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

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Photo by Cheryl and Doug Middlebrook

Our Other Seasonal Residents

by Ingrid Baetzel with Susan Hulland

These elk aren't visitors (as I suggested in my email request for pictures of the lovely creatures). Rather, they are regulars around here in the winter.

"Lower elevations mean more food for the elk, especially when someone has cut and stacked it as on the airstrip," says Crawford Bay resident, Susan Hulland.

All that hay left on the airstrip this year has served many purposes, including a great hide and seek course, fun climbing blocks for kids, great pee receptacles for dogs and even a wildlife feeding program for the huge herd of elk that has been enjoying the rich bounty. Many residents have counted well over one hundred head in the herd. To the surprise of a few surprise, this is apparently nothing unusual.

When Susan worked at Kokanee Springs in the "olden days" they were all over the course at 5 am in the early spring when they started up for the season. Her old home up at The Summit used to get pounded all around the seven foot high garden fence built to deter them. According to Susan, they actually heard the herds moving through the forest all around the house at night when they were on the move...

The herd has a traditional route from the high country to the peninsula where many overwinter due to less snow. They do enjoy their stopovers at that convenient huge, treeless golf course with all that yummy grass.

Another interesting elk tidbit from Susan... Did you know? There were no elk on this side of the Purcell Mountains until the late '40's, when Johnny Oliver's dad shot one up near Gray Creek pass thinking it was a mutant caribou. This area was too heavily treed with old growth forests and full of the competition - mountain caribou. Logging opened things up for the elk and the pioneers shot most of the caribou, which was apparently like shooting fish in a barrel due to their nature, and now we have no caribou and lots of elk.

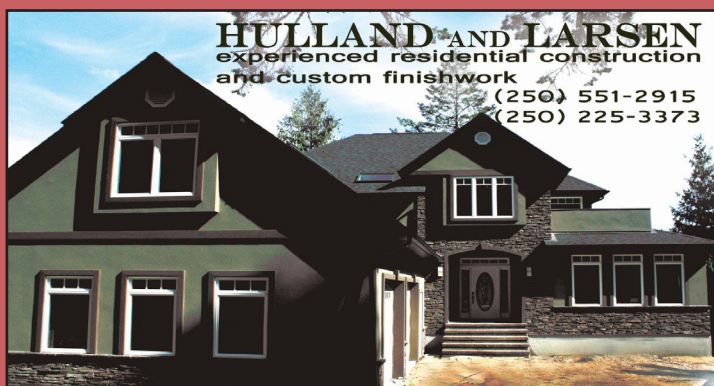


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Central Kootenay Lake's community non-profit ISP



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MS Issues

by Ingrid Baetzel,
Editor

The Afterglow

In January, we put on a play. About fifteen East Shore residents, directed by Doreen Zaiss, presented in two nights to almost 200 audience members the play, Village of Idiots. It was a fantastic experience and the feedback and rave reviews just keep pouring in. We (and I know I can speak on behalf of the whole cast and crew) were delighted to present our community with the culmination of more than four months of dedicated labour and work. It was an exquisite delight to be a part of something that just... sung.

In a recent conversation with another cast member, we talked about what was the best part of the whole experience so far. Without question, for me, it was the bonding and bringing together of the cast and how unified and in love with each other we felt in those last weeks and particularly on performance days. I got to know some people in our community in some pretty new and oddly intimate ways. There is no question that the intense stress and anxiety of those last days brought about some snapping and snarling and that we probably came close to losing a grip on the whole thing a couple of times. But, I'm proud to say that we all held firm and stayed together and the end result was magnificent.

What I didn't expect was the devastating lows of the afterglow. Even as community members raved and complimented, there was an odd disquieting sadness that permeated the four or five days after performance. I could scarcely get out of bed. Obviously, a large quotient of this was due to sheer exhaustion, mental, emo-

tional and physical. The rest though, was intangible for a while. I felt like crying and was oddly disconnected and gloomy for quite a while, not to mention cranky. It turned out that many other cast members were going through the same thing. This was a new phenomenon for many of us who haven't had a lot of experience on stage. We chalked it up to recognition of the finite, sudden and complete death after all that build up, creation and life involved in making it happen. We gave birth to characters. They lived with us in our homes for months. We got to know them. We got to know each other in new ways. We raised a village and found a new home.

And then it ended. Wow – I was so sad to say goodbye to Schmendrick, certainly, but how about the rest of the village? I will always love and miss these characters and the funky little village we lived in for so many days and nights.

Now, there is a possibility that this isn't really the end. There are many people asking for more and suggesting we take it on the road. We seem to have a pretty split opinion on doing it again, here or anywhere else. Who knows what time will bring us? Who knows if the village of Chelm will remain only alive in our minds... Maybe we'll just move on to the next play. We need some reflective time to deliberate. Mostly, we need to learn how to breathe life into our alternate realities, place them before the public eye, and then release them. It's hard work. It makes one understand how so many performers, actors, musicians, etc, turn to substance and inebriants to staunch the apparently baffling sense of loss after the show.

I would like to heartily thank our loving community for being so present and kind to us and for the continuing praise that flows our way. We thank you, we bow deeply, and we can now bathe happily in the afterglow.

LETTERS TO THE EDITOR

GOODBYE LORRAINE

Dear Editor

In late December, Crawford Bay lost another lifetime member of our fine community. Lorraine Van Ruyskensvelde spent most of her 65 years in the service of others.

Her dinner buns graced the dining tables at community Christmas dinners for decades. Whether we were "setting up" or "taking down" an event organized by the Christmas Tree Committee at the hall, she was there to assist in some way. Her presence was felt at all the funeral luncheons, bridal and baby showers, fund-raising bingos and bake sales we arranged over the years. For 16 golf seasons, Lorraine was a tireless employee of Paul Hindson's at Kokanee Chalets. He told me recently that along with Judy Nickisch, Lorraine was the best employee ever, as well as being a great ambassador for the East Shore. Guests loved to meet her and learn all about our home.

For me, Lorraine's 10 years as part of the Christmas Hampers' Program was a true gift. She always had a smiling face while willing to do whatever was required to help others. As Christmas was her favourite time, her home is filled with all the crafts & decorations she lovingly created & shared. She was a devoted wife, mother of three sons & beloved grandmother who cherished her community and happily contributed to it.

On behalf of all of us who are blessed to have known you and your gentle ways, thank you Lorraine. Rest peacefully dear friend.

Most sincerely, *Leona Keraiff*

A PLEA TO THE PM

Dear Prime Minister Harper,

Lately the things I hear in the news or via lobby groups focus on you as having American interests more at heart than Canadian. This is a great disappointment to me.

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I've been proud to be Canadian all my life. We have always been distinct in the eyes of the world. The world sees us as different from Americans even if the Americans don't. Canadians are more neutral and not as arrogant or greedy. This is a quality that holds merit.

But you are the first Prime Minister who seems to be changing that. The world is changing, yes, but I see you and your policies as going backwards and not forward. The old ways will not work any more.

I see that you have the banks' interests at heart and that is not forward movement. The banks have had their day. We aren't blind anymore to the cover-ups, and you are showing us that you are just as corrupt as the banks if you continue along this path.

Why do we need more prisons when what we need is work and jobs and tolerance and compassion?

Why is our national treasure the CBC threatened after so many years in operation?

Why are our borders becoming so linked to the USA? (They are the ones who are afraid and paranoid, not Canadians).

Why did Canada drop out of the Kyoto Accord?

Why do we want to sell off parts of our National Parks to Americans?

I don't live in a big city like you do. Perhaps it's different there, but people everywhere are looking for good leadership in this day and age. I want to support you to be a progressive Canadian leader in this time of change. Integrity in business and finance will go a lot further than exploitation, greed, and fear based thinking.

This is an exciting moment in our history. I hope that Canada will reveal its identity once again as a unique, progressive and caring nation. Please don't lead us down an already over-trodden path. Let's start this year with "clean energy" in more ways than one.

Yours sincerely,

Susan Snead, Riondel



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Next Deadline: Wed, Feb 22, 2012

A Life Saved

by Ingrid Baetzel

In January, a Crawford Bay resident had a terrible accident with his chainsaw, essentially cutting his arm off just below the elbow. He lives alone and would likely not have survived if an attentive neighbour hadn't heard his calls and gotten up on the roof of his building to look around for the source.

Dustan Green of Junction Creek Hub saw the man collapse on his property. He let the man know that he saw him and was coming to help. Dustan made a tourniquet with the belt from his pants and then called 911. Emergency responders said that the belt tourniquet and Dustan's quick thinking and attentive ear saved the man's life. He was air lifted to Trail where his arm and hand have been reattached. They'll know in the next six weeks or so if the operation was successful.

Dustan, you get Super Neighbour of the Month – aww, heck... how about of the year? (Along with all those wonderful First Responders and Emergency Medical personnel.)

WALTER BREZDEN: Please contact Preston S. Mott, Mott Welsh & Associates, 203 - 383 Ellis Street, Penticton, BC V2A 4L9. Tel 250-492-2425 or toll free BC 1-877-492-2644. psmott@pmottlaw.com

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RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

I would like to start this month by offering my condolences to Verna and her family who lost Glen to a traffic accident last month. It is a sober reminder of how our beautiful area with scenic, winding highways can also be treacherous during winter storms. Glen was very community minded and very interesting to sit and chat with. I recall the day I first met Glen while I was placing concrete for my foundations. He drove up in his old pickup, welcomed me to the community and asked with a smile if he could borrow a cup of concrete. He was quite serious, since he was short on a slab pour and he only lived a couple of kilometers from my property so the mix could get there in time to finish as opposed to waiting for another part load from Creston. I obliged by sending the readimix truck back to his house with enough of the load for him to finish. That type of neighbourly interaction is what I love about living here.

Community minded volunteers are important to all of our local organizations just as they are important for input in running services which are provided through the RDCK. Through the cyclical renewal of appointees to local RDCK committees and commissions there are always new faces who ask very pertinent questions as to their role in helping their community receive their local government services. Often these questions point out how bylaws which were established decades ago do not reflect today's situation and that they should be

revisited. This year, as part of our strategic planning meeting in January, this point was raised and we will endeavor to modernize some of the bylaws which deal with volunteer input in service delivery.

I also note from time to time there can be an unnecessary level of "friction" between volunteers and RDCK staff or directors. I want to assure all community volunteers that I do appreciate their input, having been a community volunteer on RDCK solid waste management, recreation, economic development and grants committees in the past myself. I ask that if friction or frustration do develop that we all continue to treat the RDCK staff with a level of civility and respect that you would afford anyone who was working for you. The vast majority of the interactions are fine, but in the past two weeks I have noted perhaps the worst example yet of disrespect and I hope those who are quick to criticize realize that their actions, positive or negative, are part of what shapes the character of our society as a whole. A little bit of my personal philosophy here - I do not expect to "change the world" in a profound manner in my lifetime but I realized long ago that the most important contribution I can make is to try to treat other people well. Our daily positive actions do result in a better world.

We are having an RDCK budget meeting the day after the submission deadline for this article so I do not yet have the figures on regional market trends and real growth which will provide the preliminary indication as to whether we will see a shift in property tax burden across the various communities within the RDCK. By the time you read this I will have the figures so you can contact me if you are curious or wait for the next submission. Typically we will hold several budget sessions, open to the public, in Nelson where the complete range of nearly 200 services are discussed. We will also hold local meetings in locations outside of Nelson to discuss sub regional budgets in more detail. Our staff is obliged to travel to present the budgets formally to the public and in past years Creston and Riondel have

been used as the opportunities for eastshore residents to participate. Creston makes sense over choosing Wynndel since a large group of services are common to Area A as well as the Town of Creston and Areas B and C which surround the town. Riondel makes sense since it has more local services than any other Area A community as well as sharing the common services. If you want to hold a budget review in any other community with me to review the numbers please let me know. Nelson staff would likely not be available as they will be travelling the rest of the region.

A few quick points. The CBT provides an allocation of funds to be distributed through local government each year around this time. Application forms are available now and submissions will be accepted up to March 5.

Economic Development grant applications will be received up until March 7. See the January *Mainstreet* for details.

Rec 9 has not set the dates for meetings this year yet but please look for them in the March *Mainstreet* and on the RDCK website at rdck.bc.ca.

If you have a question please contact me by calling 250-223-8463 or e-mail gjackman@kootenay.com.

