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The East Shore Mainstreet

KOOTENAY LAKE BC

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

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INSIDE:
News, Views,
Reviews,
Hot Topics,
Current Events,
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Kootenay Lake Birds

Top left: Wild Turkey by Ron Smythe (www.ronsmythe.com). The other three photos are by Leone Lund (<http://iandlat-thelake.blogspot.com/>) from her photo blog. Top right: Chickadee; bottom right, Blue Heron; bottom left: Osprey.

Junction Creek Hub

The CCR Pub has **NEW OWNERS:**
Sarah & Dustan Green!

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Central Kootenay Lake's community non-profit ISP



MS Issues

by Ingrid Baetzel,
Editor

Knitting and smoking, smoking and knitting... These two occurrences have, normally, little to do with each other; they just happened to recently cross paths in my life. As a matter of fact, one entered my life as a replacement for the other. I just couldn't stomach the scratch of wool and mindless chatter of the knitting group one more minute, so I took up smoking. No, not really. Really, I quit smoking (again) and took up knitting (again). Good for me, hey?

Knitting is keeping these twitchy and irritable hands busy while keeping my eyes down and off of the pretty blue O's coming out of the mouths of my smoking friends. I know I sound bitter, and I am. But not enough to sway my path or push me off course. I say that now, and I've said it before... who knows, maybe making this struggle with nicotine public over and over will lend me a degree of... (what's the opposite of credibility?) and force people to judge and criticize me if and when they see me with a cigarette again. Actually, I'd highly recommend that they don't do that, because if I'm seen smoking again, it'll likely be because something lousy has happened in my life and I've picked them up in a rush of self-flagellation or rage and am smoking petulantly, not happily.

Although knitting will never give me that heady rush and cool-as-1986 feeling I have for so long cherished, it has rewarded me with the JOY OF CREATION (said in a booming, omniscient voice with distortion and echo). Also, I've discovered that I will shortly be able to knit a splendid cigar case cover, a beautiful ash tray cozy, or a pretty snappy wool stash box. Patterns are emerging here.

Here's something else about knitting. Somehow, when you're knitting with a group of people (or perhaps doing any artsy-crafty, highly focused, quiet, indoor work... i.e. drawing Cuban dictators enjoying their country's favourite export, or crocheting a liner for a cigarette-girl's tray), you will notice that the discussion gets pretty loose and easy pretty flipping fast.

I've joined a knitting group, in fact. Every Wednesday, a group of women (no men yet, although it *was* my husband who got me up and running with knitting - that boy can cast on like nobody's business), gather at the Community Corner in Crawford Bay at 10 am until noon. We bring our projects (my scarf is growing by the inch - well, it grows AN inch - every week) and share our cookies and tea and ideas. Actually, since quitting smoking, I just go for the goodies, which range week to week from a bag of blanched almonds to four trays of baked delicacies. The coffee could use some improving, but by the time you read this, that should be sorted out.

I'd like to thank Marion Johnston for coordinating the Knit Wits group every week, for making the space warm and friendly, for keeping the lively discussion going, and even for preparing the lousy coffee... wink wink. Thanks also to the interesting, multi-aged and multi-talented group of women who attend the group and a special thanks again to Marion and to Joan Valgardson for getting me comfortable with the basics of knitting and for lending me the supplies to get started. Thanks to Jayanti Holman, too, for her baggie of rejected wool and needles.

A couple of weeks ago, I looked around and realized that a year ago, I would not have pictured myself sitting in that particular place with those particular people, doing that particular craft... A year ago, I was more limited. It's been a bit of a pre-occupation to start saying "yes" to more things in life and I am grateful for all those particulars. In the meantime, and for right now, I will continue to say "no" to one thing - smoking and yes to the rest...



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

Next Deadline:
Weds, February 23, 2011

LETTERS TO THE EDITOR

DOGS AND DEER

Dear Editor,

I think it is an appropriate time of year to remind East Shore Residents to make sure that their dogs are not chasing deer. About a week ago while walking north to Crawford Bay I watched a small deer running south on the opposite side of the highway. She seemed oblivious to my presence, running slowly with eyes fixed forward as if very tired. I never did see what started her flight. It could very well have been a dog who decided some distance back that he'd had enough fun. This incident, a couple of loose dogs elsewhere, and the recent breakable crust on the snowpack, which could easily cause a tired, running deer (especially a doe due to give birth in early spring) to stumble and be injured, reminded me of the article I'd seen in the Nelson Star in December. I think it is worth reprinting for people who did not see the original article. I send out a sincere thank you to dog owners who are already considerate of wildlife.

Anna Rose, Gray Creek

*Reprinted with permission

15 December 2010 - Harrop resident slapped with hefty fine for allowing dogs to chase deer

Former conservation officer who handled the case hopes the \$2300 penalty sends a strong message

Andrea Klassen, Nelson Star Reporter

A local woman has been fined \$2300 for allowing her dogs to chase deer - causing an animal's death in at least one instance.

Margot Link pleaded guilty to a violation of the BC Wildlife Act in Nelson Provincial Court December 6.

Micah Kneller, a conservation officer formerly stationed in the Nelson area who was involved with

the case, told the Star he originally became aware of Link's actions when he received a complaint through the Report A Poacher or Predator (RAPP) line.

"Two dogs had chased a deer fawn in Harrop, until the deer was finally exhausted and it jumped into the lake and drowned," he explained.

"The complainants knew who owned the dogs. It was all familiar to them."

Kneller said he received two other complaints about Link and her dogs, and eventually charged her with three counts of breaching the Wildlife Act, two of which were stayed by the Crown. He says conservation officers in the area had dealings with Link in the past as well.

Kneller said pet dogs often see chasing wildlife as playing rather than hunting, but they can easily injure or kill a deer.

"They either catch up to their deer and bite the back legs of the deer, so they injure the deer that way," he said. "Or they completely exhaust the deer ... so it's so stressed out it'll go away sometime to die of just sheer exhaustion."

Though he says domestic animals being allowed to chase wildlife is a "big problem" in the West Kootenay, Kneller said it's often difficult to prove in court that an offence has occurred.

"But in this case we were able to do that, and this should serve as a bit of an eye-opener for people who own dogs in that area," he added.

"This is the largest fine for this offence in BC, so this is a precedent-setting case. And it was made possible by the people who were willing to come to court and give evidence."

Kneller said there were no repercussions for Link's dogs, though conservation officers might choose to take action against dogs in future cases.

ON A THANKFUL NOTE

Dear Editor:

The Many Bays Community Band would like to thank the RDCK (Regional District of Central Kootenay) for the recreational grant recently received.

This community band is made up of musicians from the east shore of Kootenay Lake. Meeting once a week to practise, the band plays at community events and celebrations throughout the year. The grant will be used to purchase music, provide workshops, and acquire new and improved music and sound equipment.

Thank you, RDCK, for facilitating growth and development in our community!

Deberah Shears
for the Many Bays Community Band.

SNOW CLEARING KUDOS

Dear Editor

Kudos to the 3A Highway snow clearing crews for a job extremely well done. Your efforts are efficient and completed in a timely manner and with expediency.

Thank you.

Harvey and Jean Walker,
Mountain Shores Village, Boswell, B.C.

Angus MacDonald, Reiki Master

Over 25 years experience...

Reiki is a mental, physical & spiritual healing process in which you learn through applying it to yourself and others.

- Reiki classes (Levels I & II and Master)
- Classes for groups of 3 or more.

Ongoing sessions available...
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RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

GRANTS AND GRANT WRITING:

First off, thanks to the Columbia Basin Trust and Carrie Schaeffer in particular for giving the grant writing workshop in Crawford Bay. I feel this sort of event provides us with several benefits. First, as a person who has spent much of her career writing proposals and applications for various organizations as well as having been in the position of reviewing and approving applications she provided a balanced, practical perspective. Second, we were given an update on the various programs provided through the CBT. Finally, these forums are a great opportunity to meet "community active" neighbours, exchange ideas and provide support to others.

Note that the CBT Community Initiatives program (delivered through local government) is now accepting applications. Go to rdck.bc.ca to find application forms and contact information for Karen Armstrong (who can give you more detail on the program) or contact me. Applications will be accepted up to March 7.

BUDGET:

This is the time of year when we get into budget details. So far, we have prepared preliminary figures for many individual services but we have not seen roll ups with apportionment of tax burden to the various areas. Some services have a limited service area within Area A, such as Riondel fire or Crawford Bay Hall and Parks, so the process is very straight forward. Other services are shared with a few or several other areas.

The largest example for us is solid waste management, which we share with Area B (Ericson, Canyon, Lister, Yahk), Area C (West Creston and the Creston flats) and the Town of Creston. The process is two step. First we look at capital and operating costs versus revenue. We determine the total budget needed, for example to operate the transfer stations, the landfill, the recycle program, capital works such as capping portions of the landfill which are at capacity. Then we estimate the revenues from tipping fees and recycle commodity values to determine the difference which is made up by taxation. The second step is to determine what amount of the tax burden each of the participating areas contribute. This is not a steady number, since the relative tax assessment of each area varies from year to year based on real estate market prices (changes in value of exiting properties) and real growth from new houses, additions, renovations or property subdivisions which add new value to the tax base that was not there in the previous year. This is a year where Area A has seen larger increases in real estate prices plus more growth than our neighbouring areas, so we will pick up a greater share of the tax burden by a few percent. If you are interested in the specific changes in assessments by Town or rural electoral area let me know and I will pass you a copy.

In a few weeks, once we have rolled up the numbers, public information sessions will be scheduled to "present" the budget figures and hear public comments.

RURAL ISSUES:

In mid February I will attend a rural directors meeting in Richmond where we will discuss topics of common interest/concern to rural areas. Two major topics will be changes inferred by the province regarding diking authorities (which could create more work and liability for local governments) and proposals to revise the guidelines for drinking water systems to allow the

smaller systems more flexibility in how to meet water quality standards.

GOVERNANCE STUDY:

I have not received any updates or requests from the Town of Creston following their consultant's proposed costs of an additional \$100,000 for another governance study. Perhaps they have moved on. The sub-regional fire governance study has come to the end of the initial public consultation stage but I do not have all of the public input yet. I have seen summaries but not enough detail to get a sense of how Area A residents specifically feel. I will meet with my colleagues in early February to consider the next steps.

As always, contact me by calling 250-223-8463 or at gjackman@kootenay.com.

Sharing Rural Riches:

An invitation to help us develop a new kind of home stay for international students

by Shandi Miller and Gina Medhurst

An exciting idea for a pilot project on the East Shore needs your involvement to succeed.

Building on ideas that have been part of a dialogue on the East Shore for many years, the South Kootenay Community Services Society (SKLCSS) is working closely with the Crawford Bay School's Parent Advisory Council (PAC) to bring a new kind of home stay opportunity to the region.

We want to develop a program to bring a minimum of 4-6 international students to Crawford Bay School, who would share accommodation with their hosts, the program managers. During the school week the program would be structured to support students' focus on learning and on other school-related activities. Programming would also be developed around community service, recreation, rural life skills development, and exploring the region.

This could be a great way to create interesting employment opportunities, contribute to making the East Shore a more diverse and attractive place to live and visit, and to share the bounty of our rural environment and community.

The strength of the community's commitment to developing innovative programs at the school is supported by the energy and attitude of the school's Principal Dan Rude, the Parent Advisory Council (PAC), the school's staff and both the superintendent of School District #8 (SD8) and the Regional Director of RDCK

Area A, Garry Jackman. This project would be built on this strong foundation.

Hopefully this pilot program will be ready to launch in time for the 2011-2012 school year. Volunteer time has already begun with investments by SKLCSS, PAC and the Yasodhara Ashram Society (partly as an extension of their Young Adult Program and involvement with the development of the school's mentorship program). There are existing resources that will help us to build this program from the ground up. International Home Stay programs (like Shecana or SD8's international program) will likely be used to link to or build from, and accommodation options are in discussion with potential community partners. SKLCSS and PAC can help support and direct individuals involved, but for this project to progress any further we invite members of the community to express interest in helping to develop it with us. Could it be you?

For more information and/or if you are interested in the being a part of this pilot project you can contact Shandi Miller, Executive Director, South Kootenay Lake Community Services Society, skootenaylakesccs@gmail.com or Gina Medhurst, Chair, Parent Advisory Council, Crawford Bay School, info@kootenayforge.com. (The complete project outline can be found on the *Mainstreet* online - SKLCSS blog January update, or by contacting us.) Together let's make this great idea a reality!

YOUR HALL IS AVAILABLE...

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

Booking info, Kathy Donnison @ 227-9205

CRAWFORD BAY HALL

"your community hall"

A non-smoking facility.

Volunteer Opportunity!

The CHSS Hot Lunch Program has a salad bar and entree table to rival all others in the Kootenays. Many schools have had to discontinue or reduce their lunch programs to pizza and hot dogs due to funding shortfalls.

It is through the tireless fundraising efforts of the Parent Advisory Committee (P.A.C.) that our children, educators, and other community members have access to this healthy and diverse menu.

We have a number of volunteers who assist our chef, Pauley Cursons, from Monday through Thursday.

There are a couple of openings if anyone is interested in joining our volunteer team.

If you have been looking for a way to support your community this just might be for you.

Contact CHSS @ 250-227-9228 or stop by the kitchen to find out more.

