our minds off our situation. We created work. Moved all the valuables into the centre of the yard to keep them safe from looters. We continued to do this for the rest of day. What day is it anyway? Someone said the thirteenth someone else said it was the fourteenth. Did it really matter?

We were given open access to the internet every day now so we prepared messages to send home. It wasn't much but it was communication going out. Hopefully our families back home knew we were safe and well.

Two ladies from Chile were evacuated from our compound. There was hope for the rest of us. They knew where we were now for sure, and help would be on its way. Messages from home came, and they told us help was coming and to stay put. We took the team out to see the goat farm they had come to work on. The devastation was all around, yet the Haitian people, like us, were in survivor mode - gathering together in

groups, caring for and helping each other. The police contacted us. They had found some rice we could buy. The students agreed and we pooled our money and were able to buy over 4000 pounds of rice. The police and a couple of our leaders went and picked it up and brought it back. Now to distribute it. The police escorted us knowing that it could cause a riot. The people were hungry. We were able to distribute it all and feed over 500 families. Families of six to ten members were common here, so as many as 5000 people were being fed. A good feeling came over us; we were able to help. It helped us to discover an answer to the question, "Why are we here?" No one else could have raised the \$2500 to buy the rice.

Again the day turned to night. A warning came, a chance of another big quake tonight. We moved all our stuff out from under the church structure into the open field. We told ourselves that we were camping under the stars. As we got ready for bed we discovered something new to add to our already uncomfortable surroundings: dew. The humidity and dew of Haiti had soaked our beds. We laughed it off. What else could go wrong? Jokes were being told and it just became another inconvenience. We now had to try to sleep in damp beds while waiting for this new quake. Through the night many tremors came and went and the big one never came. In the morning we moved back into the structure and good news came.

Evacuation plans were in the works if all went well we would be on our way home tonight. Port-au-Prince, Montreal and then home. Rumors of helicopters coming to get us brought a spark of excitement to our faces. But, alas, day turned to night and no rescue. Maybe tomorrow. We understood the problems of getting us out. With anticipation we waited for morning. Today, maybe, today they would come. It was Sunday and we knew the people would be coming to church. We packed all our stuff and had it ready to go, should they come for us.

As we thought, the people gathered for church. They were singing to the Lord when the army showed up. The press was talking to many of the students and Pastor Marc was addressing the church. He turned the microphone over to me and with tears in my eyes and my heart breaking I said good bye to the people, who protected me and the group. I shared how I thought I could do more for them back home than I could if I stayed. It was a series of quick goodbyes.

They loaded us into buses for the trip to the Canadian Embassy in Port-au-Prince. The near two hour trip was marred with the site of the devastation that took place. Buildings totally destroyed, thousands of people walking the streets, make-shift blanket shelters in every field. Praise God the bodies had been removed. Only two did I see on the trip.

As we pulled into the embassy a relief and reality set in. We were here, we were going home soon. They processed us as quickly as they could, got us some food and water and started to put us in the queue for evacuation. That evening they called everyone together, to call out names for the next plane. It felt like being a number in a lottery. Would they call my name? We had made arrangements that we would be allowed to travel as a group so when one name was called, we knew we were all heading home.

We were loaded into another bus and off to the airport. What a sight as we pulled into the airport, the military presence was everywhere. The tarmac was lined with huge cargo planes, wing tip to wing tip. Forklifts were moving supplies in every direction it seemed. An organized chaos if you will. We were unloaded at the designated place for Canadians and waited our turn to load. What seemed like hours went by as we waited

Earthquake... Cont'd

In anticipation. They called us to move and loaded us back into the buses and drove us to our plane. A military C-17. We loaded through a cargo ramp at the rear of the plane. What a sight! 180 people strapped to the floor of this plane. My first thought was that I would never complain about coach again. Then the news came that nine of our group had not got on. In the care of our forces, we knew they were safe and were told they would be on the next plane. We headed down the runway and lifted off for Montreal. The military took such care of us... a good meal, extra water if wanted. They made what should have been the most uncomfortable ride into one that I found enjoyable.

Fundraiser Dinner

Doug Middlebrook will share his personal story

DATE: February 4, 2010
COST: by donation
PLACE: Kootenay Lakeside Restaurant
DINNER TIMES: 6:00 - 9:00 PM
first come, first served

All monies collected will go towards the fund.
Every dollar you donate will be matched!

<http://www.cmc.org.ca/feds/fund/fundraisingcommittee-eng.htm>

TO RESERVE YOUR SEAT PLEASE CONTACT:
Sue Miller – 250-225-3556
Cheryl Middlebrook – 250-227-2222

We landed in Montreal some four hours later. We were ushered quickly through customs and off to the hotel where we were met by the Red Cross. They made this transition in our lives one that was bearable. More food and drinks and clothes for those who needed some. We were only able to bring one bag with us, so most of our warm clothes were packed in the cases that did not come. They put us into rooms and wished us well and a good night sleep. Arrangements were now being made to get the rest of the way home. We received news from home; my nephew Mike had made some calls and West Jet was coming to get us, Thank you, Mike. Again they made our trip a pleasurable one. When we arrived in Calgary, we were offered a safe escort to a controlled room and our fill of food and drink and no

media.

We were all tired of the many questions, but understood the desire to get our story out to the public. Next a chartered bus was to take us to our families. At first the bus ride seemed to be too much. We wanted the quickest way home, but we quickly realized that this time was much needed. It was to be a time to do some

final reflecting, and to get some of the much needed rest. As we drew near to my stop, deep emotions for wanting to see and hold my family started to rise up and the feeling of leaving these students and leaders, who had just experienced what, to this day, is the greatest tribulation and trial in my life. To say goodbye to them and wish them well until we have a chance to get together was hard. The moment

for which I'd been waiting eight days came. I was minutes away from being in the arms of my wife and kids. The hug that I did not want to release. To tell them face to face how I loved them. An emotional moment to say the least. A final hug with the team members and then home to my own bed. The ride home was one full of talk, ranging from my story and experiences to theirs. It's so good to be home.

Thank you, Father, for caring for me and my family in this time and always. Watch over and protect the people of Haiti. God bless and thanks to all who had a part in bringing us home. If you would like to know how you can help the Haiti relief please contact me at 250-227-9444.

ED: The following is being reprinted with apologies to the writer. The last portion of this article was cut off in editing in the January 2010 issue.

Opinion Editorial **Keep on Squeaking**

by **Gabriel Dinim**

Like all squeaky wheels I like to make sure that I am heard by anyone who may have the grease, so I sent a number of emails to supposedly influential people about the sewage outflow from Mountain Shores Development Corp. Occasionally I do get polite and informative replies. However polite and informative is a poor substitute for grease and so the squeaks go on. I got one of those polite and informative replies from the office of Michelle Mungall and if one wonders why Canadians are cynical about politicians, all it takes is to read one of those fence sitting letters to realise that the bread of today's politicians is buttered on all sides and even on the edges.

Essentially the letter said that since residents of the East Shore are not interested in any kind of zoning we really have no say in what happens around us. The letter also said that “to be fair there were also supporters of the projects.” Naturally there are supporters, the people who have invested in that project and the Albertans who have reconciled themselves with the wholesale poisoning of their waters. By contrast a little hormones and assorted pollutants make Kootenay Lake look and taste like distilled water.

The letter from Michelle Mungall's office also detailed the marvels of technology that will prevent feces, toilet paper, E coli and other garburated garbage from making their way into the lake (as long as there is electricity to make them work) but failed completely to mention all the stuff that will not be stopped by the sewage treatment plant. The letter also mentioned the 115 or so households that will take advantage of these technological marvels to dump all their unmentioned and unmetered pollutants into the lake. Since these nasties are the ones that take more than a week to kill you, and since your death will not happen on the watch of the bureaucrats who issue the permits, or on the watch of the politicians who send these polite and informative letters, you will have to satisfy yourself with the fact that Kootenay Lake is not nearly as badly polluted as the Athabasca and its tributaries, and so that should be good enough for you. And since the solution to pollution is so obviously dilution, there is still a lot of room for pollution in Kootenay Lake. Bring on the investments, greed is good.

Happy New Year to all of you and please keep on squeaking.

Fundraiser Dinner for Haiti

Doug Middlebrook will share his personal experience of the earthquake

DATE: February 4, 2010

COST: by donation

PLACE: Kootenay Lake Community Church

DINNER TIMES:

first seating – 5:00 p.m.
second seating – 7:30 p.m.

All monies collected will go the Haiti Earthquake Relief fund

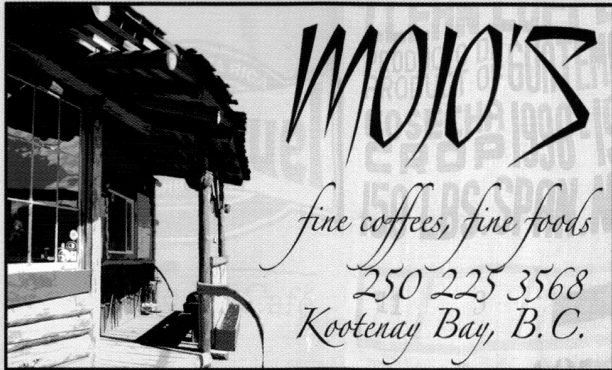
Every dollar you donate will be matched by the Federal Government
<http://www.cra-arc.ca/infobase/arc/arcsearchresults.cfm?action=results&id=1&title=donor&true&no=1&f=25&newsControl>

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TO RESERVE YOUR SEAT PLEASE CALL

Sue Miller – 250-225-3556

Cheryl Middlebrook – 250-227-9181



The Kootenay Lake Eastshore Elder Care Association (KLEECA) is looking for a community-minded person of good will & computer skills to provide volunteer administrative support to the board.

The duties will include:

- Compiling reports and other relevant documents
- Collecting and distributing mail
- Preparing correspondence for the Board
- Notifying board members of scheduled Board meetings, preparing agendas, taking and distributing minutes

If the applicant is interested, it can also include:

- Assisting with public relations activities on the Eastshore
- Liaising with similar organizations in BC and other jurisdictions
- Keeping up-to-date with trends in senior housing and the delivery of services to seniors
- Performing other related duties as required from time to time.

Qualifications, Training or Experience:

- Has own computer with up-to-date Office Suite, and is skilled with word processing programs.
- Knowledge of and experience with office administration is helpful.
- Knowledge of and experience with seniors' needs and expectations would be an asset.
- Knowledge of and experience working with a Board of Directors would be an asset.
- Good interpersonal and communication skills.
- Good organizational and time management abilities.

As KLEECA's housing project goes on line, this may become a paid position. If interested, call or email:

**Nancy Galloway at 250-227-9233 (wedgwood@netidea.com)
or Susan Hulland at 250-227-9387 (shulland@theeastshore.net)**

THE HISTORIC GRAY CREEK STORE

Has Job Openings For:

- **A Full-Time/Part-Time General Maintenance Team Member.** Duties to include heavy lifting, maintenance, filling propane tanks, operating the cash register, and customer service.
- **A Part-Time Store Clerk/Customer Service Representative.** Duties to include customer service, operating the cash register, stocking shelves, and filling propane tanks.
- **A Full-Time Wood Stove Sales and Service Representative.** Duties to include stove sales, deliveries, installations, WETT inspections, heavy lifting, and other store duties. Experience would be a plus however training will be provided.

**Applications are available at the Gray Creek
Store or please email resume
to graycreekstore@q.com
Please call Dave Lymbery at
509-499-0007 with any questions.**



Calling All Investors!

by Nancy L. Galloway

The well has been dug on our selected property (Fran and Glen Kinder's property near Crawford Bay Auto), and with a flow of fifteen gallons per minute, we are assured of adequate water for senior housing for a minimum of eight stand-alone houses and eight garden apartments.

Our project manager, Johanne Bedard, has been hired, and she is working with Dave Hough and others to draw up the Preliminary Lot Allocation (PLA). This is the plan for the development itself: where will the road go, where the lots are and what size they are, where will the septic system go and so on. We hope to submit this plan to the relevant authorities in March.



Financial advisor, Bradley Roulston, discussed financial options available to people interested in becoming part of KLEECA's supportive housing development in Crawford Bay.

Then we wait four to six months for it to be returned with conditions. These conditions will have to be met for the development to proceed.

The other critical element is having enough investors/would-be residents to ensure there will be adequate finances. That has been our major push for the past month – and for several months to come.

The KLEECA board held informational meetings in Boswell, Riondel and Crawford Bay in January. Participants were told of the progress to date, including the board's recommendation of a BC firm building structural insulated panels that can be delivered to a prepared site and put together, bringing a house to lock-up in less than a week (www.ajia.ca)

These were followed by a meeting on the Kinder property for prospective investors and residents. The house was full to the brim with interested people who were able to walk the property and see the progress first-hand. The discussion there was of the actual financing of the project, and the various ways people could participate. Bradley Roulston, an independent financial consultant, was there to provide more specific advice. He will continue to be available to any interested parties at no charge.

If you are interested in either becoming a resident or simply making a financial investment that supports your community, we would like to talk with you! Give a call to Nancy Galloway at 250-227-9233, and she will ensure you get the information you need.

School Board Meets in Crawford Bay East Shore Community Presents its Case

by John Edwards

The Board of Trustees of School District #8 held one of their monthly board meetings in Crawford Bay on January 12, a very rare occurrence, and the Crawford Bay Hall and Parks Board took the chance to present their case as to why the School District should sell part of the old school site to the community for an affordable price.

The School Board went to the trouble of convening a special public meeting before their regular meeting, just to hear input from the East Shore community into what should be done with the former school grounds in Crawford Bay.

As Crawford Bay Hall and Parks Board President, I spoke for about twenty minutes, outlining the long history of cooperation between the community and successive school districts, stemming back to 1938 when the community hall was built on school property to allow for its use as a gym and auditorium by the students of the one-room Crawford Bay School.

I pointed out that the community had provided most of the money for the hall construction through fund-raising, volunteer labour, and donated materials, and that the hall had been shared between school use (mostly) and other community use for 71 years.

The Hall and Parks Board proposed that the school district subdivide the property, now that it was no longer needed for school use, and sell about two acres of the 6.5 acre parcel to the community for the price of the cost of subdivision. The two acres would allow the hall to continue to function as a community facility, as it has since it was built, while the remaining pieces of land could be sold to the highest bidders to raise funds for the school district.