Where's My Phone Book?

by Bree Rael and Ingrid Baetzel

TELUS has stopped providing free of charge a Nelson Yellow Pages directory to East Shore residents. If you would like a copy, you now have to pay for it. Since Nelson is considered local calling for Riondel, Crawford Bay, Kootenay Bay, Gray Creek and Boswell and it is our primary centre of commerce and shopping, it seems logical that we be entitled to a free copy of the TELUS Nelson phone book.

For those of you who would still like to receive a free Nelson phone book directory from TELUS and would like to place a complaint to the Yellow Pages Directory, the number to call is 1-877-909-9356.

The more people who call and place a complaint, the more likely there will be some action taken on the matter.

Windows Scam ~Don't Buy It~

by Ingrid Baetzel

They call almost once per week. I've hung up on them so many times now, played so many reverse games with them and screamed my ever-loving lungs out at them... I am referring to the fellas from "Windows" (not) who call to inform you that something is very wrong with your computer. It's part of a scam that gets you to sit down in front of your computer and go to some webpage where you are asked to enter vital information and make needless purchases. Realize, please, that there is no way that someone in another location can see a problem on your computer without actually having accessed your computer and its files either with you and your permission or remotely. Microsoft offers this advice:

This is a phishing attempt! Do not give out any information. There have been reports from people about these calls from someone representing Windows (note: not Microsoft). This is a scam! Do not follow their directions or advice and provide NO information to them.

Since they are using the internet and/or phone lines to accomplish their fraud, there may be federal agencies in your country that are interested in finding out about their calls. Report them directly to the appropriate agency if you feel that you can contribute in their arrest and prosecution.

Microsoft does NOT pick up the phone and start dialing customers and never phones/emails people asking them for personal information or requesting them to visit some web site! Please disregard any of these calls and hang up immediately.

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The East Shore Mainstreet Creativity, Community, Conscience

Major Damage at D3

by Ingrid Baetzel

Three pieces of heavy machinery belonging to D3 Logging were burned while parked on Cracker Jack Forest Service Road in Crawford Bay early on Christmas Eve morning of 2011. Eddy and Maureen Draper (co-owners of D3 Logging) came back home that day to find out from their daughter that someone had set fire to their property. Damage is estimated at \$250,000, according to initial reports. A brief conversation with Maureen Draper indicated that damages will likely come in at substantially more than that.

Mrs. Draper also said that when an insurance adjuster came to the location to investigate, they determined that the cause of the fire was arson. Police are investigating.

Three of D3's best machines were ruined in the fire, including a skidder, a processor and a loader.

There are no specific or reported leads at this time, but all parties are optimistic that the perpetrator will be caught.

When asked how this has affected business and possible leads as to the identity of the arson, Mrs. Draper said, "I don't like to think about possible leads or who might do this. We have just gone back to business, putting other machines together and getting back to it."

The insurance will not cover a large chunk of what was lost in the fire and it has been a huge and painful hit to the company. To replace any one of these machines outright would cost anywhere between \$200,000 and \$350,000. To replace all three would cost three quarters of a million dollars.

A Terrible Tragedy

by Ingrid Baetzel

An extremely sad accident took place in Gray Creek on New Year's Eve and a community mourns the loss of a good man. The name of the man has so far apparently not been made public, and this will continue here with respect to the family. Sincerest regrets are sent to them by the community as a whole and certainly *Mainstreet* staff.

As reported by Lorne Eckersley of the *Creston Valley Advance*: *A 57-year-old man died tragically on New Year's Eve at his Gray Creek residence when he was crushed by the vehicle he was working on.*

"It looks like the vehicle might have started to roll and he attempted to stop it," Const. Andrew Jones, who attended the scene, said on Tuesday.

The man was pronounced dead at the scene and the accident is being investigated by the BC Coroners Service, RCMP Staff Sgt. Bob Gollan said.

Note from Tom Lymbery: This was a horrible accident. This is not the first time this has happened on the Best Shore - Abby and Arthur Fetherstonehaugh's son died a few years ago when his car came down on top of him at their house in La France, just south of Heidi and Mark Simpson's. He was a grandson of Tom Wall, who farmed at Mountain Shores, and had mining claims and a cabin high up above. The Walls had eight daughters, the youngest of whom, Abby and Pat, worked at Kootenay Cottages when it was run by Bacon and Wilmot. Pat married Fred Wilmot.



Our Back Yard

by Galadriel Rael

What's Happening in the Wetlands?

As many of you know, the airstrip, wetlands, and Crawford Bay beach are areas of our community that are greatly valued and utilized frequently and throughout all seasons. As a cherished and loved part of Crawford Bay, it would seem natural that people would show concern at the idea of no longer having access to these places or seeing them be developed for private use.

In the fall of 2011 there was a disturbance of the land on the right side (looking at the lake) of the airstrip, that has conjured up some questions around this land, its use, its ownership, the legalities around construction near the high water mark etc. I think it is vital that the community be informed and if there are going to be serious conversations about this kind of thing, it is important to stay away from false statements and rumors. So here are some of the basic questions...

Who owns the Crawford Bay Beach, the airstrip, the wetlands, and the beach on the other side (west side) of the airstrip? Do the wetlands have any sort of designation as an ecologically sensitive zone? Are there any laws protecting it? Are there any plans for development?

Well, the foreshore (beaches) are crown land, and beyond that, Kokanee Springs owns the majority of this land with the exception of some road allowances and a small parcel (one hectare or approximately 2.4 acres) that belongs to the RDCK, which was recently acquired from Kokanee Springs in exchange for the

allowance of a specific subdivision within the immediate golf course area. If you access the beach by walking down the airstrip or by driving down the road, you are using Kokanee Springs's private property to get there. The trails that take you through the wetlands pass over a combination of Kokanee Springs land, RDCK property and Crown Land.

So if the beaches are Crown Land, and we, the public want to use them without trespassing, like I said earlier, there are two road allowances that have been designated, but not built. In the case that Kokanee Springs would prohibit the public from using their property to reach the beaches, we the public, would still have legal access to the beaches. To better understand this, it is best to see these details on a map, which can be accessed by requesting a map of Kokanee Springs Resort through the RDCK (Toll Free 1-800-268-7325). RDCK Director Garry Jackman (gjackman@kootenay.com) also informed me that there is a possibility to have a map posted publicly for a time, so keep your eyes open.

I would like to clarify that Greg Garbula (vice president of Kokanee Springs) said that Kokanee Springs is not talking about, and does not currently have the intention to stop people from using these methods for accessing the beaches. And with that in mind, people should know that the cost of maintaining the road and airstrip comes out of Kokanee Springs' pocket (so a little respect might be due if you are thinking of pulling doughnuts on the airstrip).

There is no current designation for the wetlands as an ecologically sensitive area that requires protection, but there are motions from different people who are looking at options. If you are curious or inclined to look into this deeper, Joan Huiberts may be contacted at johnandjoan@theeastshore.net.

Even if there are no regulations for the protection of the Crawford Bay wetlands specifically, there are provincial laws in place under the Water Act which

protect all riparian zones (critical habitat around a wet zone, i.e.: wetlands, lakes, creeks, streams, etc). It is only legal to disturb the land surrounding these zones after an assessment of its sensitivity, and with a permit issued. This includes your own private property, whether you own lakefront or have a stream running through your land, and should always be taken into consideration, before engaging in any construction/destruction.

Now... getting back to the land disturbance on the west side of the airstrip that stirred this whole pot again... I asked Mr. Garbula, what the purpose of this road was, and he explained that he had hired someone to scoop up some soil to do some reparations on the airstrip, and that while they were at it, if they could clean up some of the debris, slash, stumps, etc. According to Mr. Garbula, there was a lapse of communication between himself and the contractor, and the "clean up" went a little too far, resulting in a strip of trees being removed, five large brush piles to be burnt on and around the beach area and large ruts in the ground.

As observers may have noted the land disturbance went beyond the high water mark, which is prohibited without permission from the owner (in this case, the provincial government). This disturbance of Crown Land was reported to conservation in Creston, as well as a report of the potential to use diesel in the burning of the brush piles, and is currently under investigation. When I spoke with conservation officer, James Barber, he was unable to comment on the specifics of this case, but they hope to have a decision in the spring on how this area will be restored. Their goal will be to restore the land to its natural state, and keep the public informed of the activities.

Now, another point of great contention is the hope/fear that people have about the idea of development in the wetlands. After talking with Mr. Garbula, he assured me that the Kokanee Springs group currently has no specific plans for development in the wetlands and the area surrounding Crawford Bay beach, but it is a part of the long term vision for Kokanee Springs. It has been designated as "future resort development," which can be viewed on their website. They also have, for many years, made public knowledge of this through displays and information at their location. Kokanee Springs themselves may not have plans, but they are engaged with a large development planner called Bellstar Hotels and Resorts, and you can catch a glimpse of what Bellstar has in mind for Kokanee Springs on their website www.bellstar.ca and click on Real Estate and then Current Projects.

I asked Mr. Garbula if Kokanee Springs was open to input from the community, and he said he was available for individuals to express their thoughts on the matter. Kokanee Springs is a private business, with large land holdings; they have every right to develop their land as they see beneficial to their investors. Mr. Garbula makes the argument that individual land owners have no obligations to consult the community before making decisions about working/building on their land, so why is it that everyone expects this of Kokanee Springs?

Fair enough. The only major difference is that the land Kokanee Springs owns is located in the heart of Crawford Bay and has the power to shift greatly the long term outlook of our community. This is not to say that Kokanee Springs does not already have an influence in the community, employing close to 90 people every season, offering donations towards local fundraising events, and encouraging/feeding local tourism, as examples.

I encourage people who have any hopes/concerns, to talk with Mr. Garbula (ggarbula@kokaneesprings.com) as well as other people involved in this ongoing issue.

There are many more details involved in the big picture of this story, and I hope that people continue to inform themselves and encourage healthy debates around issues that impact our community.

Job Posting: ADMINISTRATOR, Community Connections

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

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

Specific Duties:

- Provide support to organize resources
- Develop, manage, and distribute Public Awareness materials and resources including some correspondence, phone calls and website management.
- Secure & manage the resources of Community Connections, including writing funding proposals, coordinating projects and doing or overseeing the finances
- Connect with partners and stakeholders to assess needs, gather feedback and share information

Qualifications:

The successful applicant will have:

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

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

Length of Contract: April 2012 – September 2012 (Extension of contract is likely)

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

Deadline for applications: Wednesday, February 29, 2012

Submit applications to: skootenaylakecss@gmail.com

New Business Introduction

Sapphire Hair Salon & Christine Peel, R.Ac

by Ingrid Baetzel

The Crawford Bay Motel is quickly becoming a bustling little centre for business. ESIS headquarters have been set up in unit 10 for a while. Now, if you look to the sign post outside, you'll see two businesses advertising their storefronts right underneath the ESIS sign. One is Christine Peel, Acupuncture and the other is Sapphire Hair Salon.

Christine has been working her acupuncture business out of the space above Barefoot Handweaving and has an established clientele and excellent reputation as a calm and confident practitioner of acupuncture. She moved to the new location at the Crawford Bay Motel in

partnership with her friend and colleague, Kate Page, who decided to open her own first-time sole proprietorship as owner of Sapphire Hair Salon.

Christi became licensed to administer acupuncture five years ago. Her treatments include acupuncture, massage, moxibustion, and cupping. She also offers facial rejuvenation treatments where she combines acupuncture with a facial to reduce lines and wrinkles and increase muscle tone in your face. Christi was trained at the Academy of Classical Oriental Sciences and has also continued her education in acupuncture and Chinese medicine with courses on the treatment of pain syndromes and facial rejuvenation. She works on Wednesdays and Thursdays out of her new loca-



tion at Unit Nine in the business centre of the motel at 16210 Hwy 3A, Crawford Bay. She can be reached at 250.505.8130 for appointments and you can find her ad in the *Mainstreet* any month (see display ad or Service Directory in the back).

Kate is trained and has been licensed in hairdressing for fifteen years. She was trained at Holly's in Vancouver and worked for fifteen years in salons in and around British Columbia including Nelson, Vancouver and even in L.A. She has done cuts for friends and her community out of her home for a few years, part time and also boasts a strong, reliable clientele who will gladly bring their support with them to her new location. Kate can be reached for appointments on Mondays and Tuesdays at 250.505.6950.

The salon/office is fresh and lively, full of light and colour and exudes a happy atmosphere.