Saturday FEB. 12

paint-a-thon

CB Hall

Open to public 2-5

for viewing, snacks, activities,

schmoozy live music

All-you-can-eat-spaghetti

dinner starts @ 5:30

ART AUCTION 6:30

tickets : jacqueline 227-6803

or carol 227-9661 or @ door

This creatively blissful event is a fundraiser for accessible community music programs on the East Shore

BC SPIRIT FESTIVAL CRESTON

February 1st - 28th, 2011

SCHEDULE OF EVENTS

FEBRUARY EVENT	TIME	LOCATION / CONTACT
01 - 27 • "Rules no Rules" Collage	Non-sat	Public participation at Kingsfisher Books
01 - 28 • Historic Art Display • Art Kiosk	Tues-Sat Mon-Fri	Creston Public Library Creston Chamber of Commerce
Sat 5 • OPENING GALA	7-10 pm	Roxadren Hall, Creston - Myrna Johnson, 428-3428
Sun 6 • Word/Works 2 Workshop	1-3 pm	Rm 02 Creston Education Centre - Region - Bob & Bev Bock
Thur 10 • Storytelling/Workshop	9am-3pm	Yuk School, Yuk - Stokely Gray
Fri 11 • Storytelling/Workshop • Jackie Gingras Coe Open Stage	9am-3pm 2pm	Yagan Nukiy School - Stokely Gray SAMS, Creston - Louise/Dea Ruby, 424-5371
Sat 12 • Footlights Theatre Workshop • East Shore Paintathon	9am-1pm 9am-2pm	SAMS, Creston - Frank Goodie, 428-5682 Crawford Bay Hall - Jacqueline Wadge, 727-6803
Sun 13 • Word/Works 2 Workshop • Valentine Recipe	1-3 pm 2:30 am	Rm 02 Creston Education Centre - Region - Bob & Bev Bock Catholic Church, Creston - CWA/TA
Mon 14 • Storytelling/Workshop	9am-3pm	Crawford Bay School - Stokely Gray
Wed 16 • Word/Works 2 Workshop	7 pm	Public Presentation - SAMS Creston/Region 428-5371
Thu 17 • Film Screening & Artist Talk	7pm	Creston Public Library - Alice Williams
Fri 18 - 24 • Contemporary Art Show	11am-7pm	1017 Canyon St, Creston - Maggie Leaf-Jalas 800-3674
Fri 18 • Storytelling/Workshop • Story Sharing • Open Stage	9am-12pm 1pm-3pm 7 pm	Crawford Bay School - Stokely Gray Crawford Bay School - Public Welcome SAMS, Creston - Louise/Dea Ruby, 424-5371
Sat 19 • Film Screening & Artist Talk	7pm	SAMS, Creston - Alice Williams
Sun 20 • Symphony of the Kootenays • National Treasure • Film Screening & Artist talk	2:00 pm 2:00 pm 3pm	Prince Charles Theatre, Creston - Black Bear Books SAMS, Creston - Louise/Dea Ruby, 424-5371 Creston Public Library - Alice Williams
Mon 21 • Storytelling/Workshop • Story Sharing	9am-12pm 1pm-3pm	Yuk School, Yuk - Stokely Gray Yuk Hall, Yuk - Bob & Bev Bock
Tues 22 • Storytelling/Workshop • Pot Luck & Story Sharing • Film Screening & Artist Talk	9am-12pm 12pm-3pm 7pm	Yagan Nukiy School - Stokely Gray Dym, Yagan Nukiy - Public Welcome SAMS, Creston - Public Welcome
Fri 25 • Open Stage, Llana Kilpatrick	7 pm	SAMS, Creston - Louise/Dea Ruby, 424-5371
Sat 26 • Yuk/Kingsgate Art Show & Sale • OPT Fashion Show • Fat Charlie Band	1 - 8 pm 1-4 pm 7 pm	Yuk Hall, Yuk - Beverly Anderson, 424-5396 Rox Centre, Creston SAMS, Creston - Louise/Dea Ruby, 424-5371
Sun 27 • Closing Ceremonies • Art Show & Sale	1-3 pm 1-3 pm	Wynndle Hall, Wynndle - Myrna Johnson, 428-3428 Wynndle Hall, Wynndle - Myrna Johnson, 428-3428

www.spiritfestivalcreston.ca

Special Thanks For Contributions

The Crawford Bay School Parents Advisory Council, Hot Lunch Sub-Committee, staff and students of Crawford Bay Elementary-Secondary School and community at large would like to extend grateful thanks to the following contributors for their financial donations to the CBESS Hot Lunch Program:

"Bronze Sponsors"

(donations between \$350 and \$999)

- Regional District of Central Kootenay

Due to generous donations by supporters like the RDCK, our valuable lunch program, offering healthy, nutritious midday meals to our students as they enter an afternoon of learning, is able to continue. Thank you very much.

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"Bronze Sponsors"

(donations between \$350 and \$999)

- East Side Mojo's

Due to generous donations by supporters like Mojo's, our valuable lunch program, offering healthy, nutritious midday meals to our students as they enter an afternoon of learning, is able to continue. Thank you very much.

EMPLOYMENT

OPPORTUNITY

Attendant for the Rimnel Park & Campground

May 15 - mid-September, 2011

Send expressions of interest and include:

- Relevant experience
- References
- Your expectations
- & what you bring to the job

Mail to: Rimnel Parks, Recreation & Community Services Society Box 146, Rimnel BC, V0B 2H0

Or deliver to Rimnel Commission of Management office:

Tues - Thurs, 9:00 am - noon

Applications will be acknowledged. The position will awarded after March AGM.

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Story-telling Community Sharing

Grades 4-7 students will be learning Story-telling from Proctor story-teller Barry Gray. You are invited to listen to their stories, as well as some by Barry Gray & a guest teller.

Where: Crawford Bay School
When: Feb. 18th 1 - 3 pm

Part of the Creston Valley Spirit of BC Festival



Folk Music "Camp" Kicks Off With Heavy Shtetl Dance

submitted by Lorna Robin

Get on your dancing shoes for Friday, February 18, when Heavy Shtetl will hit the Crawford Bay Hall with their unique sound and playful entertainment. With tuba, accordion, trombone, clarinet, and our own Ben Johnson on drums, it's a mix of eastern European roots, klezmer, Dixie, and just plain fun - great to listen to and even better for dancing. Slava will be one of the instructors helping everyone to join in with family circle dances, two step, polkas, and more. The whole family is welcome, the cost is only \$5 for adults and \$2 for children under 12 (must be accompanied by an adult) and refreshments will be available.

All the "camp" workshops will take place at Crawford Bay School, on Saturday the 20th and Sunday the 21st. These are a great bargain, just \$30 for the two days which includes three or four hours of instruction. In case you can't do the math, that's between \$7ish and \$10 per hour. Sunday's classes will build on what was taught on Saturday and class sizes are limited to increase the quality of the experience. All participants are guaranteed to learn a lot!

The workshops are:

- FolkFusion Skirt Dancing with Slava Doval
- Belly Dance with Amanda Hulland
- Song Writing with Howlin' Dan Silakiewicz
- Percussion with Ben Johnson
- Fiddle workshops with Zav Huscroft
- Improv/Jam workshop with Zav Huscroft

There are separate classes for children 12 and under in belly dancing and drumming, these cost \$10 per day and are for one hour each day.

You can pick up a brochure at the Credit Union to register, or call Johannes at 225-3218 for a registration form. Then either mail it in or drop off at the Forge & Furnace Gallery in Crawford Bay. You MUST register in order to attend, and registrations must be received by February 10 please.

All participants are welcome to attend the instructor performances (jams) at lunch time each day, 12:45 - to 1:15. This will be a great mix as Zav, Ben, and Dan combine their prodigious musical talents, with Slava and Amanda providing the colour and excitement of dance. The weekend will conclude Sunday afternoon with informal student performances from 5 to 6 pm, with pizza available by the slice.

The weekend event is sponsored by the Columbia-Kootenay Cultural Alliance (CBT), Rec 9 (RDCK), and the Nelson and District Credit Union, and organized by the Applesauce Fiddlers. The dance is at the Crawford Bay Hall, and the workshops are at Crawford Bay School. Come and join the fun!

Applesauce Fiddlers Present

Fiddle Roots 2011

FAMILY DANCE

Two Step,
Polka

Circle
Dances



Waltz,
Ethnic
Dances

with **Heavy Shtetl**

\$5.00
adults
\$2.00
under 12

"Eastern European roots, klezmer and dooeland that will rock your socks!"

No experience necessary - instruction provided - fun for all ages! Refreshments too.

FRIDAY FEBRUARY 18 7:00 PM
CRAWFORD BAY HALL

Also on SATURDAY FEB 19 and SUNDAY FEB 20

FOLK MUSIC CAMP

Music workshops all day long. See article or visit smithpix.ca

The Hex is Back Theatre Sports/Improv

by Doreen Zaiss

The Hexagon Players are back. Although their *Fifteen Minute Hamlet* is still on hold until the whole cast can be reunited, they aren't lying around waiting for their fingernail polish to dry. Instead, the frightful crew has taken up improv theatre to hone their skills.

Let the word go out: Hexagon players invite other intrepid souls to join them on **Thursday evenings from 7:30-9:00 at the school theatre** where they can toss aside their dignity and inhibitions in a Theatre Sports workout.

You are invited to learn new improvisational skills, thinking on your feet under the pressure of humiliation and devastating laughter. There will be warm-ups, exercises of brain and body, and team enterprise. Learn to trust the untrustable. Join us if you dare.

Improv night will run throughout February and March at the preposterous fee of \$2 a pop. Under the direction of Doreen Zaiss who has tormented legions of teenagers through the process, and with the team support of Kate Page, Jacqueline Wedge, Leah Belcourt, Carol VanR, Janet Wallace and Ingrid Baetzel, fun abounds.

Some men would be fun.

We dare you.

Acting Workshop by Footlighters Theatre Society

As part of the Spirit of BC Festival in February, Footlighters Theatre Society is offering an **intermediate acting workshop on February 12 at the Snoring Sasquatch in Creston**. It will begin at 9 a.m. and continue until 4 p.m. with a break for lunch. The cost of the workshop is \$25 per person. The workshop will be conducted by Raimund Stamm of Vancouver.

A graduate of Studio 58, Stamm has made a living as a professional actor for over 20 years. He has a long list of credits in film, television and radio. He has appeared on stage with most of the province's larger theatre companies including the Arts Club, Gateway Theatre, Green Thumb, the Vancouver Playhouse, Shakespeare Plus and Western Canada Theatre.

When not performing he has taught acting, written sketch comedy, and worked as a stage manager. As well as being a professionally trained actor, Stamm is also a highly qualified and experienced teacher. A member of the BC College of Teachers, he has a master's degree in adult education.

Stamm has worked with Theatre BC extensively in recent years including as a workshop instructor in the various zones and at Mainstage, Theatre BC's annual provincial festival. His most recent appearance in the Kootenay Zone was as adjudicator for the Kootenay Zone festival in 2002 where he awarded Footlighters five awards — best actor, best actress, best director, best set design and best production. The play, *Danny and the Deep Blue Sea*, then went onto the Mainstage festival, where it took best actor (Darren Gregory) and best production.

Anyone wishing to take the intermediate acting workshop should contact workshop co-ordinator Frank Goodsir at 250-428-5082 or fgoodsir@kootenay.com to register, as participation will be on a first-come basis.

February 2011 Mainstreet 5

You've made your entrance...

NOW WHAT?

INTERMEDIATE ACTING WORKSHOP
with Vancouver's Returned Student

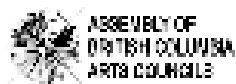
9 a.m. - 4 p.m. • Feb. 12
Snoring Sasquatch • 211 11th Ave. N.

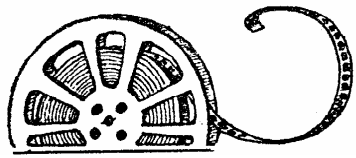
\$25 per person • Registration/Info: Frank Goodsir
at 250.428.5082 • fgoodsir@kootenay.com



FOOTLIGHTERS

We bring life to drama.





Seldom Scene

by Gerald Panio



Dr. Who: This is when you fly! Today is day you're going to save the world!

Jeff [confused, sitting in front of the laptop that Dr. Who has just used to simultaneously hack into every country's top security networks and give humanity the secret of faster-than-light travel—complete with diagrams and a joke—and a way of avoiding impending extermination by aliens] Why me?

Dr. Who: It's your bedroom. Oh, and delete your internet history.

As I'm beginning work on this month's column, I have a copy of the Winter 1948 edition of *Planet Stories* on the desk in front of me. It's classic pulp fiction, with a cover featuring a Tarzan-like dude lifting a scantily clad heroine out of the clutches of multi-tentacled Martian creepozoids. The cover story is Leigh Brackett's "The Beast-Jewel of Mars," and this particular issue also contains stories by Ray Bradbury, A Bertram Chandler, and other classic s-f authors. I pulled *Planet Stories* off my bookshelf because this month's film reminded me of how exciting it must have been to be a science fiction fan in the days when writers such as Isaac Asimov, Robert Heinlein, Andre Norton were first publishing their time- and galaxy-spanning tales. The genre's still going strong, of course, but it's passed on from the classical to the revisionist and parodic phases. A certain innocence has been lost, even while that loss has yielded big dividends in terms of social awareness, literary bravura, dazzling hard science, and sheer complexity of vision. We soak it all in until something comes along to remind us that heroes without complexes and villains without historical resonances can still fill us with wonder.