RDCK Area A Director, Gary Jackman, spoke up in favour of the board's proposal, adding that the plan would not only keep the hall in the hands of the community, but that a subdivision of three or even more than three lots would result in a better financial return to the school district than to just try and sell off the land as one parcel, encumbered by the presence of the old school and the public community hall.

Kokanee Springs Developments Manager, Greg Garbula, stated that Kokanee Springs would gladly buy back for the same price (\$1) the land that they had sold to the school district in 1968 to improve the playing fields, and that they would then sell it to the Hall & Parks Society for that same dollar.

A number of other community members present also spoke up in favour of the board's idea, and urged the school trustees to make a positive decision soon.

The School Board Trustees listened carefully to these presentations and Board Chair Bill Maslechko commented that they would give the issue their serious consideration and make a decision on the matter as soon as possible.



Hamper Day Photos, submitted by Tim Miller.
Above: Shelley Bothamley with her loaded truck.
Right: Leona Keraiff and Barb Loeppky pull the winning ticket for the Hamper fundraiser.

Christmas Hamper Thanks

by Leona Keraiff

On behalf of 92 people residing in 43 households along our 'Best Shore', I want to extend sincere thanks to all of you for your generous support of the Christmas Food Hamper Program.

Special recognition to the following:

- Crawford Bay Store
- Save-on Foods, Nelson
- Kootenay Lake Lions
- East Shore Mainstreet
- Nelson & District Credit Union
- Brian Turner
- Don Horvath
- Brenda & Sandy Oates
- The George Family
- Bevy of Angels
- Freybe
- Island Farms
- Dave & Anne Rokeby-Thomas
- Riondel Market
- Gray Creek Store
- Twylla & Barry Simpson
- Mavis & Ted Krueger
- Colin Turner
- Tony Leger
- Sheila Brockington
- Gabriel Dinim
- Barney Bothamley
- Jim & Cathy Poch
- Sue & Brian Philp
- Nicole Shreiber
- Janet & Rob Kuchinka
- Kootenay Lake Comm. Church
- Boswell Ladies Club
- Rosanne Arcuri
- Leslie & Doug Whitney
- Sherrill & Chris Milburn
- Janice & Glenn Prest
- Tim & Lorraine Jost
- Ravi Bissoon
- Malena & Maureen Draper
- Bottle Depot Donations
- Anon. Cr. Union Depositor
- Treehouse Bakery
- The Lakeview
- Destiny Bay Grocers
- Crawford Bay School
- Larry & Lorna Farkas
- Kootenay Forge
- Beth MacLellan
- Peter Letts
- Bocalino Restaurant
- Irv & Leona Lund
- Heide Simpson
- Ron Savoie
- Lorna Robin
- Laurie & Doug Slater

Countless others of you donated food and cash anonymously, which was much appreciated. Regrettably, I don't know all of your names, but your contributions are a gift that is gratefully received.

Food Hamper Day would not happen without Larry Keraiff, Laura Kernohan, Barbara Loeppky, Betsy-Ann Schultz, Shelli Bothamley, Terry Turner, Glen Kinder, Holly Kernohan and Alessandra Legault-Elias. They are unrecognized, yet invaluable; most work for six weeks to make one special December day a reality! Heartfelt thanks to all.



The East Shore & Kootenay Lake Goes to the Games and to the World

submitted by Jamie Cox

A local East Shore-ite has been selected by the Kootenay-Boundary Olympic Committee to represent the East Shore and Kootenay Lake at the 2010 Winter Olympic Games.

Jamie Cox, "The Local Store Guy" will be going to the 2010 Olympic Games to represent the East Shore and Kootenay Lake, from February 16 through to the 20 of February 2010. The venue is called "O Zone BC Street Regional Exhibit Project", and runs from February 12 through to the 28, 2010.

Some of you might say I am too new to the area. In fact, I grew up in the Kootenays, from Castlegar to Kimberley, and played my share on the East Shore. I have worked in the tourism industry for the past thirty years and have extensive experience on how to market a product whether it is an experience or place.

Also, I know I have heard the rumblings of what the games are doing regarding cut backs to services abroad. My only take on the games is the fact they are coming and are here. My centered out look of the games is the reality that the athletes have trained for most of their lives for what may take a minute or to display, this is the games to me.

O Zone BC Street Regional Exhibit Project will be a series of community and regional exhibits within Richmond's Olympic O Zone, a fifteen minute walk from the Olympic Speed Skating Oval and five minutes from the Canada Line. The "Street" will consist of seven 20' x 40' tents within a themed area which features front and rear facades, signage, street furniture, banner stands, stage and large group tent.

The O Zone entertainment area also includes the Holland Heineken House, ice skating, ice sculpturing, main stage and hospitality area, and Richmond City Exhibits.

Main stage acts will be giant screen broadcasting, athlete appearances and fireworks complement the O Zone amenities to assist in attracting an estimated 15,000 visitors per day. Participants in BC Street are South Okanagan Region, Vancouver, Coast and Mountains Region, Sooke, Tofino, Cariboo Region, Comox Valley, and Kootenay Rockies Region.

Project Partners Include:

- Regional District of Kootenay-Boundary
- Regional District of Central Kootenay
- Regional District of East Kootenay
- Regional Chambers of Commerce
- LCCDT Tourism
- Ktunaxa First Nation
- Columbia Power Corporation
- Columbia Basin Trust
- Kootenay Rockies Regional Economic Alliance
- Invest Kootenay
- Kootenay Rockies Tourism

The object of this opportunity is to generate awareness of the tourism, lifestyle and business opportunities available in British Columbia's Kootenay Rockies and Boundary Regions, and to create future economic benefits for communities and businesses throughout the region. I was selected by the Kootenay-Boundary Olympic Committee from a pool comprised of partner employees who have put their names forward as volunteers.

Already there are local artisans organizing goods that can be taken to this event, including products, brochures and pictures to display. Let's take this opportunity...! If you have any suggestions, ideas or good old East Shore energy please let me know before Valentines Day.

New Business Introduction

From Horse Farmers to Grocers

by Ingrid Baetzel

As Sue and Scott Miller move on from the Riondel Market to greener pastures, a couple of people who know a lot about green pastures have moved into ownership of the locally owned and operated grocery store in our northern village. Brian and April Romeo hail from Revelstoke and Edmonton respectively and come to us most recently from Edmonton, where they owned a twenty-four head horse ranch.

From brood mares to cash registers and liquor orders, Brian and April have made the big jump and are quickly finding their feet underneath them upon landing. Brian (61) and April (48) were breakfasting one morning outside of Edmonton, when they came across an outdated realty magazine with a listing for a small grocery store in the Kootenays, a retirement destination that was in Brian's mind for many years. Brian came out to Riondel and checked it out, took photos and, together, they made the leap. The plan was to settle into a nice little retirement job in a nice little retirement town. Turns out, there's a good bit of work and figuring out to do before retirement becomes even a possibility, but Brian and April have got what it takes to find their way. They have maintained the staff as it was before them and express huge gratitude for the staff's phenomenal knowledge and patience in the transition.

The only pending changes to be made to the store in the upcoming months will be for the couple to move their mobile to the back side of the store as their residence. Currently, they have been living on Val Downing's property north of Riondel and have been grateful for a place to allow their dogs and cats to stretch their legs and get acclimatized. They will also be bringing a few horses from Alberta to live the retirement life in Riondel.

Please welcome our new neighbours and business owners; good luck in your new enterprise, Brian and April.

United Steelworkers Local 1-405 Nelson & District Credit Union Negotiations

press release

After one and a half years without a new Collective Agreement, Nelson & District Credit Union and United Steelworkers Local 1-405 returned to the bargaining table on January 7, 8, 21 and 22, with the assistance of Mediator Mark Atkinson from the Labour Relations Board.

"We have a lot of issues that need to be addressed in a short period of time" said Doug Singer, Financial Secretary, United Steelworkers Local 1-405. It took a strong strike vote to get negotiations restarted after a one year absence.

The Credit Union and the Union are scheduled to meet February 1, 2 and 3 in Nelson. The United Steelworkers Local 1-405 today issued a 72 hour strike notice and has informed the Nelson & District Credit Union that they will not continue to work without a Collective Agreement beyond February 15, 2010.

**Doug Singer, Financial Secretary,
United Steelworkers Local 1-405**

250-426-4871 Office and 250-489-8996 Cell

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)**

Dining Out Bids Adieu

by John Mueller

Yes, it's been over eleven years since Tom suggested I write a small column called, "Dining Out." Little did we realize it would or could go on and on for over 144 times. For a person from Southern California to travel so far, there must be something special about the East Shore and specifically Crawford Bay, but it is time to say sayonara.

My goals are simple: to build more customers for all, targeting sales and profits. It's been a great eleven years hoping to increase business on the East Shore and show that there are many ways in which to do so.

Believe me, writing for the local reader as well as for those running a business, has not been easy. Over the twenty-eight years that we owned a home there, I have eaten in many spots several times. With nine relatives in Idaho, plus the many friends who have come to stay with us, my thumb has been on, "What's happening?"

Nearing retirement I opted for working only eight months and taking four months off, spending all of our time with you, never feeling I was in a different country.

After over sixty years in the hospitality business, you receive only what you want from my articles. There is no more difficult business to help than the privately owned and managed facility. Good luck to all.

Ed: Thank you for your years of submissions and thoughts, John. The time you've put into caring for the welfare of our communities' hospitality businesses has been appreciated. Thank you for your dedication and best of luck from the East Shore to California.

FEBRUARY 2010 Mainstreet 7

Bob's Bar & Grill

Riondel, BC
225-3511
Take out available

*Good Food
Good Cheer
Good Times*

****Daily Dinner Specials****

Mon: Closed
Tues: Closed
Weds: Seniors Day
Thurs: Steak Special & Nightcap Night
Fri: Fish n' Chips
Sat: Pizza Specials
Sun: Roast Dinner

Upcoming Events:
Feb 7 - Superbowl Party
Feb 14 - Valentine's Day Dinner
featuring the Applesauce Fiddlers
Feb 18 - The Many Bays Band
Feb 28 - Chinese Lantern Festival

Check our weekly entertainment schedule at
www.bluebell.ca
Pub Hours: 3 pm to 11 pm
Restaurant open on request



Tom's Corner

by Tom Lymbery
Decommissioning the Power Line, Gray Creek to Kimberley

Many of us have received a letter from Teck Metals Ltd (one of the many subsidiaries of Teck Cominco Limited) advising that they plan to completely remove all the line, pole structures, and close about 40 miles of the roads that Consolidated Mining and Smelting Co built in 1951 - 52. How this may affect the Trans Canada Trail, and even access to the Sphinx Mountain, we do not know.

Since the Sullivan Mine in Kimberley was closed in 2001, there has been virtually no transmission of power over this line, so it becomes a liability hazard to the owners, and we can understand their plans to deactivate the route entirely.

In 1950 the price of lead rose substantially, mostly because of the demand for bullets for the Korean war. CM&S Co was also planning to start producing fertilizer at Kimberley, as well as re-opening the Bluebell Mine at Riondel. They needed electricity for the Bluebell, and Kimberley had only a minimal supply from the East Kootenay Bull River power plant, while the Company's hydro operations downstream from Nelson had a considerable surplus. Recent notice from Teck says "The original 30 line was developed in the 1930s to transport power from Teck's generating stations over the Purcell Mountain Range to the Sullivan Mine in Kimberley BC." It may have been thought of in the 1930s but nothing physical was done until 1950! In 1946 four men from Calgary Power turned up at Gray Creek looking for accommodation and food. They had scrambled and scratched their way through the bush and windfalls over the pass, being pleased to find George Oliver's trap line trail, which made hiking easier. They were considering the possibilities of linking east - west power connections, but we heard no more at that time.

What a tremendous, unparalleled undertaking - crossing Kootenay Lake with the longest power line free span in the world, as well as building almost 150 miles of high voltage line. Where could two miles (the longest available) of heavy cable be safely strung over the water? Earlier transmission had not used 170 kilovolt power, so all of this was making new records. Which was the shortest pass from West Kootenay to East Kootenay? I can remember Richie Deane showing me a map of our side, with the contours coloured to make it easier to study. For the big jump over the water, a high bluff south of Ainsworth was a possibility, but it required an almost 400 foot tower on the eastern shore.

Company head office in Montreal (at that time) said, "Take the cables over on the ice," never knowing of a vast unfrozen Canadian lake! Thinking was that 45 gallon steel drums could be used to float cables.

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Clearing the way for power line construction near Gray Creek Pass, c. 1951. Photo: Janet Bruce, courtesy of Gray Creek Historical Society

That did not work, and cedar log rafts had to be utilized. Innovative CM&S Co Electrical Engineer Richie had to plan and then solve one problem after another, working in uncharted construction territory.

With the route finally decided a trail crew was sent to brush out the route, followed by surveyors. They were supplied by Warren Keer's pack train from Marysville - the first and only pack train we had seen. All this produced some extra business for our store and restaurant. How about the prospects of electric light in the foreseeable future? Having grown up with kerosene lamps, we could see quite well in the semi darkness, and thoughts of refrigeration barely entered our heads. That fall, about the 12th of October, an early 12" snowfall at higher elevations persuaded the survey crew to lay off for the winter. That snow was gone

completely in two weeks, so sister Alice and I hiked to the 6100 foot meadow at the Gray Creek Summit - the newly improved trail making a return trip possible in a day, with no sign at all of the earlier snowfall. Looking in at George Oliver's cabin we found a full 30 dozen cases of eggs on the table, abandoned by the surveyors!

Next spring saw construction crews heading into the pass, as well as along the lake. A Doukhobor crew set up their outfit in our campground, complete with cooks (our introduction to borscht). Another outfit was building a line south to supply Creston, where the Goat River power was insufficient, and diesel units had been brought in. Surveyor R. P. Brown for West Kootenay Power (a CM&S subsidiary company) negotiated the right of way. Since they were bringing us electricity for

the first time, they did not plan to pay for crossing your property. Negotiations were possible, and my dad was able to get Brown to survey the Gray Creek Cemetery in exchange. Not so Norman Anderson and Major Trenaman, who took it to arbitration, only to settle for \$50 each.