No matter what treatment you are seeking upon entering, you will be greeted by a friendly, knowledgeable face and will enjoy your visit. Whether it's to heal an injury, resolve an emotional, mental or physical blockage, or "pretty-up," you will find that either room in this office could potentially resolve your problems. Although you might expect the healing and blockage issues to be answered by Christi and the prettying-up to be done by Kate, you never know. It could be the other way around. A good chat session with Kate can do wonders for the soul and a good scalp massage can take away a lot of pain. Not to mention Christi's new facial therapy which could be just the ticket for that youthful glow!

New Business Introduction

Acutonics Practitioner, Theresa Lee

by Ingrid Baetzel

Acutonics, n. 1. System of vibrational sound healing rooted in Oriental Medicine and philosophy that utilizes tuning forks and symphonic gongs tuned to the planets, Tibetan bowls, bells, drums, and rattles. Connecting body, mind, and soul in the journey toward optimal health, harmonic attunement or at-one-ment with all things in the Universe. 2. The integral way, undifferentiated wholeness, the essence of Tao.

Perhaps this answers the questions of residents travelling Riondel Road who have felt the gentle hum and vibration that echoes through the trees and consoles the weary soul. Perhaps you've felt the quiet pull to release, relax and harmonize while mastering the wintry roads of our East Shore communities. It's likely you're not in actuality hearing the sound of singing bowls or vibrating forks coming from Theresa Lee's home on Riondel Road, but after experiencing a session myself, it might be recommended that you try it.

As described above, acutonics is a system of sound healing. It marries well with the concept that music/



earth vibration/core sounds have dramatic impact on how we live and how we heal. If music has charms to soothe a savage breast (William Congreve), then acutonics comes from a wholly integral direction to soothe the entire soul.

Theresa Lee has been a resident of the East Shore for 16 years. She has raised two boys, seen them through school (Matthew graduated in 2010 and Chris will be graduating next year) and found her footing in a new industry that she loves.

Theresa is currently in on-going training in acutonics therapy. She began the journey of this learning in October of 2010, when a friend gave her a session with Eva Chobanuk of Nelson who is also an acutonics practitioner, currently at the same level as Theresa and training with her in New Mexico. She was hooked from that first moment. So far, Theresa has completed four of the nine levels. Most of her training has been in Albuquerque, New Mexico with the teachers who started it all at The Kairos Institute of Sound Healing. She went straight to the source.



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 Slokan

Application guidelines and forms are available at:

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

For information contact Judy Madelung at 1.250.352.8170, 1.800.268.7325 or jmadelung@rdck.bc.ca

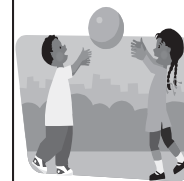
Deadline for proposals is 4:30 p.m., Monday, March 5, 2012. Late applications are not eligible for consideration.

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



Early Childhood Educator Required

To manage childcare program at the East Shore Family Place



Contact: laverne@theeastshore.net

Please respond by Feb 15, 2012

When I got to Theresa's absolutely beautiful home, after walking down a path through a forest that could easily have been fairy-filled, I was awe-struck. Her home is stunning. A good part of the experience was an appreciation of space and the beauty with which we can harmoniously fill it.

Theresa toured me around, ending in her studio where she showed me her table of forks. They come in many sizes and nearly every colour you can imagine. She has collected many by finishing levels of training and the beauty of these instruments is immediately apparent.

This practice brings together many different features of study... astrology and astronomy, acupuncture/pressure points, sacred geometry, chakra study, planetary frequencies, breath and music. Theresa spoke to me through much of the treatment, telling me about the different forks and which planet, star or goddess they represented. She spoke to me, that is, until I fell asleep while listening to the low hum of the sound of the Earth (Om) and feeling it travel through me as she held the forks to my back. I don't fall asleep in treatments, normally. This was deeply relaxing.

To some, this therapy may seem a bit intangible. To others, it may make perfect sense. I thoroughly enjoyed the experience and would recommend it, singing bowls and all, to anyone.

**Next Deadline:
Feb 22, 2012**

CHELMNIKALLY BRILLIANT!

Village of Idiots
review by Gerald Panio

"Life is beautiful—sporadically."

"Yosef, what I want to know, really, is – Are husbands in the rest of the world like the husbands of Chelm?"

"No, Feigela! If Chelmniks were like other men, we would all be preparing to defend ourselves!"

"But Yosef, if other men were like Chelmniks, we wouldn't have to defend ourselves in the first place."

"Community," all by itself, is a juicy word. One of the outstanding features of the East Shore is the way that it has demonstrated, time and again, what local people can do when they put their talents and insights and energies together. Combine "community" with "theatre" and juiciness doesn't half describe the end result. During the intermission for the Hexagon Players' recent production of



Janet Wallace at Gittel tells her story to the village

Village of Idiots, an audience member raved "This is outstanding! I love every second of it!" The odds of finding someone to disagree with that glowing critical assessment are about the same as those of the play's hapless Zalman & Zlateh selling a second glass of their garlic-flavoured schnapps to anyone except themselves. The rhetorical question of another playgoer—"Don't you think we're all Chelmniks here?"—made it clear how completely the actors had succeeded in getting the audience to embrace these Jewish villagers' sagacious silliness (or is that "silly sagacity"?)

The two things I loved most about this particular production, aside from the wit and absurdities of playwright John Lazarus's script, were the way the characters were brought to glorious life by the actors and the vibrancy of the mise en scène.

From the moment that Jacqueline Wedge and Kate Page wheeled their ill-fated schappsmobile onto the stage, it was clear that the four months of hard work that cast, crew, and directors had put into this play had wrought some magic. We couldn't have bonded more quickly and affectionately with Zlateh & Zalman if we'd sampled as much of their wares as they did. **Jacqueline Wedge, as Zalman**, looked like a Jewish Abraham Lincoln and was a formidable comic force of nature. **Kate Page's Zlateh** was the perfect foil, shrewd and seductive, mirroring her partner's enthusiasms, befuddlements, and inebriations. The first onstage of a bushel of fools, Zalman & Zlateh welcomed us into the play's topsy-turvy world. And last onstage at the play's end, after getting more mileage out of five kopecks than Bill Gates got out of Windows, they bade us a fond farewell. L'chaim!

As the outsider, Yosef, who falls down the rabbit hole that is Chelm, **Galadriel Rael** disappeared into her character. With her solid black beard evoking thoughts of Fidel Castro or some 19th century Russian anarchist, and her costume reminiscent of a 1930s Chicago newsboy or a dressed-for-Sunday Prairie farmer, Galadriel made us believe in the complicated young

man who gradually grows from a world-weary, guilt-ridden army deserter into a passionate lover and heroic Chelmnik, willing to defend the inscrutable from the assault of the unspeakable. There are far worse follies, he learns, than hanging poor boxes from church ceilings or stocking rivers with pickled herring. There was a physical solidity to Galadriel's Yosef, expressed in both posture and movement, which made it easy to accept his past as a soldier, his stolid resistance to Chelm's follies, and his final embrace of his ironic/ iconic new role as village idiot and protector.

Yosef's true love, Miriam, played by Lea Belcourt, managed the very skilful trick of being both a fairy tale Red Riding Hood and a liberated young woman who knows what she wants. The Red Riding Hood part came from her costume, the liberation from Lea's pitch-perfect blend of flirtatiousness, idealism, common sense, charm, obstinacy, and spunk. Yosef never had a chance.

Of course, it does take a village....especially when they're idiots. What a cast! **Anna Rose's Mesholem** danced on the stage. Hands, arms, and legs moved with a restless energy as if inspired by a higher power. She was the jubilant, eccentric grandfather we'd all be proud to claim as our

own. **Ali George's endearingly doubt-free Rabbi** was the only individual in town gifted with both the presence and absence of mind needed to act as chairperson over the surreal deliberations of the sages of Chelm ("Perhaps burning down our own synagogue and committing suicide isn't the best solution to our problems..."). **As the Russian-bear-like Schmendrick** - impatient, impulsive, irresistible, and cunning enough to thoroughly fool himself every time - **Ingrid Zaiss Baetzel** got to share with the audience an almost-epic adventure story like no other. Never has a tale stretched so far, and its teller travelled so little.

Robert Agnew's characters (A. Chelmnik and Private Brodsky), looking somewhat like off-duty Yiddish lumberjacks, had their unbridled enthusiasms matched only by their utter cluelessness. **Tim Miller, by contrast, played Zisyah** as an earnest, mild-mannered, self-effacing peasant, always ready to lend a hand with the latest impractical scheme. **Doing double-duty as the Rebbetsin and old lady Gittel, Janet Wallace** was equally convincing as the embodiment of Chelm's warm (but nose!) maternal soul and as the grieved and wounded witness to genocide. **Carol VanR's Feyvel** looked to have stepped straight out of the pages of Doctor Seuss - a marvelous physical caricature that inspired laughter before a word was said. As **Feyvel's wife Feigela, Sandra Bernier** would have given new meaning to the appellation "long-suffering", and playing the **Cossack officer, Michelle Moss** was suitably menacing in long black coat and mustachios—and as ultimately helpless as a rook on a checker board.



Galadriel Rael and Kate Page (Ugly Chelmnik)



Galadriel Rael (Yosef) and Lea Belcourt (Miriam)

The cast's enthusiasm extended down to its youngest members. **Felix Wedge-Darchen, Zyan Fukushima-Rael, and Gus and Grace George** gave it their all in the service of total craziness.

When the actors have this much fun, it's the audience that hits the jackpot. The Chelmniks chant of "Drown the crayfish!" still makes me smile. There were times I could have sworn that the grinning ghost of Groucho Marx was hovering in the wings.

Earlier, I mentioned that the second thing I loved about this version of *Village of Idiots* was the staging. With its exuberant cast, its superb sets by Jacqueline and Michelle (looking like a Technicolor *Cabinet of Dr. Caligari*), and the richly detailed costuming, this production was a feast for the eyes. The creative choices in costuming were further stimulated by the first sight of the unique set they'd be playing against. The choreography of action throughout the play was also first-rate. Three of my favourite set pieces were the pickled herring festival, the elegiac moment with Miriam narrating and all of the villagers measuring out their own graves in the snow, and the meeting of the slapstick sages of Chelm.

Kudos, as well, to **Will Chapman for Sound FX** and to **Chris and Theo Artzoglou for lighting**. I'm not sure who was responsible for make-up, but O! Those beards! Splendid!

I do have one bone to pick with the play itself. Playwright John Lazarus tried to combine the laughter generated by the wisdom of fools with an awareness of the tragic reality of anti-Semitic pogroms within the Russian empire near the beginning of the 20th century. It's an uneasy mix. Almost an impossible one,

perhaps. I couldn't master the suspension of disbelief that would have let me reconcile what I know of history with the comic dream world of the play. I think you can indeed have both laughter and tragedy, but full dramatic power is perhaps made manifest when the shadow of silence hides just behind the laughter. In the film *They Might Be Giants*, with George C. Scott and Joanne Woodward, another bunch of lovable eccentrics is drawn into a quixotic quest. After a series of comic misadventures, they wind up in New York's Central Park. They've been searching for Sherlock Holmes's arch-enemy Professor Moriarty. There's no expectation he'll be found. Yet in the film's final frame, the merry band is frozen, staring into the dark. Suddenly, somehow, the evil is real. For *Village of Idiots*, I would have been tempted to leave the Cossacks just over the horizon. Where they'll always be.

My personal thanks to **directors Doreen Zaiss and Ali George**. Managing a village of idiots is no easy task, but coordinating the time and creative energy needed to pull together a production of this quality requires a herculean effort. Bravo!

I must confess, though, that I let you down. Big time. There was no standing ovation on Friday night. It was my fault. I'm sorry, I really am. Like everyone else in the audience, I knew that what I'd just watched was so good that, *obviously*, there would be a standing ovation. Any idiot could see that. So there was no need for me to stand up first. So I didn't. And neither did anyone else. Because they were thinking the same thing I was. Oy! An Audience of Idiots! The Chelmniks have the last laugh, again.

(For anyone interested in learning more of the culture behind *Village of Idiots*, I'd recommend Sholom Aleichem's short stories, Mark Zborowski & Elizabeth Herzog's *life is with people: The Culture of the Shtetl*, and the recent documentary film, *Sholom Aleichem: Laughing in the Darkness*.)