Actually, I'm cheating a little. This month's feature is technically not even a film. It's the first episode ("The Eleventh Hour") of Season Five of the latest *Dr. Who* series from the BBC. The original *Dr. Who* had a phenomenal run from 1963 to 1989, and was brought back in 2005. Canadians can take pride in the fact that the CBC helped keep the new series alive by acting as co-producer in 2006 and 2007 ("Why?" you might well ask. I haven't a clue. Perhaps just good taste, eh?) *Guinness World Records* recognizes the show as the longest-running science fiction show in the world, and the most successful in history.

My wife's been a much more faithful fan of the series than I, but the reason I'm talking about *The Doctor* here is that I found the storytelling, characterization, and production values of this latest series to be an absolute delight. The entire series made me want to shout, "Yes!! That's the way it's done!" Listening to interviews with the lead actors, and with Steven Moffat, the principal writer, one hears their passionate commitment to the cause of re-imagining one of the most beloved figures in contemporary culture. I believe Moffat when

he writes in the liner notes that "This is the job I waited a lifetime for and hand on my heart, I've never been prouder of anything in my whole career than I am of the thirteen episodes in this box."

Let's recap. *Dr. Who* is the last of a powerful race of Time Lords with god-like life spans, preternatural intelligence, and a mission of saving the universe from the nasties that threaten it. He travels around in a spaceship-time machine—the Tardis—that looks, from the outside, like a blue Police Telephone Box. He's cued by the most distinctive musical score since Rod Serling's *The Twilight Zone*. Not surprisingly, the Earth seems particularly prone to visits from things that want to reduce it to cinders or make permanent mind-slaves of us all. Because no single actor is going to play the lead role for the almost 50 years the show's been on, the Doctor's been given the ability to regenerate from time to time. The body changes, but the essence of the character remains constant. And he's always got a female companion. Not really in the romantic sense—more in the finest Sherlock Holmes/Dr. Watson tradition. To date, there have been eleven Doctors and 36 Companions.

"The Eleventh Hour" begins like gangbusters with the newly-regenerating Doctor (Matt Smith) hanging on for dear life as the Tardis careens out of control through the night skies of London. Both crash land in the rundown yard of a Magritte-like house that's home to a very lonely little Scottish girl named Amelia Pond. Although it's Easter, Amelia is on her knees praying to Santa Claus to send someone to fix the large, sinister-looking crack in her bedroom wall—through which she's hearing voices.

(The crack, naturally, turns out to be a flaw in the fabric of the entire universe that becomes the arch-plot for the entire series and leads to enough time traveling paradoxes to make Philip K. Dick's head spin.)

Amelia goes out to check on the commotion. The fact that a seeming madman claws his way out of a smoking police box and demands to come into her house and eat an apple doesn't phase her a bit. Nor is she bothered when he spits out or throws away every other bit of food she offers him—until he settles down to fish sticks dipped in custard. At this point Amelia reminds me of another unflappable young girl whose name also begins with "a"—Lewis Carroll's Alice. Like Alice, Amelia is quite willing to go down the rabbit hole with this stranger who seems akin to the White Rabbit. *Dr. Who* recognizes a pint-sized kindred spirit and is quite willing to invite her along on whatever adventures may come.

There are two slight problems.

The first is that time travel can be a notoriously inexact means of travel, and when the Doctor tells Amelia that he'll return in five minutes because he has to take the Tardis out for a final test run, he actually makes it back twelve and a half years later. Or, as Amy (Karen Gillan) trenchantly points out, twelve years and four psychiatrists later. The little girl who packs up her suitcase, puts on her red rubber boots and sits out in the yard to wait for a better life, will spend the next twelve years of her life trying to convince people

that her "raggedy doctor" was more than an imaginary playmate. And it's the beauty of the storytelling here that as the whole series nears its end someone who loves her will spend two thousand years waiting for her.

The second problem is that Prisoner Zero has just escaped from an off-world maximum security prison and is living in a technically non-existent room in Amelia's house—a room that, like many scary things, can only be perceived out of the corner of one's eye. And if having a razor-fanged, shape-shifting alien predator as a houseguest weren't bad enough, Prisoner Zero's former jailers are preparing to incinerate our entire home world if they can't pinpoint his location.

With nothing more than a sonic screwdriver and a borrowed laptop, the Doctor now has twenty minutes to find Prisoner Zero, save the Earth, and—the toughest challenge—reconcile himself with the now-grown-up and understandably resentful Amy. Success will depend upon the kind of rapid fire, witty dialogue one associates with the screwball comedies of the '30s and early '40s. There's also some classy production design (the retro-steam punk Tardis is a --- wonder), vibrant use of colour, hokey-but-cool special effects, and breathless pacing.

There's also one of my all-time favourite false endings. Just when you think it's over and everyone's breathing a well-earned sigh of relief, *Dr. Who* makes the kind of final heroic-foolish grand gesture that only 48 years of TV back story could make us believe in. He's one of pop culture's great tricksters. In all the world's mythologies, tricksters never really grow up—and yet the fate of creation is in their hands. When Amy Pond tells the Doctor she's no longer little Amelia and has put away childish things, he responds "Don't worry, I'll soon fix that." Fix it he does, for Amy and for all of us.



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Tom's Corner

by Tom Lymbery

The Gold Boulder

inserts by Frances Roback

Part 1: The Discovery

The tale of the lost gold boulder is an iconic Gray Creek story dating back 120 years, and it continues to confound and elude searchers to this day. Part 1 tells a lost-and-found tale – but in reverse. A priceless gold boulder was first found, then lost in the deep waters off Cape Cockle (Cape Horn), where it remains to this day, if we believe the story. Part 2 brings the story into recent times with searching efforts, a contest, and a certain local M.L.A. Part 2 will appear in the March issue of the East Shore Mainstreet. Tom first presented the Gray Creek Gold Boulder story at the 2000 Kootenay Storytelling Festival in Procter.

-FR

As established by Kootenay historian Ted Affleck, 1883 was the summer of the biggest forest fire ever on the lake. Who knows when was the last fire to clean up the buildup of dead and fallen debris – fuel wood that can keep a forest conflagration going long and hot enough to kill even the large mature trees. Only a few areas were spared this major disaster. So nine years later in 1892 perhaps only fireweed and thimbleberry were left as feed for cattle on the Pilot Peninsula. Also there were a few swampy meadows such as Cortianas, which grew some wild grass. Otherwise grass was scarce, and clover and vetch had not yet been introduced. In the 1920s it was not unusual for some hay to be harvested with scythe and hand rakes, laboriously bundled down to the water, and rafted the short mile across the bay to Gray Creek.

So cattle were being raised at Pilot Bay. Some were missing, and since there was a reward of \$15 each for them, four prospectors offered to row a boat along the shoreline to look for them. Miners raising cattle? Everyone was a miner in those days! But if you couldn't fund a prospect, you had to live on whatever came to hand – cutting cordwood, or looking for missing beef. Too many tangled, half-burned and fallen trees were scattered between the rocky outcrops, so the view from a boat made sense. The rowboat was the standard transportation medium. Ole Evinrude invented the outboard motor in 1909, but they didn't become common on the lake until Terry Jones started merchandising boats in 1951.

Not everyone had a rowboat – and this became a problem for my father, Arthur Lymbery. His house and store were on a sheltered bay in Gray Creek, and he found it difficult to say no when someone asked to borrow his boat in the years before the First World War. When he needed it himself, it almost always had been left on someone else's beach. His need was greatest when the annual road allocation came in. Then he would row two miles or so to the work site, put in 10 hours with crowbar and shovel, then row home to milk his cow and make his supper. Three dollars a day for 19 days was a lifesaver. When Arthur married in 1921, he solved the boat problem by giving it to my mother. She was new to Gray Creek and borrowers were hesitant to ask her for the use of the boat.

The Cockle brothers were early pre-emptors in Crawford Bay, and were also boat builders – the Ain-

sworth Hot Springs News reported that they had built a racing shell with sliding seats. Apparently because they were some of the earliest settlers in Crawford Bay, the point on the peninsula was known for some years as Cape Cockle. They also worked boats on Kootenay Lake and at one time owned the steam launch Midge which had been brought to the lake by W A Baillie Grohman, according to Ted Affleck. One of the Cockle brothers would become a key character in the gold boulder story.

Back to our 1892 cattle searchers. The story, told by Randall H. Kemp, first appeared in the Nelson Tribune in April 23, 1894, and was later published as "Found and Lost a Fortune" in his book, *A Half-Breed Dance and Other Far Western Stories* (1909)*. Kemp identified his three companions only by their first names, Joe, and brothers Jim and Bill, but he left us enough clues to identify Jim and Bill as the Cockle brothers Joseph William and Reginald Arthur. As Kemp told the story, he in one boat with Joe, and brothers Jim and Bill in a second rowboat, rowed two and a half miles from their camp at Crawford Bay south along the west side of the bay towards Cape Cockle. They landed just across the bay from Gray Creek and searched the small meadows for the cattle

or their tracks, without finding either. Like all prospectors they carried a prospect hammer, which Kemp called a poll – pick. When they sat down to rest at Cape Cockle, Kemp was idly picking at a boulder covered with soil, when he found the point tended to stick in the rock. Scraping the dirt away they found it was a large lump of yellow metal.

They took some samples from each side. Jim carried a ruler and found that the lump of rock measured 27 inches long, 14 inches deep, and 12 inches wide. Kemp wrote:

"When we had all realized the immensity of the find which the blind goddess of fortune had thrown in our path, we began to devise ways and means to transport and dispose of it so as to reap the benefit. It was now getting late in the evening, so we carefully covered up our treasure, and with light hearts returned to our boats and rowed to camp. (When we left our camp that morning), little did we anticipate that we would return to camp that night individually worth nearly one-quarter of a million dollars in gold."

Back at the campsite, Bill, who was a chemist, tested the samples by boiling them in nitric acid, then compared them

on a touchstone with some gold which G. W Hale had brought down from the Duncan River. (Touch-stone – a black siliceous stone related to flint. It was formerly used to test the purity of gold and silver by comparing the streak left on the stone when rubbed by the metal, to the mark from a known sample.) Jim figured that his measurement of 27" by 14" by 12" equaled 4536 cubic inches, and since a cubic inch of gold weighs ten and 55/100 ounces, there were 47,855 ounces in the boulder. At \$18 an ounce that made the boulder worth \$861,386. That was the 1892 value - how many millions today?

Next they each came out with what they would do with their share in the bonanza. However, the immediate problem was to decide what to do with the lustrous lump. Since it weighed nearly two tons, it would not be easy to handle. They eventually decided to return with their largest rowboat that they would land on the beach at their camp at the head of Crawford Bay. They

thought they would then leave the boulder covered over and hidden in the bilge until they could cut it up to sell.

In the morning the bigger boat was fitted with a false bottom of two-inch planks, along with two crowbars, a cant hook, axe, pick and shovel, and a length of one inch rope, the heaviest they had. They rowed back, and tied the boat close to the rocks. Bill cut two skids on which to slide the heavy weight down to the boat, while Kemp, Jim and Bill cleared the soil off the bedrock to make a solid track on which to roll the boulder. The boat was about 14 feet below so the skids were fashioned to allow the weight to be slid down to the water level.

They made a sling of the rope, then brought one end of the sling through the other, and fastened the single end to the bight. A convenient tree for snubbing was at hand, so the rope was taken around that, with Jim holding the snubbing rope. The other three managed to turn the nugget over so that it rested on the top end of the skids. The rope grew taut, and as it stretched to its utmost tension the skids spread apart – and crash!! When they peered over the rock ledge they found their boat was reduced to kindling wood, and 400 feet of Kootenay Lake water hid the



Disaster! The skids spread apart, the rope breaks, and the gold boulder falls through the boat into the lake. Illustration by H. Hodge, from Randall H. Kemp's gold boulder story, "Found and Lost a Fortune", in Kemp's Half-Breed Dance and other Far Western Stories ... (Spokane, Inland Printing Co., 1909). Scan courtesy of Greg Nesteroff

gold boulder from view.

That's the story as told by Randall Kemp in the Nelson Tribune. Why didn't they try and retrieve that massive slab of precious metal themselves? Because they knew that the lake is deeper than deep. It was the common supposition that the lake is as deep as the mountains alongside were high. Captain MacKinnon, the famous chief officer of the SS Nasookin, confirmed this with his story of dropping 1000 feet of line off Rhinoceros Point on the west side of the lake, and not finding bottom. In 1963 the Dominion Government had a hydrographic survey done, which produced Chart 3050, "Kootenay Lake and River," with underwater contours depths marked in feet. The chart shows a maximum depth of 505 feet in the widest part of the lake. The bay where the gold boulder fell goes down to 350 feet very quickly, as shown in close contour intervals. So it appears the boulder must be at least 250 feet down.

In next month's Mainstreet, the story of the lost gold boulder continues into the modern era, with ingenious searches, sacrifice, and even a contest by a local MLA. Watch for the March issue. - FR

* Randall H. Kemp's published tale of the Gray Creek gold boulder may be read online on the website, Internet Archive, <http://www.archive.org/details/half-breeddancean00kemprich>. The story appears in the chapter, "Found and Lost a Fortune," in Kemp's book *A Half-Breed Dance and Other Far Western Stories* (1909) - FR

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February 2011 Mainstreet 7

The Gold Boulder

New Light On An Old Story

by Frances Roback

Did the gold boulder legend originate as a galena boulder found in the Sandon area? Was the story transplanted to Pilot Peninsula by the hand of a master storyteller named Randall H. Kemp? Nelson journalist and historian Greg Nesteroff has been investigating the tale of the lost gold boulder of Kootenay Lake and its reporter, Randall H. Kemp. Greg's research led to the discovery of a 125 ton galena (silver-lead ore) boulder near Sandon in 1892. The discoverer was Joseph William Cockle, the same man and in the same year as in Kemp's story.