1951 was in the early days of chainsaws, and we hadn't made the jump to selling them in the store, but the clearing crew were utilizing them. Those chainsaws were very heavy and expensive - about \$1500 (perhaps \$8000 in 2010 dollars). They had gear boxes, and a very large, slow turning chain that could not bore or even underbuck. So, swamper with axes had to chop away branches and brush. All the pole holes were dug and blasted by hand. The workers came to the store daily for cans of fruit juice, which they felt dissipated the headaches from the dynamite fumes in the six feet deep cavities they were standing in. Horses and blocks and tackle were used to get the cedar poles up to the sites - always on top of the highest point so that the wires could be strung clear of everything. Standing the 50 foot long poles upright was work for many strong arms using pike poles. We need a video so that you can picture these labour intensive efforts. The main line has structures using double uprights braced by crosspieces. Will they pull up the 659 poles they plan to remove, or cut them off?

I don't know the date that power was turned on for the Riondel operations, or that of Kimberley. Lights came on in Gray Creek in May of 1952. Electricians

such as Johnny McGregor had been wiring houses to be ahead of the switch on, but it was a year later before we were able to have lights at Gray Creek Hall.

I haven't attempted to include much on the line across the lake - look for a copy of *The Span* in the store or your library. How it was built, and blown down just a few years later by "Sons of Freedom" Doukhobors. How Richie had to design aircraft warning markers, and a special car to ride the line to install these and inspect. Jim Burge of Gray Creek was employed using his careful touch on his bulldozer winch to lower the wire for the car to go out on.

The portion of the line from Slocan to the Coffee Creek bluffs and the lake crossing will remain unchanged to supply Riondel and the Crawford Bay substation. From there the 60 kw line serves the Lake and Creston. The decommissioning will be entirely between Gray Creek and Kimberley.

Teck promises local meetings to tell us in more detail of their plans, so watch for ads in *Mainstreet*.



Installing the A-frame and rubbing log at the crest of the 1300' Coffee Creek bluffs in 1952. This low-tech solution protected the power cables as they were being winched up and over the cliff edge to the west towers. Photo: Mary Carne, courtesy of Gray Creek Historical Society

TOM SEZ

by Tom Lymbery

Here is the explanation to last month's mention of the Canadian north's use of a LOBSTICK - this is a tree which has all except the topmost branches removed, to identify a river entrance into Great Slave Lake, for instance.

When we stayed at a new hotel in Culiacan, Mexico, we found what may be the latest item in energy conservation. After opening the door of the room with the key card you place it in a holder on the wall to get lights and power. When you take the card out to leave the room, everything turns off. Culiacan - you say - isn't that one of the most dangerous towns in Mexico? Isn't it one of the centres of drug distribution, even though it's far south of the US border in the state of Sinaloa? We have often overnighted there, and feel that it's about as safe as Vancouver!.

The killing of a deer in mid January in the yard of a home on 5th Street, Fairview, Nelson is most interesting, but we hope it doesn't create fear of cougars. They are closely tied to the deer population and are wary of humans. Support the Save the Cougars Society.

What does the OLYMPIC TORCH burn? I thought it would be propane, but propane is cleaner than the soot we see on the torch. Google says the system is Australian but gives no clue as to the fuel. Possibly kerosene is used because the flame is more visible than a cleaner burning material.

This month's article on the power line to Kimberley mentions the line across the lake as being the longest in the world. It was at the time of construction, but when longer lengths of cable became available, the greatest is now between Italy and Sicily.

Gray Creek Pass Report

by Tom Lymbery

The route will not be affected by the removal of the power line, other than by increased traffic from de-commissioning equipment. It was built as a joint effort between BC Forest Service and Highways, with Forestry arranging the surveys and actual construction with Highways contributing some of the cost. Maintenance is done by Forestry, with all the bridges now being solid cement, with the possible exception of Baker Creek.

Twenty-ten is the 20th anniversary of the official opening, when the Minister of Forests did the honours, in front of a large crowd brought in by tour buses from our side and from Kimberley. The road itself is designed to Forestry's main haul standards so it can handle virtually any type of traffic. More than you realize is two lane, and is fairly similar to Highway 31 from Meadow Creek, through Trout Lake. The weak point is that it was connected to Anderson Road in Gray Creek which has the only hairpin bend that requires larger vehicles to back up.

Land Act: Notice of Intention to Apply for Disposition of Crown Land

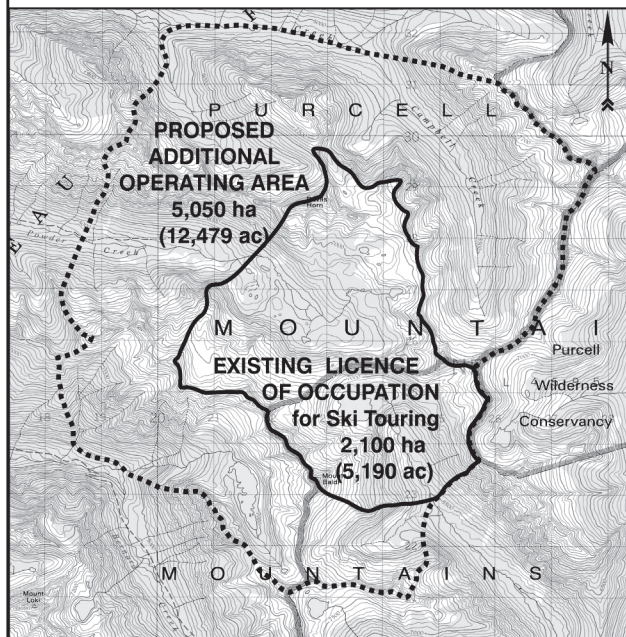
Front Counter BC Cranbrook has accepted an application made by Tamarack Alpine Adventures Inc. of Nelson, BC, operator of Powder Creek Lodge, on behalf of the Integrated Land Management Bureau (ILMB), Kootenay Region, to expand their existing Licence of Occupation for ski touring purposes, situated on Provincial Crown Land in the Purcell Mountains, east of the town of Kaslo and containing 5,050 hectares more or less. The purpose of this application is to increase the amount of ski terrain for non-mechanized ski touring purposes.

The ILMB File Number that has been established for this application is 4403165. Written comments concerning the application should be directed to the Natural Resource Officer at FrontCounter BC, 1902 Theatre Road, Cranbrook, BC, V1C 7G1 or email to:

AuthorizingAgency.Cranbrook@gov.bc.ca

Comments will be received by FrontCounter BC until February 26, 2010. FrontCounter BC may not be able to consider comments received after this date. Please refer to our website www.frontcounterbc.gov.bc.ca/ and follow the link to Crown Land Applications - Applications and Reasons for Decision Database for more information.

Be advised that any response to this advertisement will be considered part of the public record. For information, contact the FOI Advisor at Integrated Land Management Bureau regional office.



It Just Doesn't Make Sense!

by Nevo Natan

One day, my 4.5 year old boy, Lyri, came up to me and asked: "what does it mean 'doesn't make sense'?" I wondered where he heard such a weird thing. At first I thought it was quite ridiculous, and wanted to make sure that if he heard such a thing again he would be able to deal with it properly. Then I recalled my favorite professor of logic, Ruth Manor, who had passed away three years ago.

Whenever someone would ask her if something "makes sense" she would reply shortly "it does(n't) make sense to me", and then elaborate on the tenants. I thought it would be helpful to use a similar method to teach Lyri some logical defenses, but then some thoughts came up that made me rethink. What if I'm wrong about the whole thing and there is in fact a category of sentences, or blabber for that matter, that doesn't make sense at all? After contemplating a little while, I came up with an interesting thought experiment - perhaps a story - that made me more resolute:

Suppose that at a planet parallel to ours there are people living lives like ours, with only one difference between them and us: all the people there are color blind. They cannot see some of the patterns that we see on animals, and cannot tell the difference between certain colors. As it happened, by some awkward process of nature a baby with color vision was born. When he was a child he had a hard time explaining himself to others. Whenever he would see an animal or flower with vivid colors and patterns he would excitedly point it out and be amazed at how ignorant and dull all the rest were, when they would say, "well, we don't see that", or "it just doesn't make sense". Many times he told stories of his visions to other people, even to other kids, but the general response would always be, "it just doesn't make sense."

Now, our boy was almost convinced that he was the only one who could see these things, but he was also sure that the patterns on the tigers and the giraffes are there, so he went on and tried to convince everyone the patterns were there. At one point his family thought it might be a good idea to send him to a special school, but they did not have enough money, so they decided not to. As time passed the boy speculated that if something doesn't make sense to them, and it makes sense him, then there is no such thing as "common sense" that can be applied to everyone. "It doesn't make sense" became to him a subjective phrase like "that's nice", or "she's very pretty".

Since colors and many patterns had no names in the parallel-planet language, he decided to invent names for them. He called the color of the flamingo "wawawiwa", and the spots on the tiger "wallacitas". He called the patterns of the giraffe "wallainas", and the hazes of the sunset "wawahiha". So prolific he was in the invention of words for colors and patterns that his language became quite rich and unique. He invented many words and wrote them down in his diary. He would say: "look, this flamingo is wawawiwa", or "the tiger has wallacitas", hoping that eventually someone might notice something. His grammar rules were impeccable, as was his dynamic display of their use. Sadly, his troubles now became even greater: When people said "it doesn't make sense", they meant something even deeper than before. They meant his language was flawed and incomprehensible.

The boy wanted to feel accepted and to be understood, but he also wanted to express his inner world with others. At some point he wished to be at a parallel planet to his own where everyone would understand him, and see things exactly the way he saw them.

There was still a problem, which the boy tried

relentlessly to solve. It seemed to him that when people said "it doesn't make sense," they would mean something different, something like "it doesn't make sense to everyone", "generally this is wrong", or "you're thought process is flawed", but he knew from experience that this was logically wrong, because "it doesn't make sense" is quite subjective. He had a minor breakthrough when he was introduced to the expression "common sense". He seemed to realize that when people told him "it doesn't make sense," what they usually meant was "it doesn't make common sense", as in: our senses give us different information, and therefore the picture you see is different then our picture.

However, when he attempted this explanation to answer for the logical gap, he did not get the expected understanding and agreement he longed for, but instead he experienced hidden contempt and slanted eye movements. This happened because when he used the term "common sense", he thought of what may be common to most people, and when the others heard it they thought of something that is ridiculously easy to comprehend.

He called the color of the flamingo "wawawiwa", and the spots on the tiger "wallacitas". He called the patterns of the giraffe "wallainas"...

Later, the boy tried another version of his solution: perhaps what people mean is that there must be only one true picture which is commonly visible to everyone. This explanation worked better, and made him feel a bit easier, because he could now better understand the

parallel-people around him. But as he meditated some more, the boy realized that this was just dusting his logical problem with sweet psychological candy.

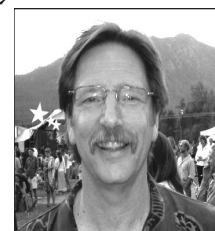
His experience in the world made him believe that there are at least two authentic pictures of the giraffe: a giraffe with wallainas, and a giraffe without wallainas. In fact, the boy believed that there are endless ways one can see a giraffe, but he had no way to prove it. So if people say that there is only one real picture of a giraffe, then they must be plainly wrong.

At last he came to realize that with their dull language, the others that were saying "it doesn't make sense", probably meant that everyone sees everything the same way. This is the common sense that should be known to everybody, and therefore, 'it doesn't make sense' is actually an abbreviation for "it doesn't make common sense," and, what is not common to all senses doesn't exist, or at least it isn't worthwhile listening to. With this the thought experiment ends, and the parallel-planet remains to this day, a sad-sad parallel-planet.

But now, how can someone convince the convinced? Doesn't everyone believe the same thing already, namely, that there is no such thing as common-sense, and that absolutely nothing can qualify to make sense or not to? If so, I stand corrected – Lyri must have heard this absurdity on the public television. Just in case, I rehearsed with him the following mantra: "It doesn't make sense to you, it makes sense to me. It doesn't make sense to you; it makes sense to me. It doesn't make sense to you; it makes sense to me..."

Lyri was smiling as he recited these words.

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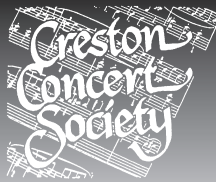
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\$75 after this date.

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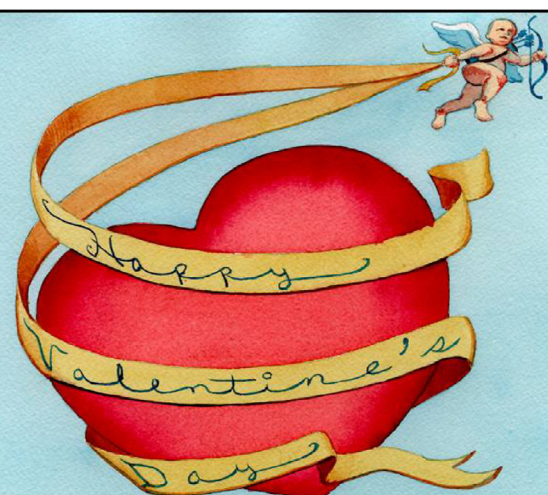


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Winter Camp

by Jessie King

Picture this: you and a friend are on an amazing snowshoeing trip in the backcountry. You pass through forests of snow-covered trees and learn avalanche safety skills, you work as a team to build your first snow cave, you cook an amazing meal in a kitchen made entirely of snow, and you end the day by watching candlelight dance on the roof of your cozy snow cave. The icing on the snow cake: you are getting school credit for this!

On January 7 and 8, Mt. Baker's Geography 12 class, run by Leigh Cormier met students from the Crawford Bay Outdoor Ed class, led by Jessie King, at the Salmo Creston Pass for a winter survival skills & avalanche safety camp. Also joining the crew and providing invaluable lessons were Sandra Bernier, an experienced outdoorswoman and Dave Quinn, a wildlife biologist, avalanche safety instructor, and wilderness guide. The camp was generously supported by the Columbia Basin Environmental Education Network's Wild Voices For Kids program, an environmental and heritage education program designed to foster a deeper understanding of, and connection to, the land, history and culture of the Columbia Basin.