Deep Woods Dance Hall Boogie East Shore Community Dress Up Dance Party - With Cake!

by Leah Wilson

- **Friday February 10 at the Gray Creek Hall. Doors open at 7pm.**
- Suggested donation of \$5 for KCR members, \$2 for youth (under 18), \$7 for everyone else! You can update your KCR memberships at the door. Membership Draw Prizes, midnight.
- 9pm: Soul-shaking, boot-stomping rock blues funk folk reggae music with Howlin' Dan & the Riondelics.
- 10:15pm: Cookie Hoops Performance. Using multiple Hula Hoops that light up, Cookie Hoops will wow you with wonderment (while you eat more cake).
- 10:30pm: DJ Papa Roots from KCR's Sunday world music program "Earth Vibes" takes us onto the dance floor.
- Midnight: DJ Damaru brings us new minimal tech house electrical swing - and we dance until just before 2.
- Late Night Chocolates for sale by Ambrosia Artisan Chocolates.

The Story behind the Deep Woods Dance Party: This amazing event is so cooperative and exciting to have happen on the East Shore. As a huge community dress up dance party event, we hope people feel inspired. The theme was mostly picked by how it sounded when you said it out-loud, and is the second of its kind. For the first Deep Woods Dance Hall Boogie took place roughly the same time of year in 2010. That event raised around \$1,000 in membership fees at the door and a few hundred dollars in donations and the silent auction - and any dollars that went above covering the cost of the hall went to the radio station

Since so many people in the community are celebrating birthdays right around now, the idea of a Cake Sale for a Starbelly Jam fundraiser was received with a resounding, "Yes!" So, let them eat cake. The bake sale during the event will offer such a selection of wonderful cakes to taste and try, it will certainly be worth getting out of the house. Already this year I am hearing people talk about dressing up. What to wear, what to wear? Perhaps that New Years Eve dress again? Or how about that crazy pin stripe suit, white jump suite, sequin top, Mardi Gras beads and feathers, fake gem stone boots and space cowboy costumes, disco queen, Elvis belly dancer? Or maybe bring back the disco queen...

The music selection was hard to decide for the community is bursting with DJ talent. The live music was an easy pick as the Riondelics are back again. DJ Papa Roots from KCR's Earthvibes has a strong local following and the tribal dance beats are a great mix for the before midnight set, with DJ Damaru spinning new minimal tech house electrical swing feels like a dirty thirties twist. To set the evening up for something extra memorable, we have Cookie Hoops performing her light hoops in dance just before Papa Roots takes on his set. For all those curious about the art and dance of the Hula Hoop, this performance will wow you as much as inspire you. Save a few dollars for the late night silver platter chocolate sale offered by Ambrosia Artisan Chocolates - a healthy sweet treat to keep you going.

Just before midnight the membership draw prize of the night will be announced and one lucky winner will receive a day pass to Starbelly Jam!

This event was inspired by the white board in the Live to Air studio at Kootenay Co-op Radio. As a host of a radio program you look directly at it while broadcasting your own show. It reads the number of active members there are at the station and how much money is raised so far, and it is lower than it needs to be right now. Dan and I as hosts of Powerlines (a KCR Friday Night music program), and event planners in the com-

munity, thought that there must be something we can do to help. It is so much fun having an event that invites everyone to attend, while creating the opportunity to activate your membership at the event itself. Celebrating birthdays, community radio, our community music festival, great entertainment while dancing and eating cake with friends and neighbors... this was the best way we could dream up to help keep locally produced, community not for profit media alive in our world today. (If you are reading this before the event - we hope to see you there!)

Many thanks to the entertainers and Radiant AUDIO for making it all sound so good. Thanks to the Capitol Theatre and Starbelly Jam for helping to make it look so good. Please consider bringing more than just that for the hall & entertainment donation jar at the door - your support is appreciated and hoped for.

Hosted by Leah Wilson and Howlin Dan from *POWERLINES* - a Friday night and Wednesday morning music radio show on KCR. Questions or to offer to help, call 250-227-9330

A Blue Sky Christmas Hula Hooping Story

by Leah Wilson

It was at that time of year, around Christmas when the weather gets that low cloud winter feeling (even though we had more sun this year than usual) and I started remembering days of summer blue skies and hula hooping at Starbelly Jam. So rummaging around in the storage area, finding and then dusting off the old fun fur water hoop, and then practicing all alone was good for a little while. It was good being active again, but it was boring. It was somewhat uninspiring to hoop alone; all I could muster was just a few minutes or not even that. Sometimes it was just a glance and a walk by of the lonely hula hoop.

Suddenly it dawned on me, I needed inspiration to get that fun back, and then I remembered where the fun had gone. It was in the group activity found at the festival, the laughter under the warm blue sky, and encouragement of others to "try that move again", to see and feel the fun. It was easy. More perhaps because you're being pushed beyond what you would normally do just by yourself. The best part is when an hour goes by and you're laughing and talking away, as if only minutes had passed, but you feel it in your body, in your mind. There is sense of exhilaration, and energizing stimulation.

So to answer my dreams of being less lonely while hooping, a friend called me up in early January and said, "How about Thursday? Let's hula hoop on Thursday." We hooped for over an hour and the next day I felt amazing! It is through this new community club activity that I hope more people enjoy the goodness found in hooping for fitness. If you can let your hips swing and shake, shake, shimmy, there is potential hooping good times in your future too.

And that is really the beginning of a long hooping story to be sure. Thanks for reading and I hope it inspires a whole lot of hooping it up for the whole of the East Shore.

With inspiration drawn from its name-sake the Starbelly Jam Hula Hooping Club is new and looking for members to help coordinate group community hooping.

How to make Hoops and other great stuff will soon be available.

If you have any questions please call: 250-227-9330

Starbelly Hula Hoop Club - Calendar of Events

- **Monday Feb 6: 4-6pm - Riondel Rec. Center (across from the Fire Hall)**
- **Monday Feb 13: 4-6pm - Crawford Bay School Gym**
- **Monday Feb 20: 4-6 pm - Riondel Rec. Center (across from Fire Hall)**
- **Sunday Feb 26: 1-3 pm - WINTER WORKSHOP (location TBA)**
- **Sunday February 26, 1pm-3pm. (East Shore: location TBA)**

Starbelly Jam BINGO & Movie Nite! ...get out for an evening with your friends and neighbours to beat the winter blahs

by Lea Rae Belcourt

Thanks to all who attended the Starbelly Jam Bingo at Crawford Bay Hall on January 27. We hope you all had a great time and congrats to our prize winners... Enjoy redeeming your yummy gift certificates.

Thanks to Nicole Plouffe for organizing the kids "mystery movie bingo", to Leah Wilson and Sandra Bernier for being our bingo callers, and to Galadriel Rael for donating baked treats.

(Note: since the deadline for this article was before the actual bingo, we realize there may be a few folks left out on the thank you's...so, THANK YOU. You know who you are and we love ya!)

Many thanks to the following businesses and individuals for providing gift certificates and prizes:

Mojo's, Nicole Schreiber, El Taco, The Preserved Seed, Kootenay Baker, Old World Bakery, and The Royal on Baker.

The suggested donation for playing is \$0.50 per card, per game. Sweet and savory snacks and beverages will be available for purchase. This is a family/community event. Children are most welcome to attend.

THE NEXT BINGO IS ON FRIDAY, FEB. 24 @ Crawford Bay Hall, 6:00 - 9:00 pm.

...A SURPRISE MOVIE (that is appropriate for all ages) will follow the bingo at 9:00pm and popcorn will be popped in massive quantities. Consider bringing your own blanket and cushion so you can get cozy for the movie.

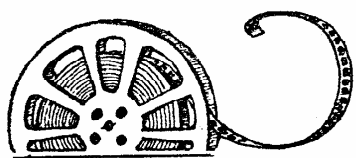
Starbelly Jam Hula Hoop Club - Winter Workshop

by Leah Wilson

Multiple Hoops, Directional Hooping, Hooping on both sides of the Brain, Hooping for your Mood and your Mind... these are all topics explored in this two hour session with professional Hoop Performer and Instructor: Jen "Cookie Hoops" Cookson. This workshop is for everyone, all ages, genders, and abilities to spin hoops, and to hoop dance. Starbelly Jam Hula Hoop Club is new this year, and wishes to thank Rec. 9 for supporting this new fitness activity on the East Shore. The Winter Workshop is one of many to explore over the year - we hope to see you taking in the chance to spin hoops in a space for safe exploration, for fitness, brain candy that relieves stress, anxiety and depression - all from spinning hoops in a fun and easy way.

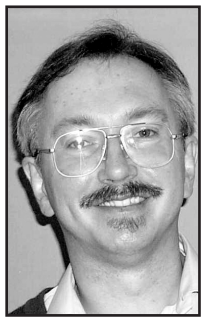
Through this workshop you will learn Hooping techniques that use both sides of the brain and all kinds of muscles. Moves that are for strengthening your non-dominance side and core, with practice these moves will improve muscle development and lowers the risk of repetitive injuries. The best part about Hooping is that is - like - Brain Candy - it is a great activity for your mood and mind.

Everyone is welcome to register for the workshop - registrations help us determine who has Hoops and who needs Hoops, and on where the workshop is located: To register call Leah Wilson 250-227-9330. Watch for posters and FB invites - please share. Fees are a sliding scale \$5 to \$10 donation, supported in part by Rec. 9 and Starbelly Jam Music Society. For more info on Cookie Hoops: www.cookiehoops.com



Seldom Scene

by Gerald Panio



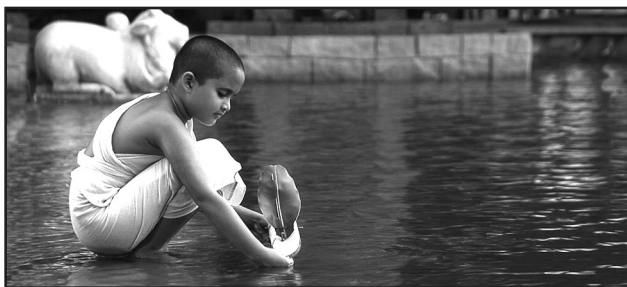
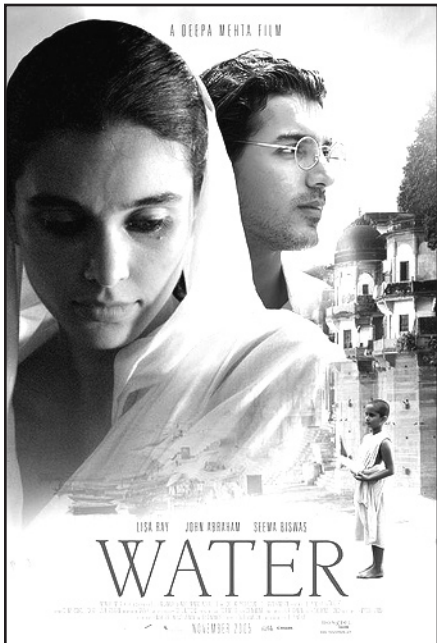
Griminimalist. A brand new word for *Mainstreet* readers this month. I think it looks pretty cool.

It's a portmanteau word, like "smog" and "infomercial." In this instance, I've combined "grim" and "minimalist" to come up with a new way of describing movies that deal with themes of poverty, class, and social injustice by rubbing the audience's face in them. They stare unblinkingly into the abyss from five centimetres away. The British, in particular, have been past masters of this genre. Think of directors like Mike Leigh and Ken Loach, and films such as *Bleak Moments* and *Looks and Smiles*.

Now that I have you girding your loins for a descent into social hell, breathe easy. This month's feature film is actually the polar opposite of griminalist. Deepa Mehta's *Water* (2005) may draw powerfully upon all the themes I mentioned above, but she has chosen to tell her story of the fate of widows in India in 1938 (and today) with an eye and an ear for breathtaking beauty. That beauty is in the actors themselves, in the Sri Lankan setting, in the cinematography, in the musical score, and in the absolute purity of its storytelling. Tragedy is supposed to carry us out of ourselves, to lift us through suffering into a heightened state of awareness. Catharsis. *Water* achieves this as well as any film I know.

The story of the making of *Water* is an object lesson in itself. When one sees the final product, it's almost impossible

to imagine it could have been the target of a mob of 15,000 Hindu fundamentalists who, two days into the filming in Varanasi in India, burned down the sets and threw them into the Ganges. (For further details, please check the Web for Randeep Ramesh's *Guardian* article "Water defies the mob.") Following the riot,



it took Deepa Mehta another five years, a complete recasting, and a move to Sri Lanka to finally complete the controversial trilogy that she began in 1996 with *Fire*. Imagining *Water* the target of such intense hatred is like trying to imagine someone here burning a Haida totem as an affront to Christianity.