Joseph W Cockle was a man of many talents, and names as well. He was variously known as William, Bill, Joseph W., and J.W. Let's just call him J.W.

In roughly chronological order from 1885 to 1898, J.W. Cockle was a taxidermist in Calgary; steam launch operator of the pint-sized *Midge* in Kootenay Lake; Crawford Bay settler and land promoter; a fine boat builder with his brother Reginald (Reg or Rex) in Crawford Bay, Pilot Bay and Kaslo with a brief foray to Sandon during the Slocan silver rush; Kaslo hotel keeper; and a noted amateur entomologist and naturalist. In 1894 J.W. married Ann[e?] Kellett in the Kaslo district. His brother Reg's marriage to Hannah Bush Boon followed in 1901 in Kaslo. The Cockle brothers died just year one apart - J W in 1927, age 71, Reg, age 65, in 1928.

Back to the Big Boulder, as it came to be called. In 1892, J. W. Cockle was trying his luck just outside Sandon in the Silvery Slocan. Looking for tent poles near the Sandon Star mine camp, Cockle (and some say another man) tumbled onto a fortune. It was a giant boulder of solid high-grade silver lead ore measuring 7' X 7' X 6', weighing close to 125 tons, and according to at least one report, assayed at 147 oz. of silver per ton. An ounce of silver then was about 96 cents. But the Big Boulder, as rich as it was, proved not to be an outcropping of a galena vein but only a "float" from the mine higher up. J.W. sold the Big Boulder to W.D. Middough, a Minneapolis mining speculator, for \$2000. There was talk of exhibiting the Big Boulder at the 1892 World's Fair in Chicago, but the logistics of shipping it intact were insurmountable. The boulder was broken up for shipment to a smelter, yielding \$20,000. It's puzzling that in those years of overheated media and mining reports, the coverage on this sensational discovery fizzled out soon afterward, except for a 1910 article in the *Canadian Magazine*, the forerunner to *MacLean's*.

Could Cockle's discovery have been the inspiration for the gold boulder legend of Kootenay Lake? Greg's investigations certainly point in this direction. Randall H. Kemp was an assayer, mining engineer, promoter, and journalist, and not above telling tall tales. Greg's research tweezes out the facts in the folklore surrounding the lost gold boulder, and the facts are very suggestive of a link to the Sandon Big Boulder.

Some of Greg's research findings are these. 1892 was a year rich with discoveries and prospects both for Kemp and for the Cockle brothers. J. W. staked and sold the galena boulder near Sandon for one tenth of its reported worth. That same year, Kemp was also in the Silvery Slocan. The same spring, Kemp and the Cockle brothers were developing two prospects at the head of Crawford Bay which sampled 44% nickel.

Then there's Kemp's Lost Gold Boulder story itself. Kemp knew the Cockles well, and clearly identified them as the "Jim" and "Bill" of his gold boulder story. Their discovery took place in the spring of 1892, according to Kemp, yet the story was not made public until two years later, on April 28, 1894. Why the delay? As a mining recorder and journalist, Kemp might have wanted to break the sensational story immediately in the Nelson and Kaslo papers. But as the co-discoverer and co-loser of the treasure, he would have been prudent to sit on the story, possibly while efforts were made to retrieve it. Kemp is silent on that score, and we can only speculate.

An interesting variation on the gold boulder story came from local helicopter pilot Buzz Mawdsley, in his May 1993 article in the *Mainstreet*. Buzz remembered his grandfather [Harry?] Mawdsley, who was a late 1890s newcomer to Crawford Bay, telling of two amateur prospectors being in the Boswell or Gray Creek area around 1900, and discovering a large piece of galena.

"They became exuberant over their success and started to celebrate. After a few hours of drinking, they thought someone might try to rob them of the treasure, so they rolled the sizable rock down the hill, into their boat, through their boat, and into the lake."

Does it sound familiar? There are still more questions than answers.

It's also puzzling that as Greg's research shows, the gold boulder discovery apparently didn't trigger a rash of stories in the press. Greg noticed the media was silent on the gold boulder of Pilot Peninsula until 1967, when the *Nelson Daily News* revisited Kemp's story. That started a late gold rush to Cape Horn in search of the gold boulder. But that's Tom's story for the next *Mainstreet* issue in March.

A big debt of gratitude to Greg Nesteroff for sharing his research for this article, to Terry Turner and Susan Hulland for the Cockle information in their books, *Impressions of the Past* (2002) and *Remember When* (2004) with me, and to Tom Lymbery for keeping the gold boulder story alive, well, and continuing to captivate.



J. W. Cockle (at right?) and unidentified man pose with the giant galena boulder found near Sandon in 1892. This much publicized photo was reprinted in *Canadian Magazine* September 1910



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Kootenay Lake Chamber Of Commerce
Minding Your Business

by **Gina Medhurst, KLCC Secretary**

We had a very interesting guest speaker at our last meeting. Douglas Hurst from Selkirk Power gave a presentation on what his company is about. Selkirk Power was formed with the idea to create solutions for BC on issues of local and global warming and looking at communities being able to take some control of their energy resources.

Collectively the members of Selkirk Powers have looked at different kinds of renewable energy sources throughout the Kootenay region. They plan to develop low impact small hydro sites, modular mini hydro systems (50-500kw) for community and off grid commercial applications, and still in the research stages, low temperature geothermal generation.

Did you know that it only takes a garden sized hose amount of water to provide enough wattage to turn a turbine for energy? Due to the large amount of water in the Kootenay Region, Selkirk Power is looking at Run-of-River power projects throughout the area to help put power back into the grid. BC Hydro awarded Selkirk Power to facilitate a run-of-river project in Golden.

Doug mentioned that Crawford Creek, for example, is a great creek for a run-of-river project, but it needs community involvement and consensus to make it work. For those interested in more information, Selkirk Power will be doing a full presentation at the South Kootenay Lake Community Services Society AGM in April. Selkirk Power's website is www.selkirkpower.com

KLCC is trying a new advertising tool called "Tag." A Tag is a new kind of barcode, designed specifically to be scanned by a mobile Smartphone. When a Tag is scanned, using the camera on the phone, it can automatically open a webpage, dial a phone number, download contact information, or even receive a message. A great feature is that the content associated with a Tag can be modified at any time; you can update your business information whenever you have changes. Thanks to Neil Meyers of Deer Ridge and the marketing team for the research and creation. It will be seen on the new brochure and, if you look at the local visitor guides, they are in there.

It will also be part of all of our chamber ads. This is something that you will start to see on advertisements, brochures, business cards and flyers and maybe even t-shirts. Tag is one of the newest forms of marketing technology for the ever growing market of Smartphone's.

The application is free to download, but standard data fees will apply. I have included the web address for those of you who would like to start using this cool little application: <http://gettag.mobi>

Restoring Love Health and Success with Family Constellation Work

submitted by **Blanche Tanner**

About three weeks before my mother passed away in 1997, she asked me "What is wrong with my family? Why do they always fight with each other even though they deeply love each other?" I later remembered a small trunk my grandmother brought when she came to live with us. Within this trunk was everything my grandmother held dear. Every one of her eleven living children fought over what they believed was theirs from that old trunk. This of course was only one of many other entanglements that contributed to the fighting and disharmony within the family.

Thankfully, six years ago I was introduced to Bert Hellinger's Family and Human Systems work which inspired me to attend trainings here and in Europe. Through these trainings I not only had the questions my mother asked answered but also gained valuable insights and resolution to other difficulties that were present in my family and personal life. A deeper love and respect for my family has grown out of Family Constellation work. I have a much clearer understanding of how love flows in a family, how family entanglements develop, and how they can impact our lives, our children's lives, and future generations.

If we think of our family as an organic unit similar to a plant or an animal there are certain basic requirements for the family or plant to be healthy. A tree needs to send its roots down into nourishing soil and its trunk needs to be strong enough to support its branches. Similarly, in a family the parents need to be able to be strong enough to support their children and the children need to be able to receive their parents' love.

One of the most fundamental things is that parents are parents and children are children. When the children behave like parents and the parents behave like children, when the natural order of the family is not followed then love does not flow effectively in that family. So ignoring these orders of love can lead to consequences for family members that may last for many generations, blighting peoples' lives and limiting their potential in the world.

Human families operate within an innate structure through which the love naturally flows. The core system is that of a husband and a wife where each respects the other as man and as woman. They need to honour

previous influences, such as each other's families of origin or any previous marriage in the life of the partner. When they do this their mutual regard is free from distortion. Second relationships cannot replicate the first; they have their own characteristics, which need acknowledgement.

Some orders are even less obvious. When someone in the family system has been excluded, forgotten, cast out, or suffered a difficult fate someone of the following generations unconsciously and invariably will step in and bring the lost member's destiny back through living it out in this lifetime affecting us in ways in which we have no understanding. It happens out of a deep but hidden loyalty out of the secret law that will not allow anyone of a family system being denied the right to belong. It is a love so deep that the family member may unconsciously choose to die, rather than "betray" the family bond. While everyone in the family is largely unconscious of this, it causes confusion and difficulties within the family system. This is called a systemic entanglement.

The image is of a river of love flowing through the family members down through the generations the course of which has commonly become distorted in various ways and with varying degrees of severity.

Families can only function harmoniously when each family member has an equally valued place and is respected. So when a family member is forgotten or cut off this usually has negative consequences for everyone in that family. Real harmony is then possible as each family member can now honour and appreciate the fact that they are part of a bigger unit and when each family member is acknowledged and given their appropriate place.

When individuals try to make things better without regard for the whole family system, it is usually doomed to fail. A great effort may cause things to improve for a little while, for example, better communication with a sibling. However when the systemic entanglements are not dealt with they continue to make things difficult. So the communication problems may return with the brother, or the improved communication there may cause difficulties between other members of the family.

Family Constellation work allows participants to see the underlying dynamics of problems and to start exploring them creatively. Thus people's perceptions change. They develop a new understanding of where their problems come from, and of what will help to resolve them.

Constellation Work is a vehicle for working through the difficult issues we face in our lives using the lens of the family system, whether the challenges stem from depression or illness, difficult relationships or financial concerns. You can discover and learn about the natural order in your family system and how hidden loyalties might be holding you back from where you want to be in your life; healthier, more balanced, creative and in relationships that are satisfying and authentic.

Written by **Dr. Chris Walsh and Blanche Tanner**, Breath Practitioner, Family and Human Systems Constellation facilitator and Councillor. Blanche has been involved in personal growth, Spiritual awareness and healing work for over 30 years. She has a private practice in Riondel B.C. Phone: 250-227-6877 Email: www.lifeshiftseminars.com

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Thought For Food

by Farley Curzons

There is no one in this modern world that deserves more sympathy than the working parent on a limited budget. Finding the time, energy and means to prepare nutritious meals for oneself and children poses a real challenge, especially when the temptation for convenience foods are so great. Twenty first century men and women are indeed faced with a dazzling array of food products and are naturally tempted by their commercialized glitz. We would prefer not to worry about how our food is processed or what they contain. We would prefer not to spend too much time in food preparation the way our ancestors did. It's seems that we just don't have the time.

With traditions forgotten, the tool that will allow us to maintain our health and vitality is knowledge. The cook, the food provider and parents of young children can no longer afford to be misled by what passes for nutritional wisdom in the popular press, especially since the nutritional authority is partially or totally wrong.

The first step to meeting these challenges is the realization that fast food is a terrible trap that leads to diminished vitality and consequentially even greater restrictions on one's time, energy and budget. While it is not necessary to spend long hours in the kitchen in order to eat properly, it is necessary to spend some time in the kitchen. Simple, wholesome menus require careful planning rather than long hours of preparation. Much can be accomplished in the way of advanced preparation by dedicating just one block of four to five hours per week to food. This might include shopping, starting a large pot of stock to last the week, making a batch of healthy cookies or muffins for school lunches and preparing a large casserole of soup or stew that can last for several meals. Simple nutritious meals can be prepared very quickly when one lays out the groundwork ahead of time.

As we examine the advice of orthodox nutritionists we find that they are strangely silent about the ever-increasing trend toward food processing and the de-vitalization of the worlds rich agricultural bounty. Food processing is the largest manufacturing industry in North America and hence the most powerful. This industry uses its financial clout to influence the slant of university research and the information that comes from government agencies. One study showed that almost half the leading officials at the FDA had previously worked for organizations the agency was mandated to regulate. The universities have equally powerful ties to the food processing industry.

A good example is Harvard University where Dr. Frederick Stare, head of the nutrition department for many years, began his career with several articles focused on the nutritional deficiencies caused by white flour and a study that positively correlated a high intake of vegetable oils -not animal fats- with heart disease. Soon after he became department head, however, the university received several important grants from the food processing industry.

Dr. Stare's articles and weekly newspaper columns then began assuring the public that there was nothing wrong with white bread, sugar, and highly processed foods. He recommended one cup of corn oil per day to prevent heart disease, and in one article he even suggested Coca-Cola as a snack! Most "nutritional" cookbooks follow the orthodox nutritionists guidelines, including those approved by organizations like the American Heart Association. In these books we'll often find an introduction rehashing a few politically correct studies implicating saturated fats as the cause

of heart disease, followed by pages of recipes loaded with white sugar and white flour as well as assurances that the best thing we can do for our hearts is to replace butter with margarine.