At the Salmo-Creston Summit, the highway avalanche crews set the scene by explaining how they keep the highway safe, despite frequent avalanches. With the sun shining down from a blue sky, the threat of avalanches seemed a distant nuisance, clouding an otherwise beautiful day that students were itching to get started on. With heavy packs shouldered, and initially awkward snowshoes cinched in, the group started climbing towards Ripple Ridge. Along the way, students learned how to spot avalanche-prone terrain, how sub alpine spruce & fir adapt to snowy conditions by growing tall & narrow like rockets, and how hiking in snow shoes makes you quickly overheat!

Once we reached the cabin at Ripple Ridge, there was no time to spare, as students got to work shoveling out, stomping down, and carving in five very impressive quinzes – or snow caves as they are commonly called – some even had candles for ambience (and light)! Next was supper, cooked in the kitchen, where counters were made out of snow, and water bottles became large ice-cubes before you knew it. A fire was made in the cabin to help thaw out frozen fingers, water bottles, and dry damp gloves, but in essence, the students spent the entire time outside – an impressive achievement! With dinner done, students crawled into their cozy snow caves, where temperatures were significantly warmer than outside. Waking up the next morning & “seeing nothing but snow” was the highlight for many.

The following day, students learned and practiced how to locate buried avalanche victims using avalanche transceivers and probes. Before long, camp had to be cleaned (snow kitchens being white, they tend to reveal any and all spills!), packs loaded again, and off we raced back down the mountain. Descending a mountain with snowshoes can be a safe & enjoyable experience, but when you're a teenager bent on returning to a hot shower, you tend to increase the pace, and sometimes find yourself face down in deep powder.

In the end, students learned vital skills for winter wilderness travel, stereotypes about other schools melted away, and students shared many laughs over frozen fingers, water bottles, and chocolate. Students also learned about themselves and what is possible.

Mt. Baker student, Kaitlynn Harris realized how powerful she is, “constructing a snow cave, preparing a healthy meal outside and having a good sleep in freezing temperatures, showed me how important it is to know how to take care of myself and that I can, even outside up on top of a mountain in below 15 weather.” A big thank you to all those involved and to our supporter, Wild Voices for Kids.

The Columbia Basin Environmental Education Network (CBEEN) is pleased to support this outdoor learning experience through its' Wild Voices for Kids Program. This is the kind of essential environmental experience students need to help instill in them responsible environmental values and yet it is often the last type of program schools are able to fund. The Wild Voices program is bringing these opportunities to classrooms for free by providing a database of local experts in the fields of environmental,

cultural and heritage that are willing to bring that expertise to the classroom or lead a field trip. An honorarium is provided to presenters and bussing costs are also covered. CBEEN is happy to announce the expansion of the Wild Voices for Kids Program into the Kootenay Lake, Kootenay-Columbia and Arrow Lakes school districts in February. It is our goal to bring this opportunity to every classroom in the Columbia Basin.

CBEEN would like to thank our partners that make this opportunity a reality. All of our funding partners: The Columbia Basin Trust; the Regional Districts of East Kootenay, Central Kootenay and Kootenay Boundary; Environment Canada's EcoAction Community Fund. Many thanks also to the Southeast Kootenay (#5), Rocky Mountain (#6), Revelstoke (#19), Kootenay Lake (#8), Arrow Lakes (#10) and Kootenay-Columbia (#20) school district boards for their support and help. In school districts #5, #6, #8 and #20 the Resource Centers provide direct support and time without which this program could not run.

Wild Voices is always looking for more presenters in all areas. If you would like to share your wild voice or need further information please contact the program coordinator at wildvoices@cbeen.org or visit www.cbeen.org.



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Let's say you've escaped the wrath of winter and you return home only to find that a water pipe has frozen and burst, leaving your basement drenched. Since the damage occurred while you were away (for more than four days), you would be covered ONLY IF you had arranged to have your house checked daily by a competent person to ensure that heat was maintained OR if you had shut off the water. In other words, the onus is on the homeowner to take reasonable steps to prevent this type of damage from occurring. If you have done that, you're covered.

In another scenario, you go downstairs to do your laundry only to find your basement is swimming in water. If the water came up through the main drain, you would be insured, as long as you have "sewer backup" coverage on your policy. Many homeowners' policies provide this option, although you may have to request it.

If, on the other hand, the water came in through a window or seeped through the walls, there is no coverage. A peril like flood or water seepage cannot be insured against in most residential policies.

When it comes to water damage, prevention is the best policy, change those washing machine hoses regularly or upgrade to the braided brand, make sure the ground slopes away from the home and extensions are added to downspouts to keep your basement dry. It is a complex issue, so don't just go with the flow -- find out from your insurance representative how you can stay high and dry.

Note: The preceding information is based on the Insurance Bureau of Canada's guideline wordings. Remember, policies vary, so when in doubt, consult your insurance representative.

Our Hours:

Tuesday - Friday 9 am - 5 pm (closed 1 - 2 pm)
Saturday 8:30 - 12:30

The PAC Box

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

Come By For Lunch: Drop into the school Mon-Thurs between noon and 12:20 for lunch! \$10/adults, \$5/kids & parents of school kids. Hot entrée, soup & a fully stocked salad bar every time!

Youth Fitness: The PAC will pay for students to use the Fitness Centre facilities outside of school hours. Must be over 12 years old. Call 227-8959 for more info or just show up and we'll take care of it.

Come To A Meeting: Our next PAC meeting is February 1st at 7 pm in the school library. Please join us!

Check out the school's new website with more information on your PAC.
www2.sd8.bc.ca/schools/crawfordbay.

From the Principal's Desk

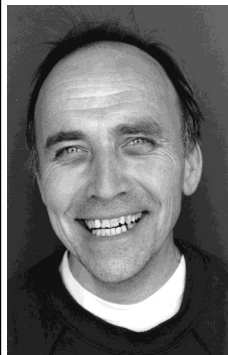
by Dan Rude

It is highly encouraging to hear about conversations in our community around how community members want to get involved with our children and work with us to develop rich, engaging learning experiences. In having community as a part of the life of our school, we all come together to promote and encourage learning for us all. We also have the opportunity to understand each other better. Parenting and teaching present us with challenges that, I believe, are best solved in supporting each other creatively.

This month, I have seen very specific commitments from community members in getting a 'Destination Imagination' group together for elementary students, starting an environmental club with aims of growing vegetable and native species gardens, helping the magical process of making group music, setting up programming for children and youth to be physically active, bringing creativity alive through various visual arts, and organizing a celebration of early learning that will likely include the performer Rick Scott. Other potential projects in the works include yoga, songwriting, and technological applications.

I believe we have a unique opportunity on the East Shore to call this our school and offer programming that is based on what we value and that involves local expertise and passions. Expect news in the next short while about us hosting a community forum regarding education on the East Shore. I see this as a mechanism to get community input into what we would like to develop here, and to go further in engaging in conversations with commitments to action.

Storyteller Barry Gray



Will visit Crawford Bay School, Tuesday, Feb 9

Parents and community members are invited:

- Grade 2/3 class 10:30am
- Grade 4-6 class, 1:30pm
- Storytelling Workshop, 3:30 to 5 pm.

For more information call: 250-227-9552
Organized by Columbia Basin Alliance for Literacy (CBAL)

EASEY News for Parents

by Laverne Booth

A community dream is realized! **Huckleberry Patch Children's Centre is now offering child care on Tuesdays and Thursdays at the Eastshore Family Place at Crawford Bay School.** Arla Bennett and Lorinda English staff the day care program. Thanks to Ray Ann Miller and Aanyta Fahrenbruch of Kootenay Kids Society for getting all the ducks in order.

Still need child care? The centre would like to offer a program on Wednesdays if there is enough interest. Please contact Arla Bennett at 250-227-9218 ext. 5504 to register your child or for information.

The Eastshore Alliance Supporting the Early Years (EASEY) met on January 14 led by Chairperson Simone Stanley. Stephanie Fischer reported on family resource programs and Lana Smallwood described the Infant Development program out of Creston. Please call Coordinator Laverne Booth 250-227-9552 or email laverne@theeastshore.net if you would like to know more about the early childhood sector.

Fun programs for parents coming up include a felt-making workshop offered by Child Care Resource and Referral. Watch for postings on bulletin boards! Contact the coordinator (above) to get on the phone tree!

Support the Family Place playground by entering the draw for the Big Old Basket of Love. Check out the basket full of local goods and services to make your Valentine's Day sweet, at the Credit Union. Tickets are \$3.00 or 2/\$5.00 and are available at Crawford Bay Store and Nelson and District Credit Union.

Community Courses in Crawford Bay

Introduction to Computers

- Tuesday evenings
- Feb 23, Mar 2, 9: 6:30 – 9:00 pm
- Cost: \$89
- Instructor: Gabriela Gundlach
- Location: Crawford Bay School



Creative Writing

- Thursday evenings
- Feb 18-April 8, 7 - 9pm
- Cost: \$159 (\$129 CBESS Students)
- Instructor: Doreen Zaiss
- Location: Crawford Bay School



To register, please call the
College of the Rockies, Creston Campus
at 1-866-740-2687 or (250) 428-5332

CBESS Student of the Month Marlo Armstrong



Crawford Bay School's student of the month for January is Marlo Armstrong. In her first year in our school, Marlo has been recognized by our staff as marvelously enthusiastic, attentive to details, respectful, responsible, reliable, a lover of learning, and open to new ideas and experiences. Her high quality work, willingness to get involved and help others, and excellent team skills are much appreciated, as is her cheerfulness and positive attitude. Marlo is a great example of the success that comes through putting in real effort to continually improve. In stepping forward with an idea for us taking action in the world, Marlo is a major reason that we have been collecting donations of money, clothing, food, and supplies for the Haiti Arise Mission. Thank you for your contributions and smile Marlo!

Cozy Fridays for Community Education

by Laverne Booth

On Friday February 5, join friends and neighbors to discuss possibilities for a skills and services exchange on the Eastshore. Robert Agnew, community and cooperative development services facilitator, will lead the community discussion. As the former co-manager of Barter Systems Calgary and a community school coordinator he will offer his perspective on ways to use barter, trade, and cooperation to increase access to educational opportunities and new skills for Eastshore residents.

Soup is served at 6:30 and donations for food go to the Crawford Bay School Hot Lunch program. Join in the friendly discussion in the multi-purpose drama room at the new Crawford Bay School. The program is organized by Columbia Basin Alliance for Literacy (CBAL) to follow up on the Eastshore Literacy Plan. For further information contact Laverne or Robert at 227-9552 or colearning@theeastshore.net.

Two events held earlier in this series successfully brought community members together. Blanche and

Harreson Tanner facilitated a community constellation where people identified and acted out community issues including affordability, inclusiveness, young families, livelihood, sharing resources, drug economy, and location. Family constellation work is based on orders of love where everyone has a right to belong and there is a natural balance of give and take within families and within communities. Blanche and Harreson invite community members to explore family constellation work on March 6 at Gray Creek Hall. Call 250-225-6877 to register.

Leah Wilson offered tools for a compassionate response to confrontation in community. Recognizing the need for all to hear and be heard, we can learn to set boundaries verbally no matter the situation. If you are interested in learning more about these tools, please contact Laverne (contact information above).

Laughter Club, led by Lea Belcourt, offers the community a way to gather to practice laughter as a form of exercise to improve health. You don't need to feel good, have any reason, or even have a sense of humour in order to laugh. When you laugh for no reason, soon you feel good, and it improves your sense of humour. Laughter promotes world peace, as Alan Alda says, "People who are laughing together are generally not killing each other." Lea offers Laughter Club on Fridays at 3:30 at the Crawford Bay School. All are invited to join the fun.

Family Place Playground Fundraiser

Big Ol' Basket of Love Raffle

Win a decadent basket full of luscious items from artisans and businesses just in time for Valentines Day!

Basket on display at
The Credit Union. Get your
tickets there, or at
Crawford Bay Store.

**Draw Date
Feb 12th**

Remember, money can buy love so get a load of tickets!



Thoughts from a Disturbed Mind

by Harvey Valgardson

Problems, problems, problems! They sure do have a way of piling up. Of course, if we actually dealt with a few of them the pile would diminish but that is unlikely to happen any time soon. Why? Is it because the solutions are impossible to identify? Nah. It's because the solutions are too unpleasant to contemplate.

Thinking I might be able to put together some examples to illustrate my point, I logged onto Firefox and clicked on headline news. It took me less than a minute to find a couple of problems and pinpoint their solutions.

Example one: Debt. The item was actually about interest rates and how we should be preparing for significant hikes but debt is the underlying problem. And it's a huge problem. Substance abuse, depression, violence and even suicide have been attributed to debt. It's also the number one reason for divorce.

The solution to debt is a no-brainer. Don't spend more than you earn. It's very simple, however, it is unpleasant, so we settle for treating the symptoms. From counsellors to consultants and lawyers to accountants a gigantic industry has evolved to treat those symptoms. Anyone working in that field probably has excellent job security because I can't see people accepting or implementing the solution, ever.

Example two: Sexting. Well, this one has me shaking my head a bit. It seems people are using their cell phones to text sexually suggestive messages to each other. They're even sending nude pictures of themselves. So what's the problem. Sounds like fun. Yeah, I know, but the people doing it are children.

Okay, call me old fashioned but I have to ask. What are children doing with cell phones? Well anyway, the powers that be have decided the solution lies in education so it looks like schools are going to be including cell phone 101 in their curriculum. Here we go treating those symptoms again. Once again the real solution is glaringly obvious and thoroughly unpleasant. Outlaw cell phones. Just because somebody invents some fool contraption does it mean we have to use it? And I wonder if cells are not just a little more trouble than they're worth. Getting rid of them would, at the very least, remove a bunch of stupid ads from our TVs. Am I getting a little too radical? Well, whatever. How about an example most people can identify with?

Last year I developed a stomach ache that refused to go away. It just kept getting worse until I finally gave up and went to a doctor. He poked and prodded and after sending me for tests he gave me some prescriptions. I started taking the pills and it wasn't very long before I began feeling better that I have for a long time. But those pills are expensive. I mentioned the cost to my doctor and he suggested another option. Quit smoking, quit drinking and start exercising. Wow, he went to school for that? My wife has been telling me the same thing for years. The solution, albeit accurate, was no more palatable coming from a professional.

My response to his advice was pretty typical. I went home, lit a smoke, cracked a beer, and plopped down on my lazy arse to contemplate how I might raise the money for next month's pills. Yup, I'm treating the symptoms because the solution is too unpleasant to deal with.