Perhaps, however, going through such a literal crucible of fire partly explains the breathtaking triumph of *Water* as a work of art. I'll get to the story itself in a minute, but I think I'd like to change my usual approach by talking first about the

score. If you're going to reach for transcendence, music is a good way to go. Imagine Pachelbel's Canon in the service of social justice. Over the last few years we've gotten quite used to the over-the-top musical numbers of Bollywood films, but *Water* is a superb demonstration of how subtly a brilliant composer such as India's A.R. Rahman can weave songs into the fabric of a story. Mehta also drew upon the talent of Canadian composer Mychael Danna to meld Rahman's work into the haunting lyrical soundscape of the entire film. I've seen *Water* three times now; with the most recent viewing

the music carried me away the same way it did when I first heard Michael Nyman's score for Jane Campion's *The Piano*.

British cinematographer Giles Nuttgen's camerawork and lighting are flawlessly synchronized to *Water*'s score. He said he was aiming for a palette of blues and greens, and the lushness of the Sri Lankan setting gave him a lot to work with. There isn't a frame of the film you couldn't contemplate as a free-standing photograph. And as with all of South Asia, the visual iconography is so rich and strange

that it feels as if one is wandering in a vast symbolic labyrinth, where at the turning of every corner one is faced with a new mystery.

In India, in 1938, a widow's lot was not a happy one. Two thousand year old sacred texts declared a widowed woman to be half dead—her only choices

ritual suicide, a life of self-denial in an ashram, or marriage to the younger brother of the dead husband. Conveniently, this religious tradition also passed the husband's estate back into the hands of his family and eliminated the necessity of caring for the now-superfluous wife. The widow would live out the remainder

of her life in poverty. If necessity dictated it, she might also be forced to prostitute herself. One of the reasons Deepa Mehta faced death threats and a mob when she began making *Water* was that she insisted that the plight of widows in modern day India was often as indefensible as it had been 60 years earlier on.

The central widow in the film is Chuyia (Sarala, an astonishingly gifted young actress who spoke neither Hindi nor English and learned all of her lines phonetically). She's an 8-year-old girl who becomes a widow before she even remembers getting married. Her parents pack her off to an ashram for widows, located on the banks of the Ganges. Good riddance. Chuyia's a girl with Dickensian spunk and doesn't settle easily into her new role as one of the living dead. She yells, cries, bites, tries to run away, and insists that she's going home. She immediately locks horns with Madhumati (Manorma), the ashram's hulking Nero-like matron-in-charge. Madhumati's been in survival mode for so long that she's no longer capable of being horrified by, or even recognizing, the brutal choices she's made and forced others to make. Her one confidante is the pimp Gulabi (Raghuvir Yadav), whom she employs to traffic a chosen few of the ashram's young women to wealthy businessmen across the river. Madhumati, too, is a tragic figure—not a soulless monster, but a woman who can no longer stop herself from acting monstrously. Madhumati's role, even more than the attack on the treatment of widows, was perhaps the true focus of the fundamentalist violence directed against the film.

Chuyia finds two sources of comfort within the confines of the ashram. The first is Shakuntala (Seema Biswas), a middle-aged woman who has made a bitter peace with her fate yet has managed to retain her faith and her simple humanity. A rock in a stormy sea. The second is Kalyani (Lisa Ray), a beautiful young widow whom Madhumati uses as her principal source of income.

Perhaps surprisingly, the ashram's not a hotbed of tension and repressed desire. Because change seems impossible, everyone's settled into their respective roles. Even Chuyia, after a short while in residence, begins to resign herself to her new home. She herself becomes a source of support for an older woman near death (a marvelous performance by Vidula Javalekar), who dreams only of eating the sweets she had on her wedding day. Force of habit is a great equalizer.

But into this closed world intrudes a young law student, Narayan, from a wealthy Brahmin family, whose accidental encounter with Kalyani leads to love and tragedy. Narayan's a follower of Gandhi, now at the peak of his influence, and is open to the possibilities of a new India (unlike his best friend, who's contented to quote Shakespeare, sing Western opera, and let the British keep the trains running on time). Narayan wants to be Kalyani's salvation, because he's capable of seeing the woman and not just the roles she's been forced to play.

As the audience we, too, desperately want this romance to work, even as we fear it won't. The controlled, powerful way things fall apart reminded me of the relentlessness of one of Henrik Ibsen's plays. Unlike those plays, however, *Water* is filled with silences. The silences are filled with poetry and longing. If one were to calculate the ratio of dialogue time to screen time in this film, that figure would be astonishingly low. Call it the algebra of things lost.

Grants Available to Arts Community

press release

Artists in all disciplines are invited to apply for funding through the Columbia Kootenay Cultural Alliance (CKCA), which delivers the Arts, Culture and Heritage Program of Columbia Basin Trust (CBT).

For 2012/13, funding has increased by \$55,000, to \$706,000.

Funding is available for individual and group projects, minor capital projects, touring, arts and heritage mentoring/master classes, organizational development, major projects, artists in education, major exhibits, major heritage capital projects, and heritage projects.

Find out more and get the application form by visiting www.basin-culture.com, contacting your local community arts council or phoning CKCA at 250-505-5505 or 1-877-505-7355.

Applications must be received by March 9 or March 23, 2012, depending on the program.

8 *Mainstreet* February 2012

NewKey's Place
250.227.6911

Open!

Looking for Cooks & Bartenders

Yoga w/ Lea:

Mon: All levels, 10am, CBay Comm. Cnrr.

Thurs: All levels, 9:30am, Boswell Hall

Fri: Beginner's Yoga, 10-11:30, CBay Comm. Cnrr.
Power Yoga, 5:30-7pm CBay Comm. Cnrr.

Available for booking group

Laughter Yoga sessions for parties
and private functions.

More info, call Lea, 250.227.9030



WHAT'S COOKIN' FOR STARBELLY JAM - 2012?

by Lea Belcourt

Things are moving and shaking at Starbelly Jam! We are looking forward to another mind-blowing, soul-shaking year of music and talent.

This year's line-up includes many local acts, the return of a few beloved faces and some very interesting projects that combine improvisation with unusual collaborations and possibly a touch of innovation! Stay tuned for more information...

Limited quantities of Extra-Early-Bird weekend passes are available online with huge savings until March 31. Get yours while you can at: www.starbelly-jam.org/tickets

Food and craft vendor application forms are available online. We are working bit by bit to make Starbelly Jam a green festival. This year we will be continuing on with the Bokashi composting system that worked so well at our 2011 fest. We are also requesting that our food and craft vendors help us make the switch to a ZERO waste scenario by using only recyclable and compostable dishes, cups and packaging. This means you will see more paper and wood products which are fully compostable, less plastics, and NO styrofoam. Now that is something to celebrate!

We have announced many acts on our website and will announce our complete line-up on April 1. Here's who is coming so far, with our spotlight set on The Barr Brothers for this article... (For full bios and links on all bands go to our website):



THE BARR BROTHERS - Genre: Folk / Folk rock / Blues, Location: Montreal, QC

"The best live band in Montreal" - Chart Attack.

One of the first Christmas presents that Brad and Andrew Barr received were two pairs of red boxing gloves. They set up a makeshift ring in their basement in Providence, RI and hung a bell from the water pipes. When the bell rang, it was the signifier that all rules of decent brotherly conduct were suspended for 3 minutes. It was the one time they could unleash the latent fury of being bound to each other without the threat of mom and dad coming to break it up. Anything goes. No noses were broken, no ears bitten, but by the end of each match, the impact and recoil, there was always some blood left on the floor. Within a year or so, the gloves were nothing more than nylon rags covered in ripped plastic. Brad and Andrew, in search of a new outlet, discovered rock n' roll. It was 1983.

They taught themselves how to play, at first on cardboard boxes and home-strung imitation guitars, then on actual, zebra-striped electric guitars and drums. "Wipe Out" and "Johnny B. Goode" were among the first songs absorbed into the repertoire. With the same energy they used to attack each other with boxing gloves, they attacked the popular hits of the day and old blues songs they found in their father's record collection. A healthy diet of classic and esoteric rock paved the way to the discoveries that lay ahead.

Skip ahead to 2004. The brothers had spent most of the previous decade criss-crossing North America, playing music with their spirited, improv-based rock trio, The Slip. That Spring, the band was playing a small club in Montreal, QC when a fire broke out in the venue. They grabbed a few guitars/drums

and rushed out onto the rainy street with the rest of the concert goers. As the club's mezzanine was swallowed by flames, Andrew offered his coat to one of the waitresses from the bar. One year later, Brad and Andrew Barr were living in Montreal. That waitress is now one of their managers.

In his first apartment in the new city, Brad shared an adjoining wall with Sarah Page, a classically trained harpist from Montreal with a propensity for the experimental. As tender and visceral as she is virtuosic, her melodies would seep through the cracks of the wall and into the music Brad was writing. From this nebulous relationship, a friendship developed and the brothers, with Sarah, began recording and performing around Montreal. Soon, their friend and multi-instrumentalist Andres Vial was brought in to lend his wide array of expertise to the outfit, playing keyboards, bass, vibes, percussion, and singing. They called themselves The Barr Brothers. With Brad's songs setting the context for the agile imaginations of the other musicians, a unique sound was born, one reliant on interwoven string arrangements, wide open spaces, and a multitude of musical traditions.

Recorded in their makeshift studio in an old boiler room at the foot of Mount Royal, the ten song album The Barr Brothers recently finished, titled 2010, was written over the course of the brother's time in a city full of strangers, lovers, old ghosts and new friends. Along with Sarah (Lhasa DeSela/Amon Tobin), the record also features Miles Perkin (Lhasa DeSela), Elizabeth Powell (Land of Talk), Nathan Moore, Jocie Adams (The Low Anthem), Elvis Perkins and Emma Baxter. It reads like a dusty journal of a traveler at the crossroads of good and evil. Hushed Americana lonesome and future-primitive delta blues clear the path for West African polyrhythms and classical motifs. It's all tied together by the commitment to the sources of the styles and their inherent connections to each other.

Though the boxing gloves have been long since retired, and the music, for the most part, is more refined than clobbering, there's always room for some blood on the floor.

THE CAVE SINGERS

Genre: Indie rock / folk
Location: Seattle, WA

PIED PUMPKIN

Genre: Folk / Children's music
Location: Nanaimo & Bowen Island, BC, France

JEFF CROSBY & THE REFUGEES (aka EQUAL-EYES)

Genre: Experimental / Indie / Folk / Rock...jam on!
Location: Idaho / Los Angeles

GABRIEL PALATCHI BAND

Genre: Fusion / Jazz / Latin
Location: Canada, Buenos Aires, Argentina and the world!

BUCKMAN COE & MAX SERPENTINI

Genre: Folk / Roots & Blues
Location: Vancouver, BC

ELENA YEUNG QUARTET

Genre: Bluegrass / Folk
Location: Creston, BC

DAN HUSCROFT BAND

Genre: Folk / Folk Rock/ Blues / Classical
Location: Langley, BC (from Creston, BC!)

MUSIC WITH MARNIE

Genre: Music and Fun for children, young and old!
Location: Vancouver, BC

As always, it takes a small army of committed volunteers to put on an event of this magnitude. If you are interested in joining our volunteer team, please contact us at: volunteer.starbelly@gmail.com

Young Local Artist Shows in Vancouver

press release

Circle Craft Cooperative Association is pleased to present their Annual Student Scholarships Exhibition in their Gallery in the Net Loft on Granville Island—February 3-28, 2012—featuring: Emily Hill, Capilano University, Textile Arts Program; Kelly Austin, Emily Carr University; **Donovan Hough, Kootenay School of the Arts;** and, Idolly Schwendener, Vancouver Community College, Jewellery Program.

In 2003, Circle Craft initiated a student scholarship award program to support new and upcoming craftspeople. This program is part of Circle Craft's commitment to community outreach programming, working in partnership with four BC institutions: Emily Carr University, Ceramics; Capilano University, Textile Arts Program; Vancouver Community College, Jewellery Program; and, the Kootenay School of the Arts, Metal Program.

Graduating students from these programs are invited to complete an application to be considered for the award. A selection committee from each department works with Circle Craft to select each year's recipients. Selection is based on outstanding achievement and intent to pursue the art form professionally or through furthering studies.

Donovan Hough, Metal Kootenay School of the Arts

Donovan Hough makes metal objets d'art – candle holding creatures, belt buckles, knives with beautiful

metal handles, and more!

Donovan Hough resides in Nelson BC. He's a recent graduate of the Kootenay School of the Arts with a certificate in Metal Arts. Hough was born in Calgary, AB, and as a child moved to the Kootenays' Crawford Bay, BC, where he grew up.