Clearly it is time to take the nutritional health of our selves, our children and our community into our own hands. Is it possible that the powers that be want us to struggle with our health and vitality? It would be interesting to research the relationships between the food processing and pharmaceutical industries.

Getting back to basics, our food should satisfy our four basic tastes - salt, sour, bitter, and sweet. These tastes are meant to guide us to the foods our bodies need, and we have been doing this since our earliest beginnings.

Satisfy the salt taste with natural sea salt or traditional meat broth, which also provide magnesium and vital trace minerals, instead of products laced with MSG or drenched in commercial seasoning salt.

You can please the sour taste buds with old-fashioned fermented foods like pickles, sauerkraut and home made relishes, which provide enzymatic by-products of the culturing process. Take it easy on the pasteurized condiments and alcohol.

Gratify the bitter taste buds with the dark green vegetables and bitter herbs that are rich in vitamins and minerals. These foods are of particularly high value in most traditional societies. Ease up on the coffee and tea.

You can delight the sweet tooth with fruits at their peak of ripeness and with natural sweeteners high in nutrients, rather than refined sugar products.

To make us healthy our food must taste good; it must be digestible, and it must be eaten in peace. Even whole foods, properly prepared according to traditional methods, do very little good if we prepare them with a grudge or eat them with anger.

Spinach Lentil Dal (Serves 8)

- 1.5 cups urad dal lentils (rinsed)
- 2 cloves garlic, peeled and mashed
- warm filtered water
- ¼ C. clarified butter
- 2 t. whey or lemon juice
- 1 ½ t. cumin seeds
- 1 t. tumeric
- 2 C. fresh chopped spinach
- ½ t. fresh ground pepper
- ½ C. red onion, thin sliced
- sea salt
- 1 C. diced tomatoes
- ½ C. cilantro, chopped

1. Cover the lentils with warm water.
2. Stir in whey or lemon juice and leave for about 7 hours in a warm place.
3. Drain, rinse and place in a pot. Add water to cover and bring to a boil. Skim.
4. Add tumeric, pepper and garlic. Simmer, covered, for about an hour or until lentils are very soft.
5. Off heat, beat with a wire whisk until lentils are creamy.
6. Meanwhile, sauté cumin seeds, onion and spinach in clarified butter until spinach has wilted.
7. Fold onion-spinach-cumin mixture into lentils.
8. Top with chopped cilantro and tomatoes.
9. Season to taste.

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All members of Nelson & District Credit Union need to be aware that from Friday February 11th at 2 p.m. to Tuesday Feb. 15th at 10 a.m. all banking services will be interrupted.

Please prepare yourself by inquiring at your local community branch, reading your mail or visiting www.nelsoncu.com/switch for the most up-to-date information and communications.

All members will be impacted.
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From the Principal's Desk

by Dan Rude

Thank you to our community members – local and beyond – who submitted their thoughts for our iPad giveaway writing contest, with the theme of continually creating the best K-12 rural school possible. Some of the insights included involving students in mentorships and apprenticeships, developing meaningful projects that impact our entire community while engaging our students, using technology as a valuable tool to connect with learning, and suggestions for particular programs. Congratulations to our contest winner, Gina Medhurst, whose name was drawn from all of the entries who met the criteria! Gina's writing is available at <http://www.mainstreet.eshore.ca/blog/ipad-contest-winner> and the other submissions are printed under the Contests/Notices tab at www.eshore.ca as well. I would like to challenge us all to keep furthering this conversation so that we have a clear focus, as a community, on deepening learning for our children and youth – as well as for us old(er) folks.

Thank you's:

- Lunch program donors: Don Horvath, Elisabeth Weir, Yasodhara Ashram, Gina Medhurst, RDCK and Mark Hirkala & Yoan Benoit of Mojo's.

- 'Artstarts' for their funding to allow us to run our 'Artists in Education' music program with elementary students on Friday afternoons

- RDCK for funding towards bus costs for our three grade 6-12 ski trips in February

- Mentors: Alanda Greene, Ali George, Chantal LeGault, Dave Kelleher, Doreen Zaiss, Geoff Trembley, Glen Kinder, Howard Sempf, Jackie Friesen, Jacqueline Wedge, Johannes Vanderkrabben, Lorinda English, Mike Jeffrey, Niels Elris, Paris Marshall-Smith, Peter Duryea, Sandra Bernier, Sandy Oates, Simone Stanley, Sofeya Divji, Sonni Greene, Terry Piasetsky, Terry Turner, Theresa Lee, Tim Faires, Tina Marralle and Will Chapman.

- Farley Curzons for his care and attention in our lunch program

EASEY (East Shore Alliance Supporting the Early Years)

by Simone Stanley

We are back in the swing of things and a lot is going on.

Our Christmas Story in December was great. I would like to thank everyone involved: Lorinda English and Kira Dinim for putting on a great story, acting and creating wonderful props, Howling Dan for great acting and providing us with Christmas carols with Dan Rude, Craig Stanley for being a great stage hand, Cathy Poch for volunteering her time opening the Crawford Bay Public library to let us put on our production and take out books and Linda Stewart from Columbia Basin Alliance for Literacy for funding this project.

Grants:

Thank-you to the Regional District Economic Development Grant Board for authorizing our committee a grant for \$1000. This grant will be used to create a logo, brochure, and web page for our committee.

Our logo contest:

Starting Feb 1-13. We are inviting all East Shore children ages 0-6 years to create a logo and submit it to our committee. The logo chosen will become East Shore Alliance Supporting the Early Years (EASEY)

12 *Mainstreet* February 2011

Secondary Community Mentorship Program

by Dan Rude

The response to our Secondary Community Mentorship Program has been overwhelmingly positive, with far more community members hoping to be mentors than we have students with similar interests to match them with. Mentors are committing to 20 hours over a 5-week period to share a passion and skills & knowledge with the secondary students of Crawford Bay School. In the first session, beginning March 2, mentorship activities include photography, stained glass, painting and drawing, glass blowing, felting, computer programming, pruning trees, curling, welding, skiing, early childhood education, jewellery making, pottery and learning to DJ. Second session activities, beginning May 18, include construction, piano, singing, fashion design, metal sculpture, printmaking, horticulture in greenhouses, tie dye textiles, geocaching, golf, mountain biking, sports skills, outdoor survival skills, and job shadowing a teacher for the visually impaired. One student, who will be completing her mentorship during the summer, is hoping to build on her horsemanship skills.

Invitations have been sent out to 27 mentors to attend the mentor orientation on February 2, 2011. We are thankful to Constable Vincent Bixby and Chris who will be coming from the Creston RCMP detachment to accept the criminal record check forms. This will save a number of people the trip to Creston to complete this process. The Superintendent of School District 8, Jeff Jones, will also be in attendance to show support for this unique program in the school district.

Check out future newsletters for interesting updates on this program. Thanks again to our community for your interest in our young people and the generosity with your time. Here's wishing you a positive and engaged learning opportunity with lots of laughs and good memories along the way.

The East Shore Mainstreet *Creativity, Community, Conscience*

logo and identity for years to come. The logo that is chosen will receive a gift card to Mountain Baby and Otter Books in Nelson. For more information about our committee and the contest - contact Simone Stanley 250-227-9218 ex 5504. Posters and contest information will be distributed throughout the East Shore and on the *Mainstreet* web page: www.eshore.ca

Programs:

Nobody's Perfect. This program brings parents together to discuss and share experiences of parenting. Start date: February 22, 4:30pm-7:30pm – Crawford Bay School Library. Child care and supper is provided. (This is a free program)

Rhyme Time will be starting this February. Come and learn new songs, movement activities, and stories. Start Date February 26, 10:30am, Riondel - Moms and Tots room. Program dates: February 26, March 5-12-19. (this is a free program)

Community Book Share: Please take a look and happy reading - this is a way for adults and families in the East Shore to enjoy books without due dates or cost. You can take books from book share shelves located at the various drop off points, keep them as long as you like then bring them back, or bring in books for others to take. Book share locations are: Crawford Bay School and East Shore Credit Union.

For more information contact Simone Stanley,
227-9218 ex 5504.

The next EASEY meeting is March 10.

CBESS Featured Students Hazel Bernhardt



Rajka Dunic & Addi Fowler



& All Grade 10-12 Students

We have shifted from recognizing one student as 'Student of the Month' to recognizing quality work that is being done throughout each month by a variety of students. This month we would like to recognize the following:

Hazel Bernhardt (Grade 11) for her work, as a peer tutor, with elementary students. Hazel helps our young students through encouraging and supporting them with their school work, caring for them through emotional challenges, and serving them in our lunch program.

Rajka Dunic (Grade 4) and Addi Fowler (Grade 4) for volunteering to organize and lead our upcoming 'Anti-Bullying Day'

Our Grade 10-12 students for their work in our first ever Projects course, in which each student worked on a personal learning project, supported by Ted Wallace. Some of the projects this year included digital music creation, clothing design and sewing, horsemanship, psychology, glass blowing & copper enameling, photography, and filmmaking; the program saw some students putting in twice as many hours at home as required for school credit.

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South Kootenay Lake Community Services Society

by Shandi Miller

Upcoming workshops:

Looking to refresh some skills? We're hoping to organise some workshops locally in the next month or so – let us know if you're interested!

Food Safety workshop - A trainer from College of the Rockies can deliver a food safety workshop locally for members of community groups needing certification. (The health inspector requires at least two people on each dinner team to possess the Food Safe certificate.) The cost of the workshop is \$70 (non profit rate) and will be held at Boswell Hall, Saturday February 26 from 8:30-4:30pm IF there are enough people registered – please contact Shandi or sign up online: <http://www.surveymonkey.com/s/KXT5VJS>

Resume and career skills workshop - A workshop delivered by Kootenay Career Development Services (KCDS) will be organized locally in February or March if there is enough interest. Let us know if you have specific areas of interest you'd like to cover in the workshop, and contact Shandi to sign up (or sign up online: <http://www.surveymonkey.com/s/KMDYXSG>)

Pilot Project:

Have a look at the Rural Riches article in this issue of the *Mainstreet* to find out about an exciting program in development that needs your help.

If you'd like any more information contact Shandi by phone or email: skootenaylakecss@gmail.com or c/o Crawford Bay School 250-227-9218 x5505. (What's the best way to get this kind of information to you? If you'd like to be added to our email list, drop us a line!)

Boswell Hall Facelift

by Jan Brooks

Boswell Memorial Hall was the scene of great activity during the month of January as we readied the hall for the new flooring. Funds for this huge undertaking were raised through various means, including donations, raffles and numerous volunteer hours. The Board of Directors and the community gratefully acknowledge the financial support from the Columbia Basin Trust Community Initiatives Program and the Creston-Kootenay Foundation.

It soon became apparent that what started as a flooring project needed to become a full-blown hall renovation with leak repair in the kitchen roof and a general repair and sprucing up with new paint. On the first day of our project, 24 community members gathered to begin the work. By 1pm the hall was emptied of all tables, chairs and sundry furniture items, and the whole kitchen was taken apart and moved to storage. Not only that, but we also enjoyed the first of many delicious lunches provided by community members. In four hours we finished jobs that we had scheduled to do in 3 days.

The next couple of days saw a levelling compound poured, which we hope has eliminated the valleys and peaks that were apparent to many, especially to the Carpet Bowlers. The next chore was installing 70 sheets of plywood, throughout the main hall and kitchen areas using 7000 screws and completed by 14 amazing men. Then the preliminary work began to ready the walls for their fresh coat of paint. So far the hall looks wonderfully bright and cheery. We are excited to see it when the flooring is completed.

The new flooring will be installed and all furniture and appliances returned to their rightful places by February 8. Our Board of Directors is heartened by the response and very thankful for all the volunteers who have helped in any way. We have had a total of 165 person-days from January 5 - 21. This includes anybody who provided snacks and meals as well as all those who worked at the Hall.

Being involved in the improvement of the Hall not only creates in each member a personal investment in our community gathering place, but also provides an opportunity to meet new people and to develop friendships as we work together.

At 6pm on Saturday, February 12, the first community dinner of the year will be held. Come out to see the new floor, enjoy the company of neighbours and friends, and partake in another delicious dinner. Tickets will be available at Destiny Bay Grocers from Feb. 7 to Feb. 11 for \$10 or at the door on Saturday for \$12.

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Sending in your proposal early gives us an opportunity to make corrections or suggestions that may help you to succeed. Please send them in at least a week early if possible.

Next application deadlines:
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Thoughts from a Disturbed Mind

by Harvey Valgardson

ACHLORHYDRIA: A deficiency of hydrochloric acid in the stomach's digestive juices preventing normal food digestion. It may be caused by pernicious anemia, autoimmune thyroid disease or chronic gastritis.

I have no idea what all that means but it sure sounds nasty, doesn't it? Suppose you knew someone who was displaying symptoms of this malady. Would you say something? Would you suggest they seek medical help? Or would you sing a silly song about it and then make them pull a sleigh all night? Well, that's what has been happening!

I believe most people are inherently kind. Some instinct buried deep in our subconscious tells us that kindness is necessary for a healthy society. When we do act unkindly, our cruelty is very often a product of ignorance. A bit of education can quickly change our attitudes. I got some education the other day and I feel compelled to share it.