So what started me thinking about problems and their unwelcome solutions? Well, it was reading about the Mountain Shores development or, more specifically, the proposed method of sewage disposal for that development.

Like most people I am offended by the idea of dumping the effluent into the lake. However, I have come to realize that whatever is finally done with it will only amount to another example of treating the symptoms. The real problem lurks deeper than that. The real problem is that there is entirely too much urinating and defecating happening on the East Shore.

As usual, once the problem has been properly identified, the answer is obvious. We have to stop. Besides being a disgusting habit, it's wasteful. I think waste is the key word here. Apparently we are putting more into our bodies that is strictly necessary for survival. We are going to have to find a balance. I once read about some ancient guru in Tibet who had reached the nth level of awareness. He claimed that he could take everything his body needed from the air around him. Well, if some crazy old fart in a cave can do it, surely we can pull it off.

The real problem is that there is entirely too much urinating and defecating happening on the East Shore.

Now I know that residents here are a pretty green crowd so I'm sure I can count on you all to do your best to change your ways. But that is not good enough. I feel that this problem is serious enough to demand some kind of commitment. How about this? By January 1st, 2012 anyone wishing to live on the East Shore must produce a medical certificate proving they have had their kidneys and colon removed. After that date, being in possession of said organs shall be construed as an intent to pollute and may result in your eviction.

At first glance the solution might seem unpleasant but when you get past your squeamishness I think you will start to appreciate the up side. First of all, those organs are worth a lot of money. They're also surprisingly heavy. So just look at you now, losing weight, making money and helping the environment. Honestly, sometimes I even amaze myself.

Now, I've done some checking and it looks like this would be considered elective surgery. That means it would not be covered by health care. Conventional operations in hospitals would thereby take a large bite out of your organ income. To help counter that loss and, coincidentally, support my new drug habit, I am willing to open a private clinic. The process will still cost but, after studying some pictures in an old anatomy book, I think I can do it for about fifty bucks.

Well, there you go. One of our community's latest problems, accurately identified and efficiently solved. Not that I expect anyone to listen to me. Nobody ever listens to me and I don't understand why. If I knew a genius, I'd listen to him all the time. At least, that's what I've been thinking.

Saving a Generation

submitted by Leona Keraiff

(from the 2009 Annual report of the Heart & Stroke Foundation of B.C. Yukon)

"Childhood obesity has TRIPLED in the last 25 years and is now threatening the well being of an entire generation. Twenty six percent (26%) of B.C.'s children are overweight or obese, putting them at risk of developing high blood pressure, heart disease & Type 2 diabetes. They are the first generation of children who may not live as long as their parents. AND IT'S NOT THEIR FAULT"

Research shows the habits we form as young people can impact our health for the rest of our lives! That is why the Heart & Stroke foundation of B.C. & Yukon is DEDICATED to educating young people about heart-healthy living.

The Foundation has created (in 1995) HEART SMART KIDS; a classroom based initiative encouraging children to choose healthy eating, active living and being smoke-free. "JUMP ROPE FOR HEART" (popular here on the East Shore) is another HSF program designed to help kids and raise funds for further research and education.

"This year HSF has joined with the B.C. Pediatric Society to launch SIP SMART! B.C. to encourage healthy beverage choices."

How can you help your kids?

- Decrease "screen" time and increase physical activity
- decrease white flour, white sugar, white rice and increase a brown option
- increase fruit & vegetable servings, check the Canada Food guide for Recommendations

Recommendations:

- decrease pop--increase water & no sugar added juice
- decrease trans-fat and salt (use a salt free substitute like 'Spike')
- lead by example, laugh and play together

"The HSF of B.C. Yukon works in partnership with the B.C. Healthy Living Alliance. The Foundation also funds research into the understanding of body fat. We need fat cells--they produce key hormones that regulate our metabolism keeping our blood sugar and lipids in balance. However when fat cells expand, leading to excess fat they are no longer helping our bodies to be balanced. How our bodies actually create fat cells is being studied."

The HSF strives to 'stop heart disease before it starts.' There are other online tools to help you at;

www.take the pressuredown.ca

--blood pressure control and risk assessment

www.heartandstroke.bc.ca

---healthy weight action plan

www.thehearttruth.ca

--a site specifically for women and heart disease or you can call, toll free 1-888-473-4636

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FEBRUARY 2010 Mainstreet 13



Answers from the Physio

by Anna Rose,
Physiotherapist

Q. My aunt had a stroke recently, and now she's weak on one side. Would it help to give her a soft ball to squeeze and one of those four-footed canes to walk with?

A. No. Both of those things can actually interfere with her recovery.

What a stroke is:

A stroke, or cerebrovascular accident (CVA), is the occurrence of either a clot or a rupture in the blood vessels of the brain. The resulting damage of nerve tissue shows up in numerous ways depending on which areas of the brain are involved. Loss of muscle control, sensory and balance disturbances, speech problems, cognitive difficulties and emotional changes are among the possible results.

What recovery involves:

The deficits from a stroke are usually at their worst immediately after the incident, when swelling may compress additional nerve tissue. Early medical care is extremely important. When the acute phase is over, some recovery happens by the sprouting of new branches from partially damaged nerves. If nerves are beyond that kind of repair and the right kind of activities given, the functions of the damaged area of the brain can be transferred to a new area.

"The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science" by Norman Doidge is a fascinating book that shows how the brain is far more adaptable than science previously thought. You don't need a background in biology to understand enough of it to be truly amazed. Medical science used to believe, for example, that recovery after a stroke was pretty well limited to a three month period. The author makes it clear that the brain can continue to adapt long after that, if the person is motivated.

Why a soft ball is not helpful:

Very often, the person's arm and leg on one side are floppy immediately after the stroke. The muscles are not weak. They lack sufficient nerve stimulus to make them contract properly. This "low tone" can be followed by a state of "high tone", in which nerves make certain groups of muscles contract too much. The arm may be held in a tightly flexed position, hand clenched. Squeezing a soft ball can reinforce the development of this pattern. What the person needs instead is guided exercises to regain control of the shoulder first, then the elbow and hand, in everyday movement patterns such as reaching out to pick up a cup.

Why a four-footed cane is not helpful:

If the stroke is fairly mild, assume that the person has the potential to walk normally eventually, maybe with an ordinary cane touching down lightly to help balance. Providing the type of cane he or she can lean heavily on "just to get around" is like encouraging a music student to practice mistakes, over and over. Ideally, the person who has had a stroke would use a wheelchair, until he or she learned to stand straight, shift weight from one foot to the other, and control the hip area on the affected side, and the knee, and the foot. Physiotherapists often get CVA clients on their hands and knees to work on muscle control, in a sequence similar to that which babies go through.

There is a lot involved in re-establishing muscle control after a stroke. If, as sometimes happens, motivation and insight have been significantly affected, good recovery is less likely. But, especially in the initial stages, give the person the benefit of the doubt.

Obtain treatment by qualified professionals, including a physiotherapist, who will emphasize normal movement patterns and symmetry in standing and walking.

Notice of Passing

Michaud, Alain Rejean

Alain Rejean Michaud, beloved husband of Elizabeth of Boswell, BC, passed away at his home surrounded by loved ones on January 24 2010 at the age of 68 years. Alain (Al) was born in North Battleford, Saskatchewan February 26, 1941. Born into a mixed farming family, he developed many talents and passions and a strong work ethic.

Al completed his teaching certificate, met Liz, got married and raised a family in Calgary.

Al pursued his calling to teach and ended his career working for the Catholic Board of Education in Calgary. It was his dream to build a house. That house became their home in 2000 overlooking beautiful Kootenay Lake where they made many good friends.

He was a talented gardener, painter, carpenter, mechanic, teacher, builder, wine-maker, golfer, fisherman and fix-it-man. He was a loving husband, father, brother, grandfather, and friend.

Besides his loving wife Elizabeth, Al will be mourned by his mother Annette; children Todd (Nicole) and Nicole Michaud Howes (Jonathan); grandchildren Aurora & Violet and Oliver, Franco & Harry; brothers Rev. Gerald, Marcel (Linda), Norbert (Frances), Michel (Jeanne), brother in law Willy Emel; sisters Yvette Koeller (Everett) and Beatrice Lambert (Armand), sister in law Dianne Michaud, sister in law Judy Mitchell (Randy) and brother in law Ken (Carol) Scott; and many nieces and nephews. Al was predeceased by his father Emile, brother Leonard and sister Suzanne Emel, father in law Garth Scott, mother in law Donna Scott, and nephew Jed Mitchell.

Good-bye Al, we will miss you.

Prayers took place on January 27 at the Boswell Hall. Funeral Services were held on January 28 at Holy Cross Catholic Church in Creston, BC with Father Gerald Michaud celebrant. Cremation followed the service. Interment of Ashes to take place at a later date in Boswell Cemetery, BC. Friends wishing to make a memorial contribution may do so to Canadian Red Cross, 1909 Ash St. Creston, BC V0B 1G5.

Next Deadline:

February 24, 2010

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East Shore Physiotherapy

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Remembrance Garden

by Wendy Scott

During this month of February it is possible to stand in any spot in the garden and see all the benches. This year – 2010 – an overnight snowfall might vanish by noon, and almost all the icy spots in town have melted. Eight years ago the story was quite different. Snow covered roads were slick and treacherous. There were accidents. There were fatalities. On February 21, 2002, Dr. Savory's death changed the face of Riondel in ways that no one had anticipated. Twenty years of her life had been dedicated to the health of the East Shore and she had maintained the Riondel Medical Clinic – successfully – for that purpose. The building is now empty and has not been used since the clinic was relocated to Crawford Bay.

Because we remember Dr. Savory as a generous, sincere, and dedicated individual, we feel it is vital to acknowledge her contribution to the community of Riondel and to the East Shore. But we know that remembering an individual is only a small part of a memorial garden. The pathway through the garden has led all types of people and animals through these woods since the first tents were pitched and miners and their families arrived at the site of the Bluebell Mine. Since that time so long ago, there have been many who lived and died on this East Shore; others have paused briefly and passed through. There are newcomers to these communities, some of whom have no personal connection to the local history, but there's also those who grew up here and have returned. These are the memories that gather here now – the old tales along with the stories that are waiting to be found and the new ones just beginning.

Come into the garden, take a look around; history and heritage are continuing sagas; add your own memories – there's always plenty of room for more.

Contacts: wmescott@gmail.com

mcrowe@bluebell.ca

250-225-3381

Creativity Community Conscience



CALL FOR SUBMISSIONS

Columbia Basin Trust Community Initiatives and Affected Areas Programs

The Regional District of Central Kootenay is accepting project proposals for funding consideration from Columbia Basin Trust's Community Initiatives and Affected Areas Programs. Project proposals must benefit one or more of the following areas:

Electoral Area A	Electoral Area G & Salmo	Town of Creston
Electoral Area B	Electoral Area H	City of Nelson
Electoral Area C	Electoral Area I	Village of New Denver
Electoral Area D & Kaslo	Electoral Area J	Village of Nakusp
Electoral Area E	Electoral Area K	Village of Silverton
Electoral Area F	City of Castlegar	Village of Slocan

Project evaluation criteria and application forms are available via:

- RDCK main office in Nelson
- Municipal offices in each community
- RDCK website at www.rdck.bc.ca/corporate/grants/cbt.html
- CBT website at www.cbt.org

For more information about preparing your project proposal contact Karen Armstrong at 1.250.352.8170, 1.800.268.7325 or karmstrong@rdck.bc.ca. **Deadline for project submissions is 4:30 Pacific Time, March 18, 2010. Late applications are not eligible.**

Administered and Managed by:
Regional District of Central Kootenay
Box 590, 202 Lakeside Drive,
Nelson BC V1L 5R4
Phone: 250.352.6665 Fax: 250.352.9300
www.rdck.bc.ca



Beating the Bleak Mid-Winter Blues East Shore Community Library/ Reading Centre News

by David George

Bleak mid-winter blues got you down? Don't like any of the present crop of television blather? Don't want to travel or ski? We have just the cure for you!

Right here in your local library we have more than 10,000 ways for you to get rid of those bleak mid-Winter blues! Best of all, they are all free!

New books, DVDs, and audio books, have been arriving all winter, and our collection of VHS tapes has 23 of the Cousteau programs, as well as 25 of the Time-Life Nature series, and 35 of the excellent National Geographic specials.

There is also a three-part series on Westminster Abbey with Alan Bennett (remember Beyond the Fringe?) and the late Lord Kenneth Clark's Civilisation series on both VHS and DVD. Videos for children are here too, along with a large collection of outstanding books for the younger generation.

Many specific countries can be visited from your armchair or couch, and we have lots of mystery programs and quite a few regular films on DVD and VHS.

Don't have a library card? They are free to anyone with local address and phone number, local being anywhere along the main street of our East Shore, from Riondel to Creston. Don't put it off any longer; come in soon!

We are open Tuesdays and Saturdays from 12 noon to 3pm, and Thursdays from 7 to 9pm.



Bible Talk

by Pastor Doug Middlebrook

1Co 11:12: For as woman came from man, even so man also comes through woman; but all things are from God.

In my studies this month this question came to mind once again.. If God created all things then did He create evil? We hear of all the bad (evil) things that go on in the world today and we gasp. We ask questions like, "Why do these things happen? How can people do such things?" So we blame the person, the group, we even blame God. So the question came to this. Did God create evil? Here is an answer that was e-mailed to me, and for me it answered the question.

A university professor challenged his students with this question, 'Did God create everything that exists?' A student bravely replied, 'Yes he did!'

'God created everything?' the professor asked. 'Yes sir', the student replied. The professor answered, 'If God created everything, then God created evil, since evil exists, and according to the principle that our works define who we are, then God is evil.'

The student became quiet before such an answer. The professor, quite pleased with himself, boasted to the students that he had proven once more that the Christian faith was a myth. Another student raised his hand and said, 'Can I ask you a question professor?'

'Of course', replied the professor.

The student stood up and asked, 'Professor, does cold exist?'

'What kind of question is this? Of course it exists! Have you never been cold?'

The students snickered at the young man's question. The young man replied, 'In fact sir, cold does not exist. According to the laws of physics, what we con-

Riondel Community Library

by Muriel Crowe

There are two evening classes being offered at Crawford Bay School starting this month that may be of interest to many of you. One is a basic computer class and the other a writing class. If you live in the Riondel area and are planning to attend either please leave a note to that effect at the Riondel library and I will try to aid in setting up car pooling.