"I love to play around and have fun," says Donovan. "Most of my time has been spent skiing, playing soccer, and nearly every other sport and activity thinkable, and I bring that playfulness to my art."

"My art is functional, and usually incorporates nature, myths, and characters in my life. I like to keep my work simple in design with a raw finish by leaving hammer marks and metal imperfections."

Circle Craft Co-operative is a unique BC Artist Cooperative dedicated to providing opportunities for craftspeople to connect with the community. Formed in 1973, Circle Craft has grown to become a major force in the marketing and promotion of quality craft, utilizing a 'direct from the artist' approach. Built on a reputation for integrity and quality, both our annual Christmas Market and the shop and gallery on Granville Island are Vancouver traditions for locals and visitors alike, and encompass

a wide variety of media and design styles. Circle Craft is self-sustaining and is supported by commission on sales and participation fees. Our 1994 mission statement reflects the aims of our founding members: "to promote the development, recognition and success of members and their work." We are proud of our achievement in fulfilling our mission: Circle Craft is one of the most successful organizations of its kind in North America. For more information: www.circlecraft.net



Book Reviews

by Tom Lymbery

WILDLIFE & TREES OF BRITISH COLUMBIA – Authors: Fenger, Manning, Cooper, Guy, Bradford, Lone Pine Publishing, 336 pages, \$29.95

Not only does this book cover the 66 different birds that nest in tree cavities, the animals that hibernate there, but also much important information on BC tree species. This is the reference that I used for this month's "Durability of Cedar" article. The internet is terrific, but books have more assets, in many ways.

Much coverage of ecosystem management – to preserve the tree habitats, for everything from bats to owls and chipmunks. Pictured is a black bear hibernation / birthing cavity 30 feet up a pine tree. Since this book has five authors, it has more information than you can absorb on first perusal.

Colour coded pages give you easy reference to the eight different departments that this volume covers, starting with "Wildlife Trees and their Different Species," "Eco System Management," through "Knowing the Trees", "Primary Cavity Nesters" and much more. A most valuable book to have handy to find the species of that elusive bird in your cedar tree.

WOODLOT MANAGEMENT by Bruno Wiskel, Lone Pine Publishing, 134 pages, \$14.95.

A somewhat unusual one to read in B C, because it is written in Alberta, where one of the important commercial species is ASPEN, considered unimportant here. However, don't let that deter you from the valuable information you will find here, whether you have only one acre or one hundred.

Chapters on "Evaluating an Existing Woodlot", improving that woodlot, and harvesting, carry many sensible suggestions that those of us that love our trees can put into practice. "Reforestation" has this most important advice: "Remember that reforestation starts BEFORE the harvest of existing trees, not after. The harvest program selected will be the most important component of your reforestation plan, so it is very important to ensure that the type of harvest is compatible with the type of regeneration selected."

Check out the back cover photo with a man emulating a beaver, to fall a tree. The sketches and illustrations are good – except one showing a claw hammer used to pound a tree falling wedge, and that wedge doesn't appear to be plastic. However that's a very minor comment on a book that you need to be able to refer to, even if you only have two trees at your place.

Trees are so important – wherever you live, so please plan on replanting, whenever you do any cutting.

Next Deadline:
Feb 22, 2012

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

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

Unemployed? Ask about the self-employment program.

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Central Kootenay

Call Erika at 250 254-1967 to book a free appointment in Crawford Bay
www.futures.bc.ca

Growing communities one idea at a time.

East Shore Community Library/ Reading Centre News

by David George

YES, THE MOVE HAS HAPPENED - Your library has completed the move from upstairs to downstairs. While a few finishing touches are ongoing, the library is fully open with much more space, and many more bookcases. The move was completed without even being closed for the few days earlier predicted. Level access is available from most of the parking area.

Thanks to many volunteers for so much help with the move go to, in alphabetical order, Shelli Bothamley, Ben Bounds, Judy Bounds, Jean Corrigan, Susan Dill, Lorinda English, Bill Fergus, Cathy Fergus, Dave Hough, Fran Kinder, Bonnie Millard, Christa Nagel, Brenda Panio, Cathy Poch, Bernd Rave, Kathy Rave, Cate Rowland, Kirsten Rowland, Stephanie Rowland. If we have forgotten anyone who helped, please accept our apologies.

Special thanks to David Kayle and Selka Kind and H.W. for building the new shelves, with additional thanks to David Kayle for fitting the new and old shelving in place.

An Official Grand Opening celebration will happen a little later this year.

Opening hours remain Tuesdays and Saturdays from 12 noon to 3pm, and Thursday evenings from 7pm to 9pm. Our phone number is 250-777-1492.

Come in and enjoy all the new space in your library.

Riondel Community Library

by Muriel Crowe

Winter is slowly sliding past and for many of us dreams of gardening, swimming and boating are looming large on the horizon. I sometimes feel jealous of those who enjoy outdoor winter sports as it seems to make the season more enjoyable but then I think that you do have to go out in the cold and the snow to enjoy those sports. So I once again feel, with a slight smugness, that indoor pursuits like reading are at least warmer and drier. Jealousy is gone.

We had our AGM last week and from that comes the announcement that we will once again have an evening open house in April. It will be on the thirteenth and we hope for a response at least as great as we had last year. I think the fishpond will be back and the computer quiz draw plus some wonderful music. I'm sure there will be nibbles, great conversation and we are hoping for the presence of some Kootenay authors.

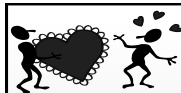
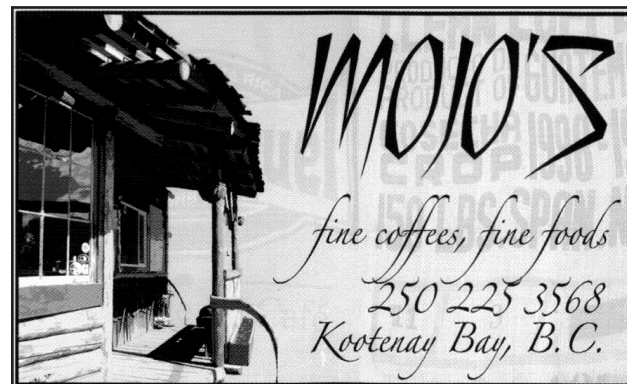
One of our volunteers is looking into organizing a book club so please let us know if you are interested. There was a mention of one-on-one very basic free computer classes in the library. Also there will be an offer of one-on-one help using our library computer catalogue and library orientation if desired. Just leave your name with the volunteer next time you are in and you will be contacted. Everyone can take advantage of these offers.

Last but not least a reminder that we still have several weeks of winter weather to deal with so please join in my winter sport. Come to the library, borrow lots of books and read, read, read.

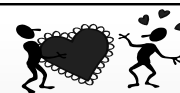
- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Judy @ 250-223-8664



KOOTENAY LAKE CHAMBER OF COMMERCE



Get Out & Support the 2nd Annual



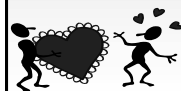
Valentine's Theme

VARIETY SHOW

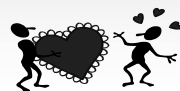
Fundraiser

Feb 11, 2012 - Crawford Bay Hall - 7pm

Proceeds to go towards our local Emergency First Responders to help buy an *automated external defibrillator*
Great line up of talent - silent auction, open bar, beverages, appetizers and lots of fun and laughs



Jamie Cox 505.8286
or Paul Hindson 505-5005





Thought For Food

by Farley Curzons

When was the last time that you went to the doctor and he or she told you what to eat or what not to eat? Most of us probably haven't had that experience. But statistics reveal that the vast majority of North Americans will

fall prey to one of these chronic diseases of affluence: Cancer (colon, lung, breast, leukemia, childhood brain, stomach, liver), diabetes or coronary heart disease.

As this column has previously discussed, there is a wealth of published research that these diseases are a result of poor nutrition, not poor genes or bad luck. So why doesn't the medical system take nutrition seriously?

Four words: money, ego, power and control. While it is unfair to generalize about individual doctors, it is safe to say that the system they work in, the system that currently takes responsibility for maintaining the general health of its citizens, is failing us. No one knows this better than the tiny minority of doctors who treat their patients from a nutritional perspective. These doctors struggle within the confines of the medical system and are often demoted or fired for bringing their findings to their medical superiors.

The medical profession is heavily sponsored by the pharmaceutical industry and it affects every aspect of our medical care. The drug industry ingratiates itself right away with new medical students, offering free gifts, including meals, entertainment and travel if they go to certain educational events (which are little more than drug advertisements) and conferences (which include speakers who are little more than drug spokespersons). Major scientific journals have turned into little more than marketing vehicles for drug companies. These young doctors are groomed from the

start to tow the "big pharma" company line. And they are bombarded throughout their career with endless financial perks (for themselves or their particular institutions) if only they prescribe the latest pill.

That's why if after years of conventionally treating your malady with one prescribed pill after another to no avail, then discover a diet that heals you and you want to tell your doctor how you did it so no one else needs to suffer, she will probably have no interest in the details of your recovery. She'll say, "Whatever you're doing, keep doing it" then get you out the door as fast as she can. The idea of healing with whole foods threatens the establishment to the core. An establishment financially tied to pharmaceutical drugs and surgery. We have an abundance of alternative medicine doctors and holistic healers available here in the Kootenays. A Traditional Chinese Medicine Doctor has 5000 years of nutritional medicine study at which to draw upon. You owe it to yourself to explore all your options especially if you're being told that surgery or a thousand dollar a month prescription is your only option.

During the past few decades we have acquired substantial evidence that most chronic diseases in North America can be partially attributed to bad nutrition. Expert government panels have said it, the US surgeon general has said it and academic scientists have said it. More people die because of the way they eat than by tobacco, accidents or any other lifestyle or environmental factor. We know that the incidents of obesity and diabetes are skyrocketing and that our health is slipping away, and we know what to blame: diet.

So shouldn't the government be leading us to better nutrition? There is nothing better the government could do that would prevent more pain and suffering in this country than telling us unequivocally to eat less processed foods, less franchise feasts, less highly refined sugar and flour and DO eat more whole, plant based foods? It is a message soundly based on the breadth and depth of scientific evidence, and the gov-

ernment could make this clear, as it did with cigarettes. Cigarettes kill, and so do these bad foods.

But instead of doing this, the government is saying refined sugar, fat, lots of dairy and meat is good for you. The government sees an excellent consumer/supply ratio going on. The money is made and the consuming follows. We work all day, come home and watch 4.5 hours of television with commercials that massage our ego and violate our insecurities telling us what we need and then we go back to work so we can get it. Everyone's happy and the economy is running smoothly. The government through its inaction has turned a blind eye on the evidence as well as to the millions who suffer from nutrition related illnesses.

Maybe we could find comfort in the thought that it's not government inaction, maybe it's planned. Are WE being farmed? Do they wanted us to be weak, complacent, distracted and afraid so they can slowly and methodically remove our constitutional rights as citizens and have us simply be "consumers" of their nutritionally void processed crap they call food?

When we get sick from eating the processed food we have to buy their drugs to get better. Seventy percent of Canadians rely on whole food supplements, enzymes and vitamins to maintain their health and the current government wants them outlawed or declared unsafe so we have no choice but to take their newfangled miracle drugs or submit to surgery. Where are the thousands of protesters on parliament hill asking for the leaders head? Tired, complacent, distracted, sick and afraid.

If there's one thing that this nutrition researcher knows it's that the benefits produced by eating a predominantly organic plant based diet are far more diverse and impressive than any drug or surgery used in western medical practice. Heart diseases, cancers, diabetes, stroke and hypertension, arthritis, cataracts, Alzheimer's disease, impotence and all sorts of other chronic diseases can be largely prevented. These diseases, which generally occur with ageing and tissue degeneration, kill the majority of us before our time.

Additionally, impressive evidence now exists to show that advanced heart disease, relatively advanced cancers of certain types, diabetes and a few other degenerative diseases can be reversed by diet. This evidence can no longer be ignored. Those in science, medicine or government who shut their minds to such an idea are being more than stubborn; they are being irresponsible.



Regional Food Gathering

submitted by Paris Marshall Smith

Save the dates!

March 9th - 11th, 2012

Kootenay Lake Regional Food Gathering

From Johnson's Landing to Creston - how can we come together to build a resilient regional food system?