I was watching a documentary about Lapland. I've always pictured Lapland as a boring expanse of tundra where it is impossible to get a good cup of coffee. It turns out I was right. I didn't see anything that could be used to promote tourism but boy oh boy, do they ever have a lot of reindeer. They use them for everything. They ride them, milk them, eat them and make clothing out of them. They have young reindeer and old reindeer and skinny reindeer and fat reindeer but one thing they did not have was a red nosed reindeer. That started me thinking.

I Googled "disease symptom red nose" and the previously mentioned disorder is what came up. I don't know how long he's been suffering, but if there was ever anyone who needed some human kindness, I strongly suspect it's Rudolph. Yep, that's right. We have to save Rudolph the Red Nosed Reindeer.

Now, I know the last thing you want to think about is Christmas. We just fought our way through one and many of us are still paying for it, but a project of

this scope will not happen overnight. Eleven months is not too much lead time in which to get everything done. And there's a lot to be done if we're to have any chance at succeeding.

The first challenge will be to catch him. I think tranquilizer darts might be the best solution. We could have marksmanship competitions throughout the year to determine our best shooters. But where do we deploy them? Well, what we need to do is identify someone who has been nice all year. That shouldn't be hard. They'll stick out like a sore thumb. Then, come Christmas Eve, we position our snipers around that person's house. Aim for the rooftop. That's where he is most likely to land. But what do we do once he's been sedated?

We are going to need a hospital. A very special hospital. A reindeer hospital and that is where things get complicated. The logistics involved in building and equipping something like that are intimidating. So I think it best if we call in the pros. We're going to need the Shriners. That's a very exciting prospect for me because I always get a kick out of watching them ride those little bikes around.

Also, since significant fund-raising will be required, we should have a celebrity spokesperson. What about Pamela Anderson? I know she's a little past her due date but she's probably all we can afford and I think she'd still look nifty in a little elf bikini. Actually, that would be a great idea for a gala fund raiser. A whole bunch of Shriners riding their little bikes around Pamela Anderson in a little elf bikini. The theme could be "little but fun". Who wouldn't pay to see that? I certainly would.

Well, anyway, organization is not my forte. I'm more of an idea man but I know there are people on the East Shore who could make this whole thing look easy. I can only hope that these words will spur one or more of you to action. East Shore residents are a big hearted bunch so I'm sure volunteers will be readily available.

Wouldn't it be wonderful if, early in 2012, we could, as a community, present to the world Rudolph, the perfectly healthy and normal nosed reindeer? For what it's worth, I'm willing to do anything I can to help and whatever plan you organized types come up with would be fine with me.

Only, if possible, can we keep the Shriners, Pamela and the little elf bikini? Gosh, it sounds like the best Christmas ever. At least, that's what I've been thinking.

Tipi Camp Yogathon Great Success

by Tisane Scanlan

The tally from the Yogathon on January 16 was over \$5500. This is FANTASTIC! The sense of spirit that was present throughout the day was quite beautiful and so many gave so generously to Tipi Camp. There has been some wonderful correspondence within the yoga community and from the five lovely women who led classes. All were so touched by the number of people who were there, a rare opportunity to connect in one space with so many people that we love.

About 70 people came. Some stayed for one class; some stayed for more; some came for lunch and to watch the slide-show presentation. Thanks to Peter Duryea, one of the founders of Tipi Camp, for being part of the day with his wonderful words. Such storytelling is a gift and one to cherish. Peter has the ability to bring the essence of Tipi Camp right into our hearts and many were moved to tears on Sunday. Peter, you shared your heart and it was felt by all of those present – such a blessing.

What an incredible gift for the camp and for the bursary program. Many children and teens will benefit from the money raised at this event. All those connected with Tipi Camp are very, very grateful for the support.

Here are some of the lovely comments we have received....

"It was a very beautiful and loving day. I truly feel blessed to have participated. Thank you for this opportunity for our community to be together in such a powerful way, and for us as yoga teachers to offer yoga from the one heart."

"I was so happy to be there yesterday, and to connect with Peter. I felt like I really received the essence of who he is and I am still feeling it today. And we yoga teachers have been exchanging emails about the gifts of being together, all in one spot and one event."

"What a beautiful day to be a part of! Thank you!"

"What a great event! Thank you so much for allowing me to be part of it. My fondest memory of Tipi camp is You! Your kindness and understanding allowed me to move towards my True Self. All of you at the Camp are amazing. Let me know whenever help is needed."

Many thanks to those who generously gave their time and support to this wonderful event – the yoga teachers, the organizers and the volunteers. There are too many to individually mention as it was a collaborative, collective effort which is exactly what Tipi Camp is all about.

Again, thanks to those who donated to the cause either in person on the day or by sponsoring someone who was able to come. Every single penny makes a difference, just as every little thing we do in life has a ripple effect.

If anyone is interested in helping us with camp set up in late spring or would like to volunteer in any capacity we would love to hear from you. Please fill out the volunteer form on our website, <http://www.tipicamp.bc.ca/contact-us/volunteers/volunteer-form/> or call Sandra at 250.505.3173.



CALL FOR PROJECT PROPOSALS

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 for the areas of:

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

Application guidelines and forms are available at:

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

For information about preparing your project proposal, contact Angela Lund at 1.250.352.8168, 1.800.268.7325 or alund@rdck.bc.ca.
 Deadline for project proposals is 4:00 p.m., Monday, March 7, 2011.
 Late applications are not eligible for consideration.

Administrative/Local Management by
 Regional District of Central Kootenay
 Box 580, 202 Lakeside Drive, Nelson BC V1L 5M1
 Ph: 250.352.8168 Fax: 250.352.8108
www.rdck.bc.ca

EMPLOYMENT OPPORTUNITY

Attendant for the Hiwiled Park & Campground

May 15 – mid-September, 2011

Send expressions of interest and include:

- Relevant experience
- References
- Your expectations
- & what you bring to the job

Mail to: Hiwiled Parks, Recreation & Community Services Society Box 144, Hiwiled BC, V0B 2B0

Or deliver to Hiwiled Commission of Management office
 Tues - Thurs, 9:00 am - 1:00 pm

Applications will be acknowledged
 The position will awarded after March AGM.



Answers from the Physio

by Anna Rose, Physiotherapist

Q. Why does my upper back hurt?

A. Unless you have been in a car accident recently or are coping with a long-time condition affecting the vertebrae of your spine, the most likely reason is poor posture.

Further.

2. Get active. Many activities encourage a good posture. Yoga, dance, T'ai chi, and martial arts all stress posture that is healthy, looks good, and allows deep breathing and easier movement. Other activities may not specifically address posture, but with better tone, your muscles won't get so tired and with better body awareness, you'll notice when you begin to sag. Ask your friendly local physiotherapist for exercises to counter your particular postural faults.

3. Examine the set-up where you do stand or sit for prolonged periods. Maybe just raising the computer screen will make all the difference to your upper back pain.

4. Take care of your mental health and be proud to be the unique individual that you are.

Common postural faults

Common postural faults

In standing, unhealthy posture can start right from the ground up. We may let our weight sag to the inner borders of our feet, lock our knees in hyperextension, and let our spines sag into an increased lower back curve (forwards), and increased mid-back curve (backwards). We round our shoulders forward and poke our chins forward, too.

In sitting, we may sit way back onto our tailbones, collapse our lower and mid-back

into one long C-shape and then either drop our gaze down or poke our chins forward.

Why we do these things

1. structural variations – flat feet, whether they formed that way originally or lost their arches later, and knees that hyperextend (more common in women) can predispose us to faulty standing posture. Heavy-breasted women have to work harder against gravity. Some people have upper back vertebrae starting to become wedge-shaped due to a hereditary condition.

2. sedentary habits – desk work, computer work, reading, and TV watching can allow faulty posture to be prolonged and regular. Standing at the kitchen counter or workshop bench can allow this allow. Our brain starts to think this faulty pattern is the normal posture for our bodies.

3. emotional factors – tall kids and early-developing girls may shrink down to avoid looking different, and keep this habit as adults. When we are depressed we may lack the energy to maintain our posture, and when we are anxious our bodies may show our subconscious desire to hide.

Why pain results

Vertebrae get squeezed together. This could be more towards the front of the spinal column (of exaggerated upper back curves), causing stimulation of the pain nerve fibres of the joints there. If it's at the back (as in the sudden change of curvature from an exaggerated upper back curve to an exaggerated neck curve), it causes the same situation there, plus the pinching of nerve roots where they exit the spinal cord to pass around the ribcage or down the arms.

Muscles get stretched thin over the upper back. Now they are at a mechanical disadvantage and get fatigued trying to hold our upper body, head and shoulders from further forward collapse. Fatigued muscles ache! There are muscles at the back of the neck that attach as far down as the area between our shoulder blades, so upper back pain may be caused by poor neck posture.

How to solve the problem

1. Be aware of any structural variations your body may have and don't allow them to dictate your posture. Collapsing arches can be supported. Women with heavier chests may have to work harder on postural exercises, and possibly lose weight. An exaggerated upper back curve from hereditary factors in bone degeneration will not go away entirely when you try to "straighten up", but at least you don't have to slouch

East Shore Physiotherapy
New Health Centre, Crawford Bay

Anna Rose BScPT
Full Assessments and Explanations,
Gentle Treatments, Home Programs
227-9155

• **Planning a wedding?**
• **Holding a meeting?**

**Consider renting the
BOSWELL HALL**

Booking/info: Judy @ 250-223-8664

The Fitness Place

Hours:
Mon - Fri: 6:30 am - 10:30 am
Tues - Thurs: 6 pm - 8 pm
Sat: 8:30 - 10:30 am

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

Tom Sez

by Tom Lymbery

Both Canada and Mexico are phasing out **incandescent light bulbs** in order to save power by using florescent light. How long will it take to use up the existing stock? We have not re-stocked on 5 year bulbs for some years. There may be some left but the warranty is no longer valid. Gray Creek Store

With Target taking over Zellers **will we see the end of CLUB ZED?** One of the bastions of our Canadian pronunciation.

Will Zumba classes come to Gray Creek Hall? If you haven't already, please Google 'zumba' and listen to the beat.

The airport at Red Dog, Alaska is now paved, after years as a gravel strip. Why am I mentioning Red Dog? That's where the galena (silver, lead, zinc) ore is produced that is the primary feed for the Trail Smelter.

I am very disappointed to miss **Jack Nisbet's presentation at Touchstones Museum** in Nelson on January 26. Jack's book, *Sources of the River*, is the fascinating story of David Thompson crossing the Rockies for the first time, and finding a river running south (the Kootenay) and a river running north (Columbia) when he was looking for the Columbia to be going west, as he knew that explorers had found it entering the Pacific Ocean.

Restaurants in Mexico have a non smoking sign with an 800 phone number to call in if you catch anyone lighting up. Is Canada behind with **suppressing the evil weed?**

Google "shade grown coffee" to find out about Arabica coffee production.

I had always believed that the **black marks on the side of the Kerr apartment building** in Nelson were the result of Nelson's early Opera House fire next door, but historian Henry Stevenson explains that they were a natural coloration from the granite that was excavated on site.

BC Magazine (used to be *Beautiful BC*) has some **amazing pictures of cougars** in the Winter 2010 issue. We need to do more to protect this virtually invisible (have you ever seen a live one?) animal that is the only natural control for our over-abundance of deer.

Will we get a chance to **walk on the crust?** If we get a good February frost that solidifies the top of the snowpack. You feel so superior, walking easily over top of rocks and brush, where you can't usually go.

Volunteer Opportunity!

The CHSS Hot Lunch Program has a salad bar and entree table to rival all others in the Kootenays. Many schools have had to discontinue or reduce their lunch programs to pizza and hot dogs due to funding shortages.

It is through the tireless fundraising efforts of the Parental Advisory Committee (P.A.C.) that our children, educators, and other community members have access to this healthy and diverse menu.

We have a number of volunteers who assist our chef, Facey Cursons, from Monday through Thursday.

There are a couple of openings if anyone is interested in joining our volunteer team.

If you have been looking for a way to support your community this just might be for you.

Contact CHSS @ 250-227-9228 or stop by the kitchen to find out more.



pebbles by Wendy Scott Below Zero

It's a short trip on a cold morning with a slightly delayed start. Whoops at the corner – go back – switch off the coffee maker – try again.

On the ferry, Bruce and I head upstairs, coffee in hand. It's too chilly to stay on deck, but morning sunlight touching the cold grey water promises a brighter day.

In the mountains sun glitters from cliffs scoured by man's scaling and hung with nature's masterpieces of sculpted ice. Wisps of hairy mist dance on rivers until, away from the valleys, clouds envelop car and driver.

Iceicles hanging solid and long from snow covered log houses and evergreen branches flocked with snow complete a standard Christmas card image. But wind teases the light, dry Kootenay snow into a swirling dance ahead of the car, and beside the road ravens snatch chunks of unknown matter that may or may not be edible, then reluctant to share, tussle on fence posts and railings.

This is Kootenay winter and we're taking our vehicle to Trail for its regular check-up, and because this is Kootenay winter, we're letting the day go by without attempting a return trip until tomorrow. A day without computer or telephone stretches into an undefined period of time. Even though we've been to Trail often enough to be impatient with delays, it gains the unfamiliar aura that comes only with time to look around; time to notice crooked fences and hoar frost on small shrubs; time to wonder at the tall smoke stacks, repugnant to some, but justifiable for this town's existence. All this because we don't have to hurry back today and catch a ferry.