I hope most of you have been able to check out our library web page. If anyone is having trouble using the On-line services please let us know in person and we will help solve the problem. I know some people are having trouble understanding how our on-line catalogue works. The easiest method is to type in a word related to your search using the heading "All Words" and all items that have that word relevant to them will be listed. As an example the word "summer" yielded 33 titles.

This time of the year is our low point in population numbers as the snow birds have headed south and our summer residents are seldom here for more than a few days in the winter. Generally our statistics for books borrowed is a little lower in December and January than the rest of the year but now it is on par with the rest of the year. Unfortunately that doesn't mean that we get more money but it does reassure the volunteers that their time is well spent and appreciated.

Our annual general meeting is on February 7, 2010 at 12:30 in the Art Room in the Community Centre. Everyone is welcome to attend.

Next Deadline: Feb 24/10

sider cold is in reality the absence of heat. Everybody or object is susceptible to study when it has or transmits energy, and heat is what makes a body or matter have or transmit energy. Absolute zero or -460F is the total absence of heat; all matter becomes inert and incapable of reaction at that temperature. Cold does not exist. We have created this word to describe how we feel if we have no heat.'

The student continued, 'Professor, does darkness exist?'

The professor responded, 'Of course it does.'

The student replied, 'Once again you are wrong sir, darkness does not exist either. Darkness is in reality the absence of light. Light we can study, but not darkness. In fact we can use Newton's prism to break white light into many colors and study the various wavelengths of each color. You cannot measure darkness. A simple ray of light can break into a world of darkness and illuminate it. How can you know how dark a certain space is? You measure the amount of light present. Isn't this correct? Darkness is a term used by man to describe what happens when there is no light present.'

Finally the young man asked the professor, 'Sir, does evil exist?'

Now uncertain, the professor responded, 'Of course as I have already said. We see it every day. It is in the daily example of man's inhumanity to man. It is in the multitude of crime and violence everywhere in the world. These manifestations are nothing else but evil.'

To this the student replied, 'Evil does not exist sir, or at least it does not exist unto itself. Evil is simply the absence of God. It is just like darkness and cold, a word that man has created to describe the absence of God. God did not create evil. Evil is the result of what happens when man does not have God's love present in his heart. It's like the cold that comes when there is no heat or the darkness that comes when there is no light.'

The professor sat down. The young man's name was Albert Einstein. (Source Unknown)

Book Reviews

by Tom Lymbery

LIVING IN THE SHADOW OF FISHER PEAK - the life and times of JACK FISHER, California forty-niner, discoverer of gold on Wild Horse Creek and Flathead country pioneer, by Keith G. Powell, Wild Horse Creek Press, 174 pages, \$21.95

While this is classified as a historical novel, Keith Powell has done so much research into the life of Jack Fisher, that you could call it "enhanced history". The author has designed a very readable story of Fishers early years travelling from Philadelphia to his successes in finding placer gold in California, and from there north to the East Kootenay. Quite a story of his apparently successful effort to export the gold he had mined to the US without having to pay the Canadian tax of 50%. We don't know what the tax might be if the gold was kept in Canada, but there was nowhere north of the border with a bank, unless it was taken all the way to the coast. Gold Commissioner Peter O'Reilly was very strict and did manage to collect the tax in many cases.

After the establishing the town of "Fisherville" on Wildhorse Creek, the author has been able to find more factual record of the hard drinking man with a nose for gold. He has even been able to find and visit Fisher's grave site in Conrad Memorial Cemetery in Kalispell, as well as a photocopy of the obituary. Jack Fisher died on February 23, 1906, having been born in Philadelphia in 1833, and followed the gold rush to California in 1849.

The book suggests that you visit the site of Fisherville, Wild Horse Creek, and gives you maps and instructions, turning off from Fort Steele. Author Keith Thompson is contributing \$1.00 from the first 500 books sold towards Fisher's legacy fund and asks for help towards (perhaps a monument) for someone who was likely the first ever to start a Kootenay gold rush.

Tales of an OLD, BOLD PILOT who lived to tell his story of FLYING THE NORTH by Jack McCallum, as told to Stephen Hill, self published, 188 pages, \$19.95.

Not a bush pilot in the usual sense of the term, McCallum was a Department of Transport maintenance employee who purchased his own plane because he loved flying, not because he was employed to fly. He purchased a Cub and later a Super Cub and flew on wheels or skis, not on floats.

He befriended legendary bush pilot "Dal" Dalziel and gives us a most interesting look at Dal's life and flying. How else would we know that Dal was at one point, employed during the building of the Alaska Highway by the US Military to train pilots to fly DC3s on floats. This wasn't particularly successful as the size of the floats needed for such a large plane as a DC 3 offset the advantages.

Jack was also the first in March 1963, to reach and help rescue Ralph Flores and Helen Klaben - the couple who survived for 49 days after crashing a small plane on a flight from Watson Lake to Prince George. Jack had flown his own plane in the search in the previous weeks, and found that he could land much closer to the crash site than the official search team that was being organized with TV coverage.

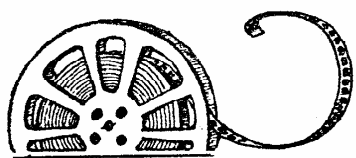
This is a very readable book for anyone interested in flying and our north country.

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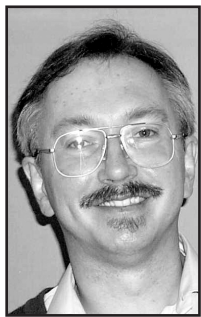
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FEBRUARY 2010 Mainstreet 15



Seldom Scene

by Gerald Panio



If we were to fit movies into William Blake's dichotomy of "Songs of Innocence" and "Songs of Experience," most classic films would tend to fall under the latter category. How ironic, then, that one which doesn't should be titled *Ballad of a Soldier*. Ukrainian director Grigori Chukrai's 1959 film about a young soldier trying to get home on a six-day leave is a heartbreaker because it's an affirmation of life rather than a chronicle of death. Double irony, since we know from the opening shots of the movie that its protagonist will not survive the war.

A part of the glorious Janus Films box set I bought a couple of years ago, *Ballad of a Soldier* reminded me of how I felt back in my high school years when I was first discovering black & white masterpieces in foreign languages, falling in love with light & shadow, overawed at the grand themes, entranced by the rhythms French, Russian, German, Japanese, Spanish, Portuguese. Of all the films that held me spellbound back then, one of the most memorable was Jean Renoir's anti-war masterpiece, *La Grande Illusion*. Chukrai's *Ballad of a Soldier* is a worthy successor, perhaps one of the finest Russian (Ukrainian? we could get political here) movies of the second half of the twentieth century. It's certainly one of the last great black & white films made in any country.

Being Russian, of course, means that getting your hands on a copy of it is a bit of a challenge. The market isn't exactly glutted. If you're on the East Shore, you could just borrow my copy. Hey, we're probably neighbours. It's the least I can do. The other option is zip.ca, a cheap on-line service that'll send a rental copy right to your mailbox. *Ballad of a Soldier* is in their collection; I checked.

The soldier in question is Private Alyosha Skvortsov, a rookie signalman on the Eastern Front in World War II. Following the proverb that a hero is someone who hangs in there a minute longer, Alyosha manages to knock out two enemy tanks without really knowing what he's doing. Actually, he's running away at the time. The general in charge of that section of the front, a grizzled and wounded veteran, calls Alyosha into HQ to inform him he's up for a decoration. Hesitantly, the young soldier tells the general that what he really wants is one day at home to fix his mother's leaking roof. Bemused by this unanticipated humility, the general grants Alyosha a six-day leave—two days to get to his village, two days at his mother's, two days to get back. Before he leaves, the new hero's photo is plastered on handbills, and he's given some extra rations to take home.

At this point you might guess that Alyosha isn't going to spend the rest of the movie repairing his mother's roof. The trip to his distant village is through a countryside devastated by war. In most places the tide has already flowed through, leaving rubble and blasted fields, threatening at any moment to flood back in

and wipe away what's left. This should all be pretty depressing, but that's not the way Alyosha sees it. He's still the young farm boy fresh from the village, raised to work hard, love the land, and treat others with the love and respect he expects in return. He still has a ready, infectious smile, and is willing to lend a hand when it's needed.

His altruism wins our hearts, but costs him precious time. A soldier asks Alyosha to deliver a letter to his wife in a town through which he'll pass. At a train station, he helps a wounded veteran who despairs of going home to a young wife who he fears will be repelled by his wounds. The veteran's experience ultimately reaffirms Alyosha's naïve faith in humanity, while the circumstances of the delivery of the letter temporarily shake it.



I love the sound of the Ukrainian/Russian voices in this movie. There's a richness and warmth to them that's utterly lacking if one listens to the dubbed English track. And it's not just my own Ukrainian heritage talking here. Simple names sound like poetry.

That poetry extends to the visuals. Chukrai himself was a wounded and decorated veteran, so he gets the details right. Russian filmmakers also learned a lot about lyricism and matching faces to types from the great early American pioneer D.W. Griffith. Chukrai fills his frames with larger-than-life faces of peasants and refugees, of the young and the old, of the loving and despairing.

He makes effective use of one staple of Soviet socialist realism: the low-angle shot that conveys iconic status on the figures looming over the camera's eye. Even without the low-angle boost, actor Vladimir Ivashov, in his first screen appearance, seems the archetype of every young man whose bright promise is squandered by our willingness to hand over our humanity to hate's tender mercies.

Chukrai's cinematographers, Vladimir Nikolayev and Era Savelyeva, handle light and shadow in a way that makes the film richer every time one watches it. The same is true of shot composition, whether of roads winding through fields of wheat, a train car packed with refugees, a child's drifting soap bubbles, or tank traps on city sidewalks.

There's some experimental use of superimposition as a poetic device: a close-up of Alyosha's mother blends with a shot of an advancing tank, Shura's face is ghosted by images of a forest at twilight. Deepening the lyricism of the cinematography is an evocative musical score by Mikhail Ziv.

But back to Alyosha's odyssey. You can go home again, but it ain't easy. There are still flooded roads to flounder in, axle-high mud to blunder through, missed trains to chase after, artillery barrages to survive.

And love to find and lose.

Early in the film, Alyosha finds himself in a boxcar with a bunch of hay and a young woman, Shura, trying to make her way back home. Their initial meeting is unpromising—he catches her off guard and she panics and tries to jump off the train. As happens with road trips, however, even or especially through war zones, a bond of shared experience grows between them. Physically, things never progress even so far as a kiss, yet it's all romantic as hell. There's a rich vein of humour. You want this love story to go on forever, even though

you know it can't. As Shura, Zhanna Prokhorenko is radiant, both ethereal and earthy, with the sensual appeal of a young Sophia Loren. The couple's short-lived, most intimate moments play out amid the chaos of crowded troop trains and bombed-out city lots.

Alyosha's two days at home inevitably turn into mere minutes. Just enough time to remind his mother of what she risks losing. The farm is a utopian enclave in a world gone mad, but the men are all gone. A miracle returns the mother's son to her; the nightmare snatches him back. We remember most intensely what we lose most suddenly.

Ballad of a Soldier does not try to impress us with the horrors of war. Many, many other films have done that. Grigori Chukrai was more interested in showing what makes peace infinitely more desirable: love, family, selflessness, homeland. The movie was made during a brief thaw in the post-Stalinist Soviet dictatorship. Just as the Eastern Front quickly reclaimed Alyosha Skvortsov, the Cold War would soon after recast its lethal chill on the Soviet Union's artists.



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Kootenay Artesania - East Shore Art

by Nevo Natan and Bat-Hen Tiv Natan.

As some of you may know, we have been talking for a while about an internet site that will incorporate artists and craftspeople from the east shore. We designed this site to be a center for display and sales of arts and crafts that have originated and were created by the people who live here.

It is considered by us to be a service for the thriving local artist community, and our intention is to have our artists from as many fields as possible display and sell online. The art will be local; the stage will be the world! From experience we know that playing the artistic part is not always compatible with playing the salesperson part. We feel that the new enterprise can serve as opportunity for artistic development, and we welcome you artists and craftspeople to join us. It is free to participate; all you need to do is register with us over the phone (225-3421) or send us an email. Bear in mind that this is a mutual effort. It will succeed with participation of you artists out there!

The site should be up on February 28. Try it: WWW.ARTESANIA.CA More details to follow,

Creston Valley and Eastshore ArtWalk 2010

submitted by **Nora McDowell**

It's that time of year again. The producers of your annual art walk are hard at work and pleased to announce that the Creston Valley and Eastshore ArtWalk 2010 is our 15th annual art walk uniting the Creston Valley and the Eastshore of Kootenay Lake for a summer of great local art. This summer's art walk will run from June 18 to Sept. 6, 2010 and will include venues from Riondel to Kootenay Bay and along Kootenay Lake to the Creston Valley and on to Yahk.

The Creston Valley & Eastshore ArtWalk is a summer long event encouraging the arts and providing venues for artists and artisans while giving residents and visitors an opportunity to enjoy the arts.

ArtWalk supports professional, established artists with their own studio galleries and venues, and we also link artists who do not have their own venue with businesses interested in promoting and supporting the arts and receiving some publicity of their own along the way.

Each summer we provide a quality, full colour brochure which lists artists and venues, hours of operation, a clear map of the entire route and a list of art related events.

We believe that ArtWalk is a strong tool not only in promoting artists and the arts but in encouraging small business and the tourist industry in the area.

This year we are pleased to announce Harry Miller will be coordinating the ArtWalk. I will continue on in a reduced capacity as will Dena Kubota continue as your Eastshore representative.

Frank Goodsir, who has served ArtWalk nearly continuously since its inception, is stepping down for a much deserved rest.

Soon registration forms will be in the mail. If you have participated in ArtWalk in the past year you should hear from us by mid February and if you haven't but are interested please give us a call or contact us.

If you are an artist wanting your work to appear in the brochure please send photos of new work! Digital photographs are good.