Join food producers, eaters, retailers, distributors, processors for a weekend of learning, sharing, connecting. Friday the 9th will host a seed exchange. Place & times to be announced. Stay tuned for more information - east shore food roots @facebook email: eastshorefood@gmail.com (Made possible through funding from the RDCK- EDC & Enterprising Non-Profits for agro-economic development on the East Shore.)

Next Deadline:

Feb 22, 2012

250.227.9246

Mungall's 100 Mile Feast Challenge Featured in 2012 BC Bridal Guide

press release

Nelson- When MLA Michelle Mungall commissioned a report on the region's food systems from UBC grad student Paris Marshall-Smith, she knew that she would be referring back to it many times for guidance on how to best support and advocate for local farmers and food producers in the region. When it came time to plan her 2011 wedding with her partner, Zak, she took to heart a recommendation from the report identifying "education as the critical issue in enhancing the local food system." Born from this was her 100 Mile wedding feast challenge.

"My husband Zak and I have been applying the principals of the 100 Mile Diet as much as possible in our lives," says Mungall. "For our wedding, we wanted to both show our commitment to our values and show off our region by treating our wedding

guests with a meal on hundred percent source in BC, and mostly from the Kootenays."

Mungall's wedding planning caught the attention of the British Columbia produced BC Bridal Guide and she was asked to contribute her story to the 2012 Guide. The article, entitled 'The Best Wedding Feast is Within 100 Miles' highlights both the challenges and successes of working with local seasonal offerings.

"I think the most successful planning incorporates the ability to go with the flow. We had some challenges with a late season affecting what was available when we needed it. But working with our talented caterer, Annie Bailey, we managed a beautiful meal with the freshest of local ingredients," says Mungall.

The article ends with a list of the Mungall's Top Five Tips For Your 100 Mile Wedding Feast, tips that could be used no matter how many people you are trying to feed.

"The common theme here is to educate yourself about what is on offer in your region and then spread the word to others," says Mungall, "You won't be disappointed."

To view the article online visit www.bcbridalguide.net or drop by Mungall's Nelson office at 204-402 Baker Street and pick up a magazine.

February 2012 *Mainstreet* 11

Professional ZANIAC!

"The comedy is non-stop."
- The Seattle Times

two time Guinness world record holder

Alex ZERBET
FAMILY FRIENDLY ACTION COMEDY

All parents of young children are invited to the show on Monday, February 27 at 9:30 am in the performance area at Crawford Bay School. Sponsored by CBay School Ready Set Learn and EASEY.

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graphic design: print, web, signage...

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- Feb 3: Natural Flavas w/ Robby Roots

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Going To Nelson? Be sure that coming in to see Vivi is on your "To Do" List!

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Artists & Dragons

- Artists in action
- Artwork raffled
- Refreshments
- Entertainment

Celebrate Chinese New Year in Creston
Saturday, February 18th • 7:00 pm • Rotacrest Hall, Creston

Tickets: \$10
Available at Black Bear Books & Kingfisher Books

Fundraiser for...
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ARTWALK

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The PAC Box

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

PAC MEETING: Our next PAC meeting will be held on **TUESDAY, Feb 7, 2012. Please join us. Call Ingrid at 227-9246 or email mainstreet@theeastshore.net to be put on the agenda. We will also have Mark McLaughlin of 'Be Crystal Clear' and founder of the Crystal Meth Society give a presentation/conference call during the next meeting from 7:30-8:00.**

HOT LUNCH PROGRAM: We have started with a three-week Hot Lunch menu for Winter and Spring 2012. We are also offering occasional meat alternatives on the menu due to demand. Our beef comes from a Tarzwell Farms in Creston, free range, antibiotic and hormone-free. The chicken come through Save-On-Foods in Nelson and are from Bradner Farms in Abbotsford. They are free range, organic chickens.

Birth Announcement



Lathan Simeon Powell

Lathan (7lbs, 4oz) was born January 16, 2012 at 9:18 pm in Pincher Creek, AB to proud parents **Jennifer Newcomen** of Gray Creek, BC and **Linden Powell** of Saint Martin in the Caribbean.

Grandparents Sheila Brockington & Gerry Newcomen and John Philips & Cecily Barrett rejoice in Lathan's arrival along with super proud auntie Christy Newcomen-Randall, uncle Richard Newcomen and their families and all the aunts, uncles and cousins around the world!

Although far away, the East Shore will always be a home in the heart of Mama Jen. Many loving thanks to the staff at Pincher Creek Hospital but especially to all the loving support of amazing family and friends.

Grand Opening Wine & Cheese

Sapphire Hair Salon and Christine Peel, Acupuncturist
Saturday, February 25, 4-7pm
Drop by and check out our new office/salon space at the
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Thoughts from a Disturbed Mind

by Harvey Valgardson

OK, suppose you're a deer on the East Shore. What's your biggest worry? A: Cougars B: Wolves C: Coyotes D: Greeks. If you answered D then you are a pretty smart and surprisingly well-informed deer. As I've mentioned before I am staying at a place where the only three English channels on TV are news channels. They are broadcast from Russia, France and Africa so I have been getting a lot of European coverage. I don't know how much you are seeing in Canada so let me just sum up by saying that Europe appears to be swirling down the economic toilet. Unless they can pull a miracle out of the hat it seems likely that Greece will be the first country to be flushed.

If that happens it will, according to the talking heads, start a chain of events that will effectively end life as we know it. I can scarcely credit some of the things my ears are hearing. Among the many terrifying predictions being tossed about are banks collapsing, pension funds failing and even a worldwide shift away from currency based economies. I'm not even sure what the last one means. Are we going to return to trading beads and shiny rocks?

But it's not just Europe. The same talking heads assure me that the U.S. is not far behind and although Canada has displayed more financial responsibility than most, we will still be sucked down the collective drain, simply by dint of association. As if all that is not dismal enough they warn of huge increases in food costs. Apparently in some parts of the world the cost of food has already risen to nearly 50% of a person's income.

A while back I wrote a column comparing life to the game of monopoly. One irate reader actually called me a communist but I have no political or ideological leanings. I simply stated that which I thought was obvious and went so far as to suggest that, like the game, the only way the losers could end things and get a fresh start, was by knocking the board over. Well, when you watch the news and see the rioting that is happening in so many places and the economic ruin that is affecting the whole world it would seem apparent that the board has not only been knocked over; it has been sent flying. Still, the whole situation does not unduly bother me because I know that mankind is almost infinitely resourceful and like the phoenix we can rise from the ashes. Except there is something wrong here.

The whole process is too orchestrated, too choreographed. The breakdown of a civilization should be a more random, chaotic process and not something TV presents like a B-grade movie. What started out as an irritation on the edge of my brain has blossomed into a huge ugly pimple of suspicion. **I don't think it's the losers who are knocking over the board. A lot of planning has gone into making it appear that way but I believe it is the winners, the really big winners, who are behind the curtain.** But that doesn't make any sense. Why would the winners want to end the game?

I've been chewing on that question for a couple of weeks now and I don't like what is getting stuck between my teeth. The riots and protests around the globe are giving the powers that be an excuse to remove our rights and freedoms. Laws that once protected those freedoms are being changed, innocent people are being killed and when I add in the soaring food costs I start to see the blurry outline of a very threatening

picture. I think they're getting ready to cull the herd. I think the winners, the really big winners, have found a different game they would rather play. I don't know what it is but I suspect there will be a lot fewer players and if you haven't received your invitation yet, I doubt they've saved you a seat at the table.

Yeah, yeah, I know what you're thinking. Sounds like old Harv has been spending too much time under the tropical sun. Maybe he should find some shade. That could be but for the sake of argument and because this is, after all, my column, let's say I'm right. What are we going to do about it? In the long term, I have no idea. Long term planning has never been my forte. In the short term, well, our path seems obvious. We strengthen our community ties, we plant big gardens, we sharpen our fishing skills and, here it comes, we eat a lot of venison.

Well anyway, perhaps it's all a load of drivel from a paranoid old man but if you are a deer living on the East Shore and you are reading this (hey, stranger things have happened there) let me give you some advice. By all means, look out for cougars, wolves and coyotes but it would behoof you (sorry, I couldn't resist) to keep an eye on those Greeks. To para-phrase Ray Bradbury, something wicked that way comes. At least that's what I've been thinking.

Baby Chicks

by Tom Lymbery

At this time of year our Gray Creek Store classifieds used to herald, "Order Your Baby Chicks Now," as we took orders for these, as well as goslings and turkeys. These were shipped to us in the mail which gave overnight service from Rump & Sendall in Vernon. There were times when the boxes of chicks got held up in Creston or Nelson, but their incessant PEEPING meant that wherever they were, someone would phone us – to get that noise out of their office.

Newly hatched chicks come with enough built in sustenance to survive two days. As soon as we got them to the customer, of course they needed immediate feed and water. Almost always they survived their trip well, and Rump & Sendall always included a few extras in each box, so some careful people raised 52 instead of the 50 they had paid for.

Someone in Japan found a way to tell the sex of chicks as soon as they were out of the shell. Bob Sakurai did this at Sendall's, and most orders were for all pullets, although those raising meat birds would specify cockerels. The alternative to buying chicks was to look after a broody hen on thirteen eggs (she could cover an uneven number best), and you took your chances as to the proportion of the sexes.

Dick Sendall was a boarder at St. George's in Vancouver, where I was sent for high school. His dad had Rump & Sendall in the 1940s in a small place named Langley Prairie, which supplied thousands of chicks to the Fraser Valley. Dick's sister Jean took over the business and moved it to Vernon, which then supplied nearly all of B.C. Rump was the name of her grandfather, so she had worked with chicks all her life. She used to drop in the store every summer to make that important customer contact.

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Arts, Culture & Heritage Grant Applications Available

CKCA and CBT announce 2012/13 programs

Columbia Basin – Artists in all disciplines—as well as arts, culture and heritage organizations—are invited to apply for funding through the Columbia Kootenay Cultural Alliance (CKCA), which delivers the Arts, Culture and Heritage Program of Columbia Basin Trust (CBT).

For 2012/13, funding has increased by \$55,000, to \$706,000. This will help CKCA better meet demand in sought-after programs like minor capital for arts and heritage facilities, support for touring and major project funding.

"We're very happy CBT has increased the funding made available to arts, heritage and culture through our programs," said Jacquie Hamilton, CKCA Chair. "The works of these organizations and individuals touch upon the lives of people throughout the Basin, and CKCA appreciates the opportunity to provide support."

Funding is available for:

- individual and group projects;
- minor capital projects;
- touring;
- arts and heritage mentoring/master classes;
- organizational development;
- major projects;
- artists in education;
- major exhibits;
- major heritage capital projects; and
- heritage projects.

"This is support for our neighbours, our museums, our local theatre troupes—for the many ways arts, culture and heritage weave through our lives," said Gary Ockenden, CBT Director of Community Engagement. "We're proud CBT can strengthen this sector in order to benefit the whole community."

Find out more and get the application form by visiting www.basinculture.com, contacting your local community arts council or phoning CKCA at 250.505.5505 or 1.877.505.7355.

Applications must be received by March 9 or March 23, 2012, depending on the program.

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

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Third Annual Tipi Camp Yogathon

by melanie faith

On Sunday, January 8, 2012, we held our Third Annual Tipi Camp Yogathon Fundraiser. This year, we were fortunate enough to have Self Design High on Victoria Street, downtown Nelson, offered free to us



as a venue for the day. Many thanks to all who made that happen for us.

What a great new space this turned out to be for our event. With many hands, we made short work of transforming the alternative school's space into what we needed it to be for the big day. There was a check-in table upon entering the facility and up a long, narrow staircase was the 'yoga room' that could comfortably hold around fifty yogis and an instructor. When one had had their fill of postures and/or meditation, they could venture up another short set of stairs to the Tipi Camp Cafe where they had their choice of scrumptious, healthy lunch items for purchase, sweet treats to nosh on, Bobby O's famous chai for sipping and many other delectables to tantalize the senses.

There were tables to sit and eat at while catching up with old friends or some sofas to lounge on with new friends. It was a fantastic opportunity for many of us to

come out of our winter shells and re-connect with our community. After lunch and before afternoon classes commenced, Peter Duryea, one of the co-founders of Tipi Camp, took us on a guided inner visual journey that touched many and spoke to that special place in all of us, rekindling the fires of hope and compassion for ourselves and for all life on this planet and beyond.

On the financial front, our goal every year is \$8000. This year, we raised a total of \$5280.95 in pledges/donations and we are so grateful for the effort put forth by everyone who participated and contributed to help make this happen, yogis and instructors alike.