We ask the usual question, "Where's a good place for lunch?" and follow directions to Huckleberry's, on Old Waneta Road in Trail. It's a tiny café with half a dozen tables, an open kitchen, and Carole, the owner/cook. Carole brings Organic Cherry Hill coffee in tall, square mugs, or would we prefer Latte, Cappuccino, Mocha, green tea? If kids were tagging along, she could whip up an old-fashioned milk shake or maybe a float might be tempting. Or – some sea-salted yam fries, a strawberry spinach salad, and, not to be missed, one of those prize winning desserts. Carole can also create a catered summer-time patio party. If you're in Trail, it's worth a stop.

Did we stay in this smoky city? No, we doubled back to Castlegar for a bit of luxury at a recommended motel. Since one does not expect 'class' from the Super 8, it was a pleasant surprise to find a well-appointed lobby with the cosy comfort of two fireplaces, and from a display of local Doukhobor handicraft, I chose a small wooden baby-spoon for our one-year-old great grandson.

In the morning we lingered over our 'free breakfast' which offered hard boiled eggs and individual blends of yogurt and granola as well as the regular waffle, toast, cereal selection. We commiserated with other travellers over everyone else's weather then stepped back into the chilly, sparkling Kootenay morning.

Driving up the North Arm with its shapes, slopes and peaks defined by winter, we are Time Travellers in a sub zero world. I'm not sure how many hours slipped into that day, or where they came from, but it's a surprise to find life going on at home as if there's been no change at all.

Snow is only now beginning to fall, but I know that the next few days will bring nearly two feet and sculpt the world outside into comical curlicues and swooping, hollow tunnels. I know also that the rains will come and melt winter's artistry, and I think of our

little great-grandson, along with all the new-borns on the East Shore – their parents, grand-parents and the centenarians mentioned every evening on the news. We live our lives, watch children grow, and state that Time flies. But after the experience of one day away (or 2 weeks, 6 months – take your choice) I know that the time we move through is anything but static or predictable. Time neither flies nor drags its feet. It is simply elastic. Step through, there's another dimension on the other side. And I know – if I spend a few moments beside the lake, the full winter moon will ride the clear winter sky and tiptoe across the silent water to my feet.

A winter lake where we dip to freshen our dreams,
-Ray Bradbury

Next Deadline:

Feb 23, 2011

www.mainstreet.eshore.ca

East Shore Community Library/Reading Centre News

by David George

Evil Tax Lords & Greedy Publishers

Part One:

Noticed that postage rates increased on January 17? Two cents more doesn't seem like much, does it? The fifty-seven cent regular Canadian stamp went up to fifty-nine cents. With the GST, sometimes called the Go South Tax, imposed by the Evil Ottawa Tax Lords, a stamp should now cost sixty-two cents, right? But wait; the Evil Victoria Tax Lords imposed their provincial so-called combined HST of 12 per cent on your stamp, and it will cost sixty-six cents.

If you don't think this is right, complain to your MLA Michelle Mungall (250-354-5944) and also to the West Kootenay MP, Alex Atamanenko (1-800-667-2393) and ask them to go forth and do battle with the Evil Victoria Tax Lords about this injustice, regarding what is purely a federal right, that of issuing postage stamps. It was bad enough when the feds started taxing their own stamps, but this provincial interference is simply intolerable!

Ascending even higher on the soapbox, I have recently noticed that the disparity between the store price of books in Canada versus the USA is still with us. Greedy Publishers are boosting the Canadian price of books by as much as twenty-five per cent (25%) despite the fact that our dollar is now very nearly equal or greater in value to the US dollar.

One example of this is a hardcover book published August 2010 by Little, Brown and Company, a very old imprint, now owned by the Hachette Book Group and priced in the USA at \$25.99, but marked up for Canada to \$31.99, an increase of 23 per cent. When your library buys a book at this price, we have to pay about \$22 instead of a fairer \$17, if our cost was based on the US price. The publisher's New York offices may be reachable through the website, given in the book as: www.hachettebookgroup.com - look them up, and try rattling their chains.

Now we could all probably accept a markup of 10 per cent to cover the cost of the extra middleman in Canada and our more expensive shipping costs, but 25 per cent is excessive.

More to come next month in the continuing saga of Evil Tax Lords and Greedy Publishers.

Riondel Community Library

by Muriel Crowe

I notice that our number of members continues to grow and am delighted with that as are all of our volunteers. I thought this might be a good time to repeat a list of the variety of items for loan in the library. Our newest addition is four pairs of reading glasses that you can borrow to use in the library and we have had people borrow them for short term home use. We have two projectors, a paper cutter and a three hole punch that you can use plus a photocopier that can be used at a very reasonable cost. There are two public use internet computers, two plug-ins for laptops and also a public computer that can be used to search our catalogue. We have a cassette player that can be borrowed to listen to our cassette audio books and we have CD's, DVD's and VHS videos. All of this plus a multitude of books are available and the smiles are free too.

Thanks to Bruce Scott we have a web page that offers connections to newspapers, our catalogue and the general catalogue of all BC libraries. There are other interesting links on our site including a link that can be used to request a book renewal, hold or purchase. The address is <http://www.riondel.ca/library/>
Come browse and borrow.

*The East Shore Mainstreet
Creativity, Community, Conscience*

Book Review

by Tom Lymbery

BRONC BUSTERS and HAY SLOOPS - Ranching in the West in the Early 20th Century, by Ken Mather, publisher Heritage House, \$19.95, 224 pages.

This is quite a summary of the cattle industry of grasslands of BC from about 1858 to the 1960s. When the gold miners moved up the Fraser River to Quesnel and Barkerville, they needed a steady supply of beef. That began by driving herds that in a few years totaled some 22,000 head into Canada from the south. What long, dusty trips those must have been with so many coming over the nearly 7000 foot Monida Pass from Idaho through Montana.

To those of us who went to the one room school in Gray Creek Hall, the most interesting chapter is on the Three "R"s for it tells us how basic education could be brought to small isolated communities, in more detail even than books on rural schools such as *Floating Schools and Frozen Inkwells*. By Joan Adams and Becky Thomas.

"If there was a large enough community to supply 10 children of school age the residents had to satisfy Victoria that there was title-deeded land for a school grounds. Once that was accomplished, a school board of three trustees had to be elected and an application made to the board of education for approval..... the assisted school was built by the community at its own expense, usually with volunteer labour. The government would then supply blackboards, desks and books, and pay the teacher's salary."

Of course, ranching was much about horses and the people that rode or worked them, and it's amazing the coverage this book has of the large and small ranches and how their lives went. Photos of ranches, cowboys and cowgirls from all the ranching areas of BC are included. From the biggest spreads like the Gang Ranch or Douglas Lake to many, many smaller operations this is not only very readable but a reference work for years to come.



Mister Grump

1940-2011

by Wendy Scott

and all the

busy chimneys — their ghost-breath,

a rumour of lives warmed within,

rising, rising, and blowing away.

-Robyn Sarah

Will Holt changed his name – legally – for the express purpose of having cheques printed with that name, and acknowledging the image he felt comfortable in. Of course Nelson & District Credit Union had to register Mister Grump as a patron. Grump, by definition, indicates a morosely irritable, surly person who tends to sulk, but this man – this gentleman, was known on the East Shore as a prankster, a fellow who consistently wore a baseball cap – backwards, shaved his head or grew a beard – as a bet – or a whim, and came into work (Fairy Treats) wearing fluffy bedroom slippers. Will turned green for St Patrick's Day and always arrived wigged, costumed, and masked for Halloween.

A dozen years have passed since I met Will, a man with an explosive laugh and a huge heart. He was an indispensable volunteer at Riondel Clinic, and on his birthday in April, 2000, Dr Savory organized an elaborate cake decorated with, Happy 50th Will. The thought was great, but the math, slightly off, and that laugh burst out, loud and raucous, "Thanks," he said, "but I'm 60!"

Post War Vancouver was a comfortable town; a place where young boys played outside and walked to school – or rode bicycles, with no concerns other than traffic and pedestrians. At eight years of age, in the Mount Pleasant community, young Will Holt would have done all these, as well as attending Cub Scouts at a nearby Church hall. That year, 1948, was warm and wet in Vancouver. There was no snow for a young boy to enjoy, in fact returning soldiers were sent off to the Fraser Valley to stack sandbags against bulging – and flooding – river banks.

Sometime in this boy's childhood his father drove a limousine, and often shared stories with Will of interesting passengers. One in particular impressed Will enough that he remembered her for all of his years. His father's passenger was Marion Anderson, the world renowned American contralto who was in demand internationally long before her own country would accept her colour. Bing Crosby came to Vancouver that same year – a singer who never needed to question his rights or his freedoms.

Will tucked these memories, images and implications into his psyche and pulled them out in bits and pieces, when the mood struck. Marion Anderson's favourite recital piece was "Solitude"; a good fit for the man who chose to live alone – except for the little dogs that came to him in need of a bit of love and care before what was left of their (invariably) short lives expired.

Will's family became those who lived and worked around him in Kootenay Bay. His tiny house was tucked into the trees in the Fraser subdivision, but his home could best be described as Fairy Treats, where he counted Susan Dill and her family as his dearest friends. When Will was not busy delivering blood for the Clinic or collecting groceries in town for friends, he spent the better part of his days either at the head of Fairy Treat's Coffee Club table, or washing dishes, peeling potatoes, stocking the wood stove, or just being a vital part of a gathering place that welcomed all of the East Shore – plus any stranger who stopped by. Now, at Fairy Treats, there is another empty mug.

Will Holt, the Cub Scout, promised to do his best and to do a good deed for someone every day. Mr. Grump, would-be rebel, kept his Scout promise for all of his seventy years.

And about that empty coffee mug at Fairy Treats – do you remember...? ... We do so.

Notice of Passing

Dill, Frieda (born Landes)



Frieda Dill went to be with the Lord on December 16, 2010 at her home in Kootenay Bay after a lengthy battle with cancer. She was born on June 22, 1922 in Heidelberg, Germany.

She leaves behind her husband of 62 years Frank Senior, and her two children Frank Junior (Susan), Ricki (Jules) as well as her beloved grandchildren, Julie (Dwayne) and Randy (Nicole), sister Baerbel of Germany and many nieces, nephews, cousins, and friends in Germany and Kootenay Bay.

Mom was loved by everyone who knew her. She was the most kind hearted, caring and loving person you could ever meet. She also will be missed very much by her cats Seppel and Mushi. The family would like to thank everybody for the many cards, prayers and phone calls we received during this difficult time in our lives. A celebration of Frieda's life will be held

Remembrance Garden

by Wendy Scott

This winter month, February, brings moments of reflection here in the garden. It has been nine years since that cold February day when an icy road took Dr. Savory's life; and nine years since we made a promise in a church full of her friends and co-workers. The result was the Eastshore Garden of Remembrance. The garden began with one bench, donated, crafted and installed by Dave Loeppky. Today many more memories (over 40 now) have been collected and are displayed on four more benches.

This is the time of year when benches will be snow-covered one day and bare the next. And on the seats throughout the winter you can find reminders of leaves and twigs embossed by frost. Their patterns, no doubt, will remain until spring touches the garden again.

This is also the time of year when gardeners like to think ahead, and if you have any ideas about shrubs and plants you would like to see in the garden, please let us know. The same goes for those of you considering a marble plaque for one of the benches.

The back entrance to the garden is wickedly slippery. Please take extra care when you come to visit.

For plaques - Wendy wmescott@gmail.com 250-225-3381

For shrubs - Muriel mcrowe@bluebell.ca 250-225-3570



Bible Talk

by Pastor Doug Middlebrook

But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for all those who worship Him must wor-

ship in spirit and truth. John 4:23-24

In this scripture Jesus is instructing the people about worship; not only when to worship, but how to worship and who to worship. First He tells us that we are to worship the Father. This is God the Father, the Creator of Heaven and Earth. The first commandment in Ex. 20 tells us that we are to have no other gods or idols before Him.

Secondly, He tells us we are to worship Him in spirit. As we look into the meaning of this word, we want to find what God's definition is. We first see the term Spirit in Genesis, when he tells us His Spirit brooded over the earth. Notice Spirit is capitalized as it is speaking of a person. In this quotation from the Gospel of John, spirit is used like it was when God breathed life into man. In the original language breathed is translated spirit. It is what brought us to life. God's spirit in us gave us life. So we can see that we are to worship the Father in life. Our lives and how we live them should honor the Father and show respect for Him. This demonstrates part of the definition of the word worship: to honor and respect, to show reverence for. Vs. 24 tells us that God is Spirit and that is how we must worship Him. God gave us life and that is how He asks us to worship Him.

Thirdly, Jesus tells us that we should worship Him in truth. The definition we use today of truth is the quality of being true, genuine, actual, or factual, something that is true as opposed to false. But the truth He is speaking of here is that of Jesus.

We read in John 14:6, Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me."

If we are to worship God the Father in truth it needs to be done through His son, Jesus. According to our previous definition of truth we see that Jesus meets those qualifications. He is real, genuine, and factual. We also read that He says He is the Life, which is the Spirit of God.

The final point in these scriptures is that of true worshipers. Here Jesus is speaking about us. He is telling all people that we need to be followers of the truth, Jesus, to become true worshipers. It is only through Jesus that we can come before the Father. He wants us to do this while we are alive. The point I would like to emphasize from this scripture is that the time is now. The Father is looking for those who would come to Him and worship Him through His son Jesus, now, not when things are bad or good or there is no hope, but now. God is looking for those who would do this. It is His will that none would perish.