Contact people are:

In Creston: **Harry Miller – 250-428-2527**

Nora McDowell – 250-428.9391

Email: artlink@kootenay.com

In Crawford Bay: **Dena Kubota – 250-227.9441**

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Country Dance – Yeee HAW!

by **Anthony Arnold**

Y'ALL COME TO THE FAMILY COUNTRY DANCE. Applesauce Fiddlers are inviting the community to join us for a concert and family country dance on March 19. Come celebrate the first day of spring in style. We'll be presenting Brie Hurlbert and friends; they wowed us at Starbelly Jam a few years back as the Kootenay Grass Company, and bill themselves as a “bluegrass infused acoustic melting pot.” There will also be dinner, treats, a short set by the Applesaucers (with a few surprises!), and, or course, the country dance with live music and a professional caller. The following day we'll host a series of workshops, for both fiddlers and other musicians.

This event was jam-packed last year. The music was great and the dance was truly wonderful. Children of all ages joined teens, seniors, and everyone in between for the dancing. The caller sets up the group in various configurations and then guides them through the steps, some simple, some not so simple. Then, after a practice run, the music begins and the fun follows. Watching is almost as much fun as participating, and every face wears a smile.

Keep an eye on this space and the local bulletin boards for details, and save Friday, March 19, for music and dancing.



**pebbles
by Wendy Scott**

Communication

The dog trembles. She's a small Alsatian – young, and perhaps unaccustomed to the vibration of the planks at the end of the long pier in Sidney. Her human companions lean against the railing and watch the sea. She should be there – beside them, but she's hesitant to cross those last few feet. One man turns, pats the side of his leg and nudges his friend. A low moan comes from the other. It's almost lost in the sounds of the ocean, but that's all he can manage. The dog understands and comes, grateful for the closeness of their presence.

The dog has never heard her name. She sees it every day when her friends' fingers draw pictures in the air. Both men are mute. They're deaf to the cries of terns and the shrieks of a hungry, young gull. The men trace the terns' swift flight as the birds curve slices in the sky. They can watch a boy's dog dash in and out of the surf, but they will never hear its excited barks nor the call of the master in charge of the flying stick. They will see a young man and his little boy as they set a crab trap and lower it over the railing to the sea's dark green below the wharf, but they'll not hear the little boy's laughter. They 'speak' with fingers, hands and faces. Their eyes may be expressive, but it's difficult to imagine their day – their many days, spent without reaction to a tone of voice or a piece of music.

He was a gnome of a man – crooked and bearded. He came to prune our hedge. We invited him in for coffee. Where are you from – what brought you to Vancouver? His answers were minimal until he spotted my son's small music class violin. He was no longer a gnome but an Isaac Stern on a concert stage. The afternoon sang and our dining room was Carnegie Hall. His language was music; his clippers, merely a meal ticket.

She owned a condo beside the Sidney Harbour. The sea coloured her days. She watched for the seals, saw the cormorants spread their wings to dry; she listened to the gulls and knew when the whales might come through. She saw sailboats, kayaks and canoes, and in the early morning fog she counted the fish boats setting

The Fitness Place

February Hours

Mon - Fri

6:30 am - 10:30 am

Mon-Thurs Nights

6 pm - 8 pm

Please wear clean indoor shoes and

bring a water bottle & towel.

\$30 for a month-long membership or \$5 drop-in fee.



out to sea. Her walls were hung with life-sized portraits of politicians, musicians and friends, all stitched by her in petite point. But a blind person can no longer thread a needle or even follow the pattern of paddlers or the set of sails. She would move. She must still live beside the sea, if only to smell the ocean and listen to the waves. Her new place must be within a short cab ride from theatre, music, good restaurants, and the museum. But how will you see? I will listen, she said, they will tell me the stories of the exhibits. I know that. I've listened before, but never understood because I've been too busy looking.

A totem pole stands at the entrance to Kwaksistah Park. A small, dark face – the face of a child – is a compelling focus on this spiritual collage. The lone totem tells the tale of two story-tellers on the Winter Harbour reserve. Fire claimed their young boy's life. When the man, named Kwaksistah, was taken from his fish boat by the sea, his wife climbed from the water, made a neat pile of her clothes then lay on the sand; she would follow her child and her man – taken too soon.

Newspapers, books, a carving, music, patterns woven into a cedar basket, stories stitched into quilts; a painting, a beaded bracelet, a written letter, a text message; these are all stories. It does not matter if the words are inscribed on paper, passed down by oral tradition, typed on keyboards, or flung by fingers into the air, they all had beginnings.

Last week I saw my great-grandson stretch his three-day-old arms and reach toward his mother who was, such a short time ago, a young girl herself. He also speaks with fingers, legs, arms, and an amazingly expressive face. His eyes wander without much focus, but his voice is strong and will increase in intensity – quite quickly, I imagine. Nearly all human-kind begins in this way and it does not matter how many ancient skeletons are un-earthed or how far back in time an archaeologist is able to trace our heritage as Homo Sapiens, the unquenchable need to communicate has always progressed as it does with this tiny, new member of my family. If the inquisitive eyes and ears do not function as they should, or the voice is muffled by a miss-placed gene, then the fingers, legs and arms become alert to the innate necessity to tell a tale or to reach for the sustenance and love of a mother.

We talk, we listen, we tell stories, and we imagine: these are vital ingredients in the continuing story that is Humanity.

SERVICE 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

CRAWFORD BAY AUTO - Full-service gas and diesel "plus" marine/ off-road premium gas, automotive supplies and lubricants, organic coffee, VIDEO RENTALS. Open 6 days/week, closed Sundays. 250.227.9244 **NORTHSTAR CRESTON** - 1-800-551-9351. Full service 8-bay shop featuring Goodwrench Service - \$41.95, genuine GM &AC Delco parts. Full line of major tire brands featuring: BFGoodrich,Michelin,Uniroyal,Hankook, Goodyear and Firestone brands.

BUSINESS SERVICES

LIGHT MOUNTAIN PHOTOGRAPHY – custom film processing, enlargements, studio photography, quality portrait photography, artist portfolios, product photography. Call 227-8908 Gabriel Dinim. **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

CC ENTERPRISES LTD - "Sensitive Sites our Specialty." Road building, logging, land/house site development, self-loading log truck/dump truck, excavators/dozers. Call Chris Choquette at 825-4701 or 354-9238. **MARK JOHNSTON CONSTRUCTION LTD.** Ph: 250-227-9583, email: info@mrkjc.com **PROFESSIONAL PAINTER** - 15 yrs experience in residential setting. Free colour consultations. Call Petra @ 250-777-1062 or 225-3250. **R&R REPAIRS:** For all appliance repairs and satellite troubleshooting, sales and installations. Phone 225-3532 for messages and 354-3564 cell. We sell and install cameras and home intrusion systems for home security. Give us a call to find out more. All work guaranteed **TURLOCK ELECTRICAL CONTRACTING LTD.** (See colour ad in this issue for more information.) 250-352-6745

PERSONAL CARE/HEALTH

ALEXIS PHILLIPS, M.A., R.C.C. - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 227-6824. **An ASTROLOGICAL CHART READING** will give you awareness and understanding of your life and your current situation" A chart reading is useful in times of uncertainty and stress. Contact Susan at 250-227-9626 **BLANCHE TANNER** - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression.227-6877 **COUNSELLING:** Free & confidential counselling available at East Shore Health Centre for children, youth, addiction & mental health clients. North Kootenay Lake Community Services: 353-7691 toll free line at 1-866-774-5324 **FIRST CONTACT EAST SHORE MIDWIFERY** - Sylke Plau-mann, registered midwife. 250-227-6846. **MASSAGE & FOOT REFLEXOLOGY-** Relaxing Ayurvedic Massage: Susan Snead is now available for sessions at Barefoot Weaving and Tara Shanti. Call 250-227-9626 for appointment. **MASSAGE, SHIATSU - DEEP TISSUE - REIKI,** mobile or in Crawford Bay, call James Wood, 250.227.6849 for an appointment. **MASTER HERBALIST** - Maya Skalinska, M.H. Iridology, Tongue & Pulse analysis, Nutritional consultations, individualized herbal remedies, Flower Essence consultations & remedies. For appointments, pls call 250-225-3493. **REGISTERED ACUPUNCTURIST** - Christine Peel, R.Ac. Classical Chinese Medicine treatments including Acupuncture, Moxibustion, & Cupping. Call 505-8130. **REGISTERED MASSAGE THERAPIST:** Harreson Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct referral req'd. Call: 227-6877/cell: 505-6166.

RESTAURANTS

CRAWFORD BAY HALL& COMMUNITY CORNER BUILD-ING - available for community events, wedding receptions, workshops etc. Non-smoking facilities. Call Kathy, 227-9205. **MAXX & NAMBI'S KITCHEN** - Open Sundays, 9 to noon with full breakfast menu. Hwy 3A in Crawford Bay. 227-6854. **NEWKEY'S PLACE** - Hwy 3A in Crawford Bay, licensed area. Open 10 am til close Monday to Sunday. Food Specials all day. 227-6911. **ROCKWOOD CAFÉ** - Authentic Chinese food, great pizzas and perfect burgers. Open Tues - Sun. Hwy 3A Gray Creek. 227-6840.

YARD/LANDSCAPING/SITE PREP

ALL-RITE ROOTER/SEWAGE PUMPING SERVICES - Septic tanks pumped. Field lines cleaned. Plastic septic tank riser sales. Edwin and Elizabeth Johnson - 428-9097. ROWP. Red & White Truck. **TREE SERVICE, RESIDENTIAL** - Thinning, pruning, limbing, removal, falling. Free estimates. Call James Linn at 225-3388. **STEEL WHEELS** – We dig. Registered on-site wastewater practitioner. Dave Hough - 227-9646.

CLASSIFIED SECTION

AUTOMOTIVE/MARINE

Make sure you have a Jumper/Booster Cable Set in your vehicle. Winter is tough on batteries – Gray Creek Store

BUS. ANNOUNCEMENTS

Call For Entry - Be the face of Starbelly Jam 2010 Music Festival. We want your artistic creations for our eclectic, family oriented festival's poster.Chosen submission receives \$300. Deadline March 1st. Contact Jenn at (250) 227-8999 **Revised Sunday Hours:** Now 10 am to 6 pm - Gray Creek Store. Still 9 am to 7 pm all other days. **Sirdar General Store** - A unique place to shop on Duck Lake. Fishing Licences, Tags & Tackle, local crafts–mitts, scarves, toques, birdhouses, bread boards. Groceries, Juices, Pop, Chocolate Bars, Energy Drinks & Bars. Post Office, Faxes. Greeting Cards. Happy Valentines Day. Fax 250-866-6811, Phone 250-866-5570 **Insurance certification** requires professional chimney installation – we are the Professionals – Gray Creek Store

BUSINESS SERVICES

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

ELECTRONICS

Starchoice Receiver for Sale: Ideal if you want to add a second receiver in your house. Lots of cable too. Excellent condition, but NOT high-definition. \$50. 225-3333

HOME/BUILDING

Gas Line Anti Freeze, methyl hydrate, starting fluid, diesel and regular anti freeze, Tiger Torches – Gray Creek Store **If you don't yet** have a Blaze King, you will have found the extended cold spell quite intimidating - Gray Creek Store **120 Volt Ceramic Heaters** – with adjustable thermostats – and more styles - Gray Creek Store **Propane Wall Heaters** – direct vent kits included, 3 sizes in stock from \$675 – Gray Creek Store

Back Again: tarps and more tarps. Green is best, up to 50 foot by 60 foot – Gray Creek Store **Extension Cords** in all sizes, from \$2.95 to \$119.95 – Gray Creek Store **Snow Pushers** and shovels of all types. Roof rakes: get yours while we have good stock – Gray Creek Store **Grip-o Log Splitter** - no hydraulics to freeze or leak - 2 second cycle time, uses the effort of two flywheels. Reg \$3400, Now \$2995 - Gray Creek Store **Save Power** - plug in those printers and computers to a power bar, then one switch turns all of when not needed or when thunderstorms threaten - Gray Creek Store **Ox Head Axes** From Germany. Steel you can shave with - Gray Creek Store

MISC FOR SALE

Recommended by your dentist – The Sulca Brush – use in addition to your regular toothbrush – this one exercises and cleans around the top of your teeth – Gray Creek Store **Lakota Joint Care** capsules – let Lakota defeat your rheumatism as the Lakota defeated Custer - Gray Creek Store **Cold FX and Strepsils** - when that cold strikes, Strepsils allow you to get to sleep by numbing that sore throat: Gray Creek Store **Rainbow Moment** - a table torch with coloured flame, 3 colours to choose from, burns lamp oil - \$27.95 - Gray Creek Store **Electric Toothbrushes** – both battery and re-chargeable in stock. Your gums need electric - Gray Creek Store **Stanfields** - from traditional grey to lightweight black – or super soft 90 % virgin wool - keep the winter chill at bay comfortably – Gray Creek Store. Ladies sizes as well **What A Stock!** Time to sock up for winter - socks and more socks – Gray Creek Store **Wool Pants** in two styles, as well as wool jackets. These are hard to find. We had to go direct to a manufacturer in Quebec, so the price is reasonable. Nothing beats WOOL for outdoor workers – Gray Creek Store **Wool Jac** shirts with the shoulder rainproofing. We thought these were gone forever but we just got some more stock - Gray Creek Store **Hydrographic chart** of the Lake. boater's necessity, hard to find anywhere but Gray Creek Store **Native Dancer Deerskin Slippers.** Made in Canada – Adults \$49.95, Childrens \$29.95 – Gray Creek Store

NOTICES

Hair by Niki O'Donnell, at Tea Garden Salon and Spa on Baker Street 250-354 4487. **Convenient, clean & safe** downtown parking. Park at the Nelson Parkade - Sunday \$3.00 all day. Wkdays \$1.50 for 2 hours, or \$3.75 for all day. ½ block off Baker on Vernon Street 354-8834.

OUTDOORS/ RECREATION

Our Lake level hits its low point March 31st - plan your beach and dock repair now – galvanized chain, timber washers, long nails, winches, chain saw chains, peaveys, and more – Gray Creek Store **Log Lifter** with hickory handle, get your log off the ground for easier firewood cutting \$97.50 – Gray Creek Store **Bear Foot** - the inflatable snow sled \$22.75 and more sleds that slide so well in red or blue plastic – Gray Creek Store **Echos Snowboards:** regularly \$115.95 - Super Special \$69.95 - Gray Creek Store

RENTALS/ REAL ESTATE

Recreational Properties - Buying or Selling, call Barb Reid 250-227-9617. Specializing in Kootenay Lake properties and

actively working for you. Contact Barb at Century 21 Veitch Realty: barb@c21creston.com.

VETS/PETS

Dr. Pat Haegedorn of North Kootenay Veterinary Services, Kaslo is holding clinics in the Crawford Bay Building as needed. For more information or appointment, call 250-353-7125.

YARD & GARDEN

Seed Trays, lots of planting stuff - Gray Creek Store it may be too early to plant seeds but the prospect lifts you spirits - Gray Creek Store

Paint up - time for a fresh coat as the days get longer, Benjamin Moore paint – Please phone to make sure we have a tinting expert on shift before you come – 227-9315 – Gray Creek Store **Bird Feeders** in all shapes and sizes as well as the black oil sunflower seeds that bring birds to your window – Gray Creek Store **Snow Pushers** – up to 36" wide. Snow floats – don't lift that heavy snow. We can demo how you save your back – Gray Creek Store **Florescent Driveway Stakes** - guard against hitting objects buried in the snow – or that lawnmower you forgot to put away – Gray Creek Store

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

<i>Winter Schedule in effect:</i> <i>All times listed in "East Shore Time"</i>				
<i>Vessel Name</i>	Balfour	Terminal	Kootenay Bay	Terminal
	Summer	Winter	Summer	Winter
Osprey 2000		7:30 am		8:10 am
Osprey 2000		9:10 am		10:00 am
Osprey 2000		10:50 am		11:40 am
MV Balfour				
Osprey 2000		12:30 am		1:20 pm
MV Balfour	N/A		N/A	
Osprey 2000		2:10 pm		3:00 pm
MV Balfour				
Osprey 2000		3:50 pm		4:40 pm
MV Balfour				
Osprey 2000		5:30 pm		6:20 pm
MV Balfour				
Osprey 2000		7:10 pm		8:00 pm
Osprey 2000		8:50 pm		9:40 pm
Osprey 2000		10:40 pm		11:20 pm

The East Shore MAINSTREET

ADVERTISING RATE

\$25.00 - 15/8" wide by 3" tall
\$30.00 - 31/4" wide by 13/4" high
\$35.00 - 31/4" wide by 21/2" high
\$40.00 – 31/4" wide by 31/4" high
\$45.00 – 31/4" wide by 4" high
\$50.00 - 31/4" wide by 41/2" high
or 63/4" wide by 21/4" high
\$60.00 – 31/4" wide by 6" high
or 63/4" wide by 3" high
\$80.00 - 31/4" high by 9" high
or 63/4" wide by 41/2" high
\$100.00 - 31/4" wide by 103/8" tall
\$125.00 (quarter page) 5¼" wide by 7½" tall
\$150.00 (third page) - 63/4" wide by 7½" high
or 3¼" wide by 141/2" tall or 103/8" wide by 41/2" tall
\$220.00 (half page) - 103/8" wide by 71/2" tall
\$400.00 (full page) - 103/8" wide by 141/2" tall
Sample Sizes - more sizes available.

**RATES ARE FOR BLACK & WHITE ADS ONLY.

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 FEBRUARY 2010

FEB 2, TUE- DR GRYMONPRE
FEB 3, WED-DR MOULSON
FEB 9, TUE- DR GRYMONPRE
FEB 10, WED.-DR MOULOSN
FEB 16, TUE- DR GRYMONPR
FEB 17, WED.-DR MOULSON
FEB 23, TUE.-DR GRYMONPRE
FEB 24, WED- NO DOCTOR
APPOINTMENTS ARE REQUIRED TO SEE DOCTOR FOR EMERGENCY PLEASE CALL 911
Please Note: Lab hours 7:30 - 10:30, Weds Mornings. Call to make appointments at 227-9006 on doctor days and Thursday morning. Tuesday, Wednesday and Thursday (8:30 to 12:30) New Phone: 250-227-9006 Fax : 250-227-9017

BOSWELL HALL GOINGS-ON

- 1)** Feb. 13th - Saturday at Boswell Hall - Valentine Beef Dinner - all the trimmings with door prizes and raffles - 6:00 pm sharp. Advance tickets at Destiny Bay store commencing Feb. 8th.
- 2)** Every Tuesday: 9:30-11:00 - Yoga for all! Drop in or payment in advance. More info contact Marilyn @ 250-223-2058.
- 3)** Every Tuesday evening: 7:00-9:00 pm - Carpet Bowling - for fun and exercise. More info contact Iain @ 250-223-8585.

X-COUNTRY SKI COURSE

The Kokanee Springs Golf Course will be groomed for Cross-Country skiing this winter, providing we have some good snow, so dig out those skis and get out there. Craig Stanley, the new superintendent at Kokanee Springs, will be pulling the golf course groomer with his snowmobile and laying down some nice double tracks. Please respect these tracks, use skis only and don't walk or snowmobile on them.

TRACKING AND NATURE AWARENESS

Will continue Sunday afternoons, 1 - 3 PM, Feb 21, Feb 28, and March 7. Interested people are invited to come for a wander and learn animal tracking and nature awareness starting at 1 PM at the Community Corner in Crawford Bay. We will continue to learn track identification, compression pattern identification, to recognize other animal sign: rubbings, lays, scat, trails... increase your sightings of animals... sharpen the senses..... and generally increase the excitement and enjoyment of the outdoors. We will build on what we have already learned and talk about track aging and basic pressure releases. You are welcome to come to all or any of these walks. Children 12 and under must be accompanied by an adult. Coordinated by Lorna Robin, BSc (Zoology) email: lornarobin@bluebell.ca Phone: 225-3333.

SPONSORED BY RECREATION #9 (RDCK)

YOUTH GROUP

Youth Group meets on Tuesdays from 3:45 to 7pm at the Community Corner. All youth are welcome. Dinner served...starting January 5th and for the whole month.

RIONDEL SENIOR'S ASSOCIATION GOINGS-ON

Walk 3 miles on Mondays, Wednesdays and Fridays at 10:30 am. Wii bowling on Thursdays at 2:00. Yoga Thursdays at 10:30. Turbo Jam Mondays, Wednesdays, Thursdays at 8:00 am and Saturdays at 9:15 am. Men's pool on Mondays and Wednesdays at 12:30 pm. These activities are all in the Senior's Room at the Riondel Community Center. We also have Bingo on Wednesday evenings at 6:45 pm. (Must be 19 or over join)

CHRISTMAS HAMPER RAFFLE

Leona Lund of Gray Creek won the hand-woven 'twist poncho'. Thank you Stevie Jukes for your beautiful gift to the Hamper Fund. (\$513 raised!) Thank you also to all East Shore grocers, Crawford Bay Auto and our Credit Union for selling tickets. Thanks to all who purchased tickets and continue to support the Hamper Fund.

FEBRUARY IS HEART MONTH

Canvassers will be visiting EastShore residents (Gray Creek to Riondel) during the coming month. If you can help us to collect much-needed funds to continue in the fight against Heart Disease and Stroke please call Leona @ 250-227-9361

EAST SHORE COMMUNITY CHRISTMAS DINNER

Thank you to all the volunteers that helped make the Crawford Bay Community Christmas Dinner such a wonderful evening. We would especially like to thank Simply Brass and the Ruminessence for their wonderful music which filled the hall with festive spirit. Big thanks to Lorna Robin, Jacqueline Wedge, Kathy Donnison, Garry Sly, and Jennifer Irving for all the special things that you do. As always, it was wonderful that Santa was able to visit us again this year. We would like to thank the R.D.C.K. - Rec 9 and the Crawford Bay Credit Union for the support and contributions to our dinner. Thank you to Dana Galinger for organizing the craft table for the children. Al George was our M.C. for the evening and to him we say, many thanks. Big thanks to Russ Anderson for the lovely tree, and to Santa's helpers, Joan and Cory and other spontaneous helpers. We are sorry there is not room to name you all! Thank you to the decorators that made the hall look fantastic and to Julia and Ingrid who cleared the path so that we could all make it safely inside. We greatly appreciated all of the help offered during the dinner by the servers and by the marvellous clean-up crew that stayed on to finish up. Hope to see you all again next year.

KUDOS FOR HAMPERS

Once again, KUDOS for the work of the wonderful people who put together the "Community Hampers" for those less fortunate for the holiday season! Their hard work has not gone unnoticed!
God bless you for YOU MAKE A DIFFERENCE!

Gina Stewart, Riondel

MANY THANKS

I would like to send a big Thank you to my many friends & family for their support of treats, baskets of goodies, flowers and the many encouraging phone calls & visits during my illness. I feel very blessed to have these people in my life and to live in this great community. With much appreciation,

Isabel Snelgrove

ART SOIREE/MUSIC NIGHT ON VALENTINE'S DAY

Sunday, February 14

Where: Tara Shanti Lodge, Riondel Rd.

Time: 5:00-9:00 pm

What to bring: Donation, finger food, a pillow or chair, slippers or inside shoes, Light colored drinks (no dark reds on carpeted area please). Come and celebrate Valentine's Day with your loved ones. Enjoy the Bohemian Art of local artist Zora Doval while listening to a variety of love songs prepared lovingly by local musicians. A donation at the door will contribute to the space, sound system and other expenditures. Hope to see you there. For more information call Zora 250 227-9434 or Susan 250 227-9626

Would you like to
write a column? Do
you have an idea?
An advice column?
An opinion editorial
streak? Send it in!

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

FEBRUARY SCHEDULE

Feb 7 - Pastor Doug Middlebrook KLCC, 3 pm
Music: Fiona and Wendy

Feb 14 - Pastor Doug Middlebrook, KLCC, 3pm
Music: Cheryl Middlebrook

Feb 21 - Rev. Robin Ruder Celiz, Anglican, 1pm
Please join us for a combined service at Riondel Comm. Church
Music: The Woodwinds

Feb 28 - Majors David & Edith Dean, Salvation Army, 3pm
Music: Morgan Salviulo and David Middlebrook

Please see website for changes: www.riondel.ca
Info at 250-225-3381
Special Music Every Sunday!

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

For information call Christ Church Creston 428-4248
February 7: Rev Robin Ruder Celiz, 1:30 pm
March 7: Rev Robin Ruder Celiz, 1:30 pm

HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!
Church Schedule:

During winter months, Harrison will only be having one service per month.

Feb 21 - Rev Robin Ruder Celiz, 1pm
This will be a joint serve with Riondel at the Riondel Community Church
For information call Karen Gilbert: 227-8914 or Sue Philp: 227- 9140

KOOTENAY LAKE COMMUNITY CHURCH

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

Youth Meetings (CBYG) weekly. Call for info.
Pastor Doug & Cheryl Middlebrook
250-227-9444 or 250-505-7659

TEMPLE OF DIVINE LIGHT

Dedicated to all religions. Satsang each evening 8:00 pm.
Everyone welcome - Yasodhara Ashram 227-9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Rev. Francis de la Cruz
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
For information call, 250-227-9522

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

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

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

PARENT ADVISORY COMMITTEE (PAC) Meetings held at 7 pm at the Crawford Bay School library on the first available Monday of the month. **February Meeting: Feb 1, 2010 and March Meeting: March 1, 2010**
Call Gina at 250.227.6896 to be put on the agenda...

FEBRUARY 2010 Mainstreet 19

FEBRUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Yoga w/ Lea, Com. Corner, 10am Strong Start, CB, 9-12 & 1-4 PAC Meeting, CBESS 7pm	2 Strong Start, Rio, 9-12 Yoga w/ Lea, Boswell Hall, 9:30 am & Riondel, 7 pm Dr. Grymonpre	3 Strong Start, CB, 2:30-5:30 16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson, Lab 7:30-10:30	4 Haiti Fundraiser, KLCC Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	5 Cozy Friday, Skill/Services Exchange, 6:30-8:30 Strong Start, CB, 9-12 Laughter Club 3:30, CBESS multi-purpose room	6
7 Bottle Depot, 10-2	8 Yoga w/ Lea, Com. Corner, 10am	9 Strong Start, Rio, 9-12 Yoga w/ Lea, Boswell Hall, 9:30 am & Riondel, 7 pm Lions Mtng, 7 pm Dr. Grymonpre	10 Strong Start, CB, 2:30-5:30 16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson, Lab 7:30-10:30	11 Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	12 Strong Start, CB, 9-12 Laughter Club 3:30, CBESS multi-purpose room	13
14 Valentine's @ Wedgwood Art Soiree @ Tara Shanti Bottle Depot, 10-2	15 Yoga w/ Lea, Com. Corner, 10am	16 Strong Start, Rio, 9-12 Yoga w/ Lea, Boswell Hall, 9:30 am & Riondel, 7 pm Dr. Grymonpre	17 Strong Start, CB, 2:30-5:30 16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson, Lab 7:30-10:30	18 Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	19 NO Strong Start Laughter Club 3:30, CBESS multi-purpose room	20
21 Bottle Depot, 10-2	22 Yoga w/ Lea, Com. Corner, 10am	23 Strong Start, Rio, 9-12 Yoga w/ Lea, Boswell Hall, 9:30 am & Riondel, 7 pm Lions Mtng, 7 pm Dr. Grymonpre	24 Strong Start, CB, 2:30-5:30 16+ Volleyball, CB Sch, 6:30 pm NO DOCTOR	25 Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	26 Strong Start, CB, 9-12 Laughter Club 3:30, CBESS multi-purpose room	27
28 Bottle Depot, 10-2		EVERY TUESDAY Huckleberry Childcare: Tues & Thurs, 8:30-4:30		EVERY THURSDAY Huckleberry Childcare: Tues & Thurs, 8:30-4:30		

Riondel Market
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Still here with the same great service and excellent products. New owners **Brian and April Romeo** welcome your input and continued valuable business.

Watch for hunting and fishing licenses coming back to the Market and an improved tackle and fishing accessory department. **Come on in!**



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Transfer Station Hours

Crawford Bay:

Nov 1 - Mar 13:
Sun & Tues:
10 am - 4 pm

Boswell:

Weds/Sat, 12-4

Library Hours:

ES Reading Centre:

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

Riondel Library:

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

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Public Health Dental Screening/Counseling: 428-3876
Community Nursing: 227-9019 Hospice: 227-9006 Mammography Screening: 354-6721
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