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. John 3:16 The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance. 2Pe 3:9

Should you have any questions about any of the Bible Talk articles, I would be happy to try and answer them for you. May God's blessing be with each of you.

Next Deadline:

Feb 23, 2011

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

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FIRST CONTACT EAST SHORE MIDWIFERY - Sylke Plauermann, registered midwife. 250-227-6846.
MASSAGE, FOOT REFLEXOLOGY, POLARITY BALANCING: Call Susan Snead to book a session in your home or at hers in the Riondel area. 250-225-3520
MASSAGE, SHIATSU - DEEP TISSUE - REIKI, mobile or in Crawford Bay, call James Wood, 250.227.6849 for an appointment.
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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 ROOPER/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.

**Creativity
Community
Conscience**
www.mainstreet.eshore.ca
www.eshore.ca

CLASSIFIED SECTION

AUTOMOTIVE/MARINE

Our lake level hits its low point March 31 - plan your beach and dock repair now. Galvanized chain, timber washers, long nails, winches, chain saw chains, peaveys, and more - Gray Creek Store
Make sure you have a Jumper -- Booster Cable Set in your vehicle - winter is tough on batteries - Gray Creek Store
Gas Line Anti Freeze: methyl hydrate, starting fluid, diesel and regular anti freeze, Tiger Torches - Gray Creek Store
Roadside Emergency Kits \$39.95 - with everything from jumper cables, tire sealant, to an emergency blanket, first aid kit, and more - Gray Creek Store

BUS. ANNOUNCEMENTS

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

Sirdar General Store - A unique place to shop on Duck Lake. Fishing & Hunting Licenses, Tags & Tackle, Groceries, Juices, Water & Energy Drinks & Bars, Chocolate Bars, Chips & Nuts, Local Crafts-mitts, scarves, toques. New-Felicity Klassen's book Chilcotin Ramblings, handcrafted wooden cutting boards, birdhouses. Post Office, Faxes, Greeting Cards. Happy Valentines Day. 8050 Hwy 3A, 250-866-5570 or Fax 250-866-6811.

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

BUSINESS SERVICES

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

EMPLOYMENT OPPS/ HELP WANTED

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

HOME/BUILDING

Purchase a Blaze King Princess or King stove before March 31st 2011 and receive a free upgrade to your door from black to satin/gold plated or a free fan kit and convection deck!
Ask Dan the difference between Jonsered/Husqvarna chain saws and those sold by Canadian Tire et al. Jonsered & Husky are just different colours of the same units, as Johnston / Evinrude outboards used to be.
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
Jonsered mix oil for saws/ two cycle engines has gas stabilizer included - save expensive carburetor cleaning to remove varnish left by lesser mix oils - Gray Creek Store
Rainbow Moment - a table torch with coloured flame, 3 colours to choose from, burns lamp oil - \$27.95 - Gray Creek Store
Propane Wall Heaters - direct vent kits included, 2 sizes in stock from \$675 - Gray Creek Store

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

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

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

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

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

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

MISCELLANEOUS 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

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

Cold FX and Stepsils: When that cold strikes, Stepsils allow you to get to sleep by numbing that sore throat - Gray Creek Store

Lakota Joint Care capsules: let Lakota defeat your rheumatism as the Lakota defeated Custer. Also: Beta Carotene capsules extend the use of your eyes - Gray Creek Store.

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

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

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

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

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

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

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

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

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

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

NOTICES

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

OUTDOORS/REC

Snowmobile Helmets, same models ok for ATVs or Motorcycles, two styles and looks - 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

Snow Pushers - up to 36" wide. Snow floats - don't lift that heavy snow - we can demo how you save your back - Gray Creek

Store. (Roof rakes as well)
Log Lifter with hickory handle, get your log off the ground for easier firewood cutting \$97.50 - Gray Creek Store

YARD & GARDEN

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

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

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

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

Next Deadline:
Feb 23, 2011
mainstreet@theeastshore.net
250.227.9246

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE Riondel Seniors Association AGM and Potluck Luncheon will be held on Feb 8th at 12:00 in the Seniors room at the Riondel Community Centre.

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

EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

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

PHYSICIAN COVERAGE FOR FEBRUARY 2011

Feb 1, TUES - DR GRYPONPRE
Feb 2, WEDS - DR MOULSON
Feb 3, THURS - NO DOCTOR
Feb 8, TUES - DR S LEE
Feb 9, WEDS - DR MOULSON
Feb 10, THURS - DR. S LEE
Feb 15, TUES - DR S LEE
Feb 16, WEDS - NO DOCTOR
Feb 17, THURS - DR S LEE
Feb 22, TUES - DR GRYPONPRE
Feb 23, WEDS - DR MOULSON
Feb 24, THURS - NO DOCTOR

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

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

BOSWELL HALL GOINGS-ON

All regularly scheduled activities will recommence the week of Feb. 7.

- Boswell Book Club meets monthly on the 2nd Thursday at 1pm.
- Boswell Nifty Needlers Quilt Guild meets monthly on the third Tuesday at 1pm. Contact Nancy Bowley 250-223-8046.
- Boswell Vintners meets monthly on the second Wednesday at 7pm. Contact Doreen Nault 250-227-9543.
- Carpet Bowling continues on Tuesdays at 7pm. Contact Tom Sawyer 250-431-8404.
- St. Anselm's Church Services with Rev. Robin Celiz on the 1st Sunday of the month at 1:30pm
- Yoga with Lea is held on Tuesdays during the winter months at 9:30 - 11 am. Contact Marilyn Arms 250-223-8058.
- Valentine's Day Dinner will be held on Feb. 12 at 6pm. Tickets are available at Destiny Bay Grocers from Feb. 7 to Feb. 11, or at the door on the 12th. This will be the first community dinner in our newly renovated hall, so get your tickets early - they will go quickly! You will enjoy a roast beef dinner with all the fixings, cash bar, raffle basket and good company. All are welcome!

**FRIENDS OF CBESS HOT LUNCH PROGRAM
DECEMBER 2010 & JANUARY 2011**
Elisabeth Weir, Don Horvath and Gina Medhurst

MEAT DRAW FUNDRAISER

Meat Draw at NewKey's at 4:00 on Saturday February 26 - proceeds go to the CBESS Hot Lunch Program. Followed by Roast Beef dinner and DJ later.

THANK YOU FOR DONATIONS & SUPPORT

A heartfelt thank you to all of the artisans and businesses as well as the East Shore community for the great support of our fundraising efforts to keep our Hot Lunch Program going. The donations of items for raffles are greatly appreciated. Being able to sell our cookbooks in some of our local stores has made a also been very beneficial! Thank you... it all adds up and makes a difference to the health of our school community! - PAC Hot Lunch Committee

RIONDEL SENIORS ASSOCIATION AGM

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

TRACKING & NATURE AWARENESS SKI / WALKS THURSDAYS in FEBRUARY, 2-4 PM

Tracking will resume in February, starting with everyone on x-country skis the first couple of weeks. (or more/less depending on weather). Interested people are invited to come for a wander and learn animal tracking and nature awareness starting at 2 PM, Thursdays, February 3, 10, 17, 24 at the Community Corner in Crawford Bay. We will continue to learn tracks and trails and to recognize other animal sign... increase your sightings and understanding of animals... sharpen the senses... and have fun. You are welcome to come to all or any of these walks/skis. If you are new to this there is some written material to help you. Please email or phone me if uncertain whether skis are needed, or with any other questions. 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 YOGA CLASSES

Yoga classes with Jayanti Holman, Wednesdays in February for elementary students.

www.mainstreet.eshore.ca

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect

All times listed in Mountain "East Shore" Time

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

FEBRUARY SCHEDULE

Feb 6 2: Pastor Doug Middlebrook, KLC, 3pm
music - Cheryl Middlebrook

Feb 13: Brent Mason, Presbyterian, 3pm
music - Brent Mason

Feb 20: Rev. Robin Ruder Celiz, Anglican, 1:00 pm
Combined service at Harrison Memorial, 1:00 pm

Feb 27: John Ruder, Anglican, 11 am
music - Johannes van der Krabben and Fiona McLaren
Special music every Sunday. Please check www.riondel.ca for changes. Info at 250-225-3381

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

For information call Christ Church Creston 428-4248

Feb 6 - 1:30 pm: Rev Robin Ruder Celiz

HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

Feb 20: Combined service with Riondel Community Church at 1:00 pm - Rev. Robin Ruder Celiz

Church Services held on the third Sunday of the month.

For information call Karen Gilbert: 227-8914

or Sue Philp: 227- 9140

email: harrisonmemchurch@gmail.com

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

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

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

TEMPLE OF DIVINE LIGHT

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 1:30 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

**Next Deadline:
February 23, 2011**

MEETING PLACES

EASTSHORE ALLIANCE SUPPORTING THE EARLY YEARS (EASEY)

The next meeting will be held on March 10, 2011. Everyone is welcome and childcare is offered. Contact Simone Stanley at 250.227.9218 ext 5504.

Email: simones@kootenaykids.ca

LIONS CLUB - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay.
Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month
For more information call Jim at 227-9622 or Ken at 227-9492.

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

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

PARENT ADVISORY COMMITTEE (PAC) Meetings held at 7 pm at the Crawford Bay School library on the second Monday of the month. **February meeting: Feb 14, 2011.**

Call Gina at 250.227.6896 to be put on the agenda...

February 2011 Mainstreet 19

FEBRUARY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Dr. Grymonpre	Knit Wits, Comm. Corner, 10am Volleyball, 7pm, CBESS Dr. Moulson Lab 7:30-10:30	Tracking & Awareness Hikes Theatre Sports, Improv, CBESS, 7:30 pm NO DOCTOR	Bridge, Seniors room, Rio Comm Centre, 1pm	
6	7	8	9	10	11	12
Bottle Depot, 10-2	Youth Nights, Comm. Corner, 3:30 - 7:00	Lions Mtng, 7 pm Dr. Lee	Riondel Seniors AGM Knit Wits, Comm. Corner, 10am Volleyball, 7pm, CBESS Dr. Moulson Lab 7:30-10:30	Tracking & Awareness Hikes Theatre Sports, Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Bridge, Seniors room, Rio Comm Centre, 1pm	Paint-A-Thon, CB Hall Valentine's Dinner, Boswell Hall Acting Workshop, Snoring Sasquatch, Creston
13	14	15	16	17	18	19
Bottle Depot, 10-2	Youth Nights, Comm. Corner, 3:30 - 7:00 PAC Meeting, CBESS Library, 7pm	Dr. Lee	Knit Wits, Comm. Corner, 10am Volleyball, 7pm, CBESS NO DOCTOR Lab 7:30-10:30	Tracking & Awareness Hikes Theatre Sports, Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	CBAL Storytelling, CBESS Bridge, Seniors room, Rio Comm Centre, 1pm Fiddle Roots Concert	Fiddle Roots Workshops
20	21	22	23	24	25	26
Fiddle Roots Workshops Bottle Depot, 10-2	Youth Nights, Comm. Corner, 3:30 - 7:00	Lions Mtng, 7 pm Dr. Grymonpre	Knit Wits, Comm. Corner, 10am Volleyball, 7pm, CBESS Dr. Moulson, Lab 7:30-10:30	Tracking & Awareness Hikes Theatre Sports, Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am NO DOCTOR	Bridge, Seniors room, Rio Comm Centre, 1pm	Meat Draw, Newkey's, 4pm
27	28					
Bottle Depot, 10-2	Youth Nights, Comm. Corner, 3:30 - 7:00					

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

*Winter Schedule in effect
All times listed in Mountain "East Shore" Time*

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

ES Health Centre 227-9006
COUNSELLORS
 Drug & Alcohol: 353-7691
 Child & Youth: 353-7691
 Public Health Dental Screening/Counseling: 428-3876
 Community Nursing: 227-9019 Hospice: 227-9006
 Mammography Screening: 354-6721
 Baby Clinics: 428-3873 Physiotherapy: 227-9155
 Massage Therapy: 227-6877
 For more on facility, call Kathy Smith, 227-9006

Say What?

All-You-Can-Eat Lunch for \$10?

That's right, folks!
 Eat-til-you're-green full salad bar, hot entrée and soup for lunch every Monday-Thursday at the Crawford Bay School Hot Lunch Program... and all for only \$10.

Check out the liveliest (and busiest) vegetarian "restaurant" in town. Drop by around noon for a lunch you'll be telling your friends about.

GRS CONTRACTING

SINCE 1980

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 Aaron Strom
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 Phone/Fax 250-227-9679

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- Rock Hammer

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All Spec's of Gravel and Drain Rock
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Applesauce Fiddlers	5	Will Chapman	10

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Hulland and Larsen	11
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Lattaco (Mr. Moo)	1
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Newkeys	7,9,13
PAC Hot Lunch Invite	10, 20
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PAC Sponsors Ashram	6
PAC Sponsors RDCK	4
Paint-A-Thon	3
RDCK Project Proposals	8,14
Riondel Market	10
Spirit Fest	4
Sunnywoods Farm	9
Sunset Seed	8,11
Turlock Electrical	11

Transfer Station Hours

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

Boswell:
 Weds/Sat, 12-4

Library Hours:

ES Reading Centre:
 Tues & Sat: 12-3
 Thurs: 7-9 pm

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