Many families will benefit from these funds raised and this will ensure that no child or teen will be turned away due to financial limitations. January can be a hard time of the year for folks to continue to give extra cash and these troubled economic times we are encountering are no exception, but we feel that this event is such a beneficial way to begin one's year: to consider giving outside of ourselves and our own needs feeds our spiritual, emotional and physical bodies in a truly amazing way. When we participate and/or contribute in events such as this, our community inevitably becomes healthier and stronger as does our own self-esteem. We learn that our actions can create positive results and the ripple effect of this in our lives is necessary for us to move forward and evolve in a good way. The Wilderness Immersion for Self Esteem program is a great opportunity for youth and kids to connect with nature and themselves. They remember this positive life experience forever and carry it with them throughout their lives drawing on their newly developed strengths.

To all the good people that contributed to make the 2012 Yogathon the success that it was, Tipi Camp tips its hat to you and takes a great bow. We look forward to seeing you at the camp this summer and in the meantime, wish you a happy and playful remainder of winter.

If you're interested in coming to a workshop, sending your child or youth to one of our camps or simply helping out at the camp this year, there are many opportunities for volunteers, please, feel free to get in touch with us all contributions are appreciated.

You can contact Sandra Bernier @ 250 505 3173 or e mail tipicamp@theeastshore.net or check out our website www.tipicamp.bc.ca for a full list of workshops and events.

May the seeds we imagine and create in the short days of snow and ice be cultivated in the spring by earth and her elements to flourish and provide us with a bounty as our seasons unfold.

Integrated Partnership Will Benefit Kootenay Lake

Kootenay Lake Partnership press release

NELSON – The Kootenay Lake Partnership (KLP) adopted a strategic Terms of Reference to develop integrated and collaborative approaches to lake management planning. This is a response to recent rapid growth and increased pressure that will protect and enhance the ecological health, aboriginal and socio-economic values of Kootenay Lake. Through cooperation, information-sharing, optimizing available resources and coordinating efforts, the Partnership process will seek to provide public education and guidance, and establish lake management strategies for: foreshore development, water quality, protection of culturally and ecologically significant sites, population protection for fish and wildlife, and cumulative impacts.

The Partnership includes representatives from Fisheries and Oceans Canada, the Ministry of Forests, Lands and Natural Resource Operations, the Regional District of Central Kootenay, the Canadian Columbia River Intertribal Fisheries Commission, the Ktunaxa Nation Council, and the Lower Kootenay Band. Other groups representing their interests include the Okanagan Nation Alliance, the Ministry of Environment, the Interior Health Authority, Ministry of Transportation and Infrastructure, the City of Nelson, and the Village of Kaslo.

"Kootenay Lake is very important to the past, present and future culture and traditions of the Ktunaxa Nation," said Ray Warden, Director of the Ktunaxa Lands and Resource Agency. "We are pleased to be involved in this multi-agency approach to managing such a valuable resource. Responsible stewardship requires everyone's involvement, and we hope that Kootenay Lake's local residents and visitors join us in this important mission."

Due to increasing development pressures and more people opting to relocate to the area for a more relaxed and nature-oriented lifestyle, Garry Jackman, an RDCK representative on the KLP says, "The partnership is well positioned to provide sound, scientific data to guide development practices and to help educate current and incoming residents about how to best maintain this beautiful environment which they sought out in the first place".

The KLP will continue to work towards developing a collaborative framework, solidifying intergovernmental relationships and enable the development of a forum for Kootenay Lake management planning.

Contact: Ryan van der Marel, KLP Coordinator
Phone: (250) 505-7666
Email: klp.coordinator@gmail.com

**Next Deadline:
Feb 22, 2012**

CRESTON VETERINARY CLINIC

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

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

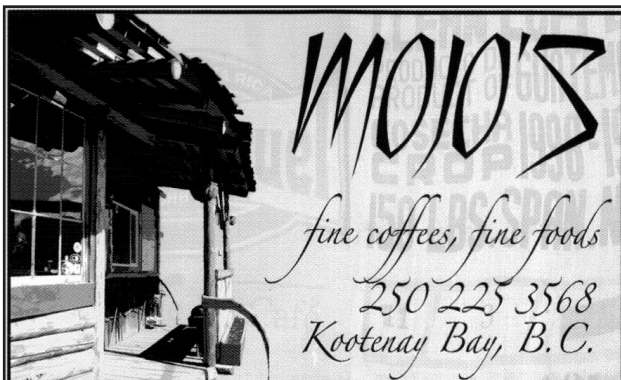


Clinic date:
February 7th, 2012
at the Crawford Bay Castle.

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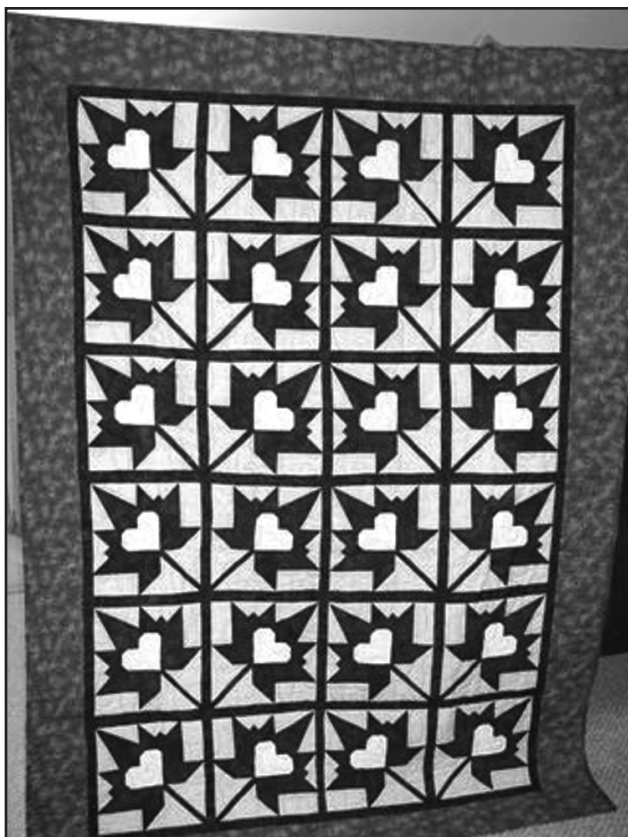
**Next Deadline:
Feb 22, 2012**

Nifty Needlers Honouring the Lost with Special Quilt

by Jan Brooks

The Boswell Nifty Needlers recently received a card from the Canadian Comfort and Remembrance Project thanking the quilters for the quilt donated in 2008 to the CCR Project. The CCR Project is one way to honour fallen Canadian soldiers, by providing a family member with a quilt featuring a Maple Leaf block which was specifically designed for this project. Nifty Needlers responded to this opportunity to do something compassionate and useful to show our appreciation for members of the Armed Forces.

Sergeant Kirk Taylor lost his life in Afghanistan on December 30, 2009 and his mother recently received our quilt. We are thankful for this young man and others like him, and are pleased that our quilt was chosen to honour him and hopefully provide some comfort to his mother.



Quilt made by the Nifty Needlers of Boswell that was given to a mother of a young soldier who lost his life in Afghanistan.

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Next Deadline:

Feb 22, 2012



Bible Talk

by Pastor Doug Middlebrook

John 15:15 (NKJV)

15 - *No longer do I call you servants, for a servant does not know what his master is doing; but I have called you friends, for all*

things that I heard from My Father I have made known to you.

One of the greatest things I found in my walk is the truth of this scripture. As we look into the history of man according to the bible, I found one of the wills of God for my life and I believe this is for everyone.

In the first part of this scripture Jesus says "no longer do I call you servants". In the beginning Israel was God's servants, He used them to accomplish the plans He had for mankind. They were to perform what God had asked or commanded of them.

We also read that the children of Jacob, who became Israel, after he had wrestled with the angel of the Lord (Gen.32:28) were God's chosen ones (1 Chron.16:13). These names or titles in their own right are a blessing, to have God say He chose you or to have had, God call you His servant.

But the next part of the scripture tells us, Jesus calls us friend and gives us the reason for it. There is one, that I would share with you from the bible, that was called a friend of God. His name is **Abraham (2 Chronicles 20:7)**. *Are You not our God, who drove out the inhabitants of this land before Your people Israel, and gave it to the descendants of Abraham Your friend forever?*

We can see how God who made His plan known to Abraham, (Gen.18: 17) **And the LORD said, "Shall I hide from Abraham what I am doing"**.

He told Abraham, what He was going to do with Sodom and Gomorrah, This is what Jesus was saying. I have made known the plans of God to you. I believe God wants to have this type of relationship with His people. He does not just want followers who do His every bidding just because they are told to.

We all belong to God, He created us, but that is only a part of our relationship, but friendship adds an intimacy to it. Friends are those who we get along with, have many of the same interests, call on when we need help, share things with and are in agreement with.

The scriptures tell us that we need to be in agreement to walk together (Amos 3:3). This is true about our friendship with God, if we make His interests ours and make the things that are of importance to Him; important to us we can walk in agreement and become intimate with Him.

Now here is the thing... WE, mankind, His creation, are important to Him, we are of interest to Him, so much that He came to live with us in the person of Jesus Christ. He came to have communion with us.

Now I think to myself, I believe I'm important, and so are others, I have an interest in myself and others, so really I'm in agreement with God on these things. As I walked in these truths and started to learn more about God and His interest it became very easy to want to be His friend because I knew He wanted to be mine.

Someone once said to have a friend you must first become one. God became our friend first so that we could become His.

It is my prayer for all that in this New Year each one will discover and receive God as not as an acquaintance or an afar off friend but as Lord and Savior. May He become your best friend and may His blessing, grace and mercy be yours always..

mainstreet@theeastshore.net
250.227.9246

TOM SEZ

by Tom Lymbery

Fred Wah has just been made Canada's Parliamentary Poet Laureate. His story *The Diamond Grill* is about growing up in Nelson with his family running a Chinese café on Baker Street. His book is mostly prose, only partly poetry. His wife is Pauline Butling of the Deane family, and they have a summer home at Deanehaven, south of Riondel. His brother, Gerry had the Crawford Bay Store some years back.

Since it is a liquid, why is rain measured in centimeters, not milliliters?

Slocan Lake changes its entire water every seven years. How long does it take for the same thing to happen to Kootenay Lake?

The 2012 Yukon Quest 1000 mile dogsled race leaves February 4 from Fairbanks to Whitehorse. This is a much tougher route than the more highly publicized Iditarod. There is a mandatory one day rest in Dawson City.

Has the Forest Service advertised in *Mainstreet* the closure of Crawford Main from 8.65 to 10.5 km, as well as Houghton Creek 3.6 to 4.6 km? Other closures affect Campbell Creek and Murphy Creek roads north of Riondel.

A chimney fire is controllable – shut off the damper completely and hold tight. Starving the fire for oxygen is the safest and smartest option.

Not so new, but have you heard of Synthetic Marijuana, called Spice or K2? Can this affect the sales of Kootenay Green?

Last month's Mainstreet book review on Canadian scam operators did not mention Richard Green, who in 2010 used his computer expertise to scam \$5000 and much more from businesses in both East and West Kootenay, even being recommended by the Columbia Basin Trust. He then moved on, changing his name and is probably still scamming others to the west.

Hope chests... Do girls still store treasures in these for their prospective marriage? Johnny Oliver handcrafted some of these, (Lorena still cherishes hers) with their aromatic aroma, and moth repellent qualities. (See this month's "Durability of Cedar" article)

HALAL meats may be appearing in supermarkets. Do not buy them. There is nothing to tell you that they are prepared in inferior meat plants in the USA for Muslim use.

Kimberley has a mule deer cull on the go, in which they are hoping to dispose of 100 of the town raised and fattened pests. After humane killing, they go to a butcher, with the meat offered to the food bank and First Nations.

Our lake level will be dropping, to attain the zero level on March 31. Time to plan beach cleanup and dock repairs.

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

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

Unemployed? Ask about the self-employment program.



Call Erika at 250 254-1967 to book a free appointment in Crawford Bay
www.futures.bc.ca

Growing communities one idea at a time.

Next Deadline:

Feb 22, 2012



Tom's Corner

by Tom Lymbery

The Durability of Cedar

We are fortunate to live in the interior cedar-hemlock rain forest with such a good growth of Western Red Cedars. This beautiful tree contains "oil of cedar" * which makes it resistant to insects and also extremely rot free. If you dig deep under the flood plain where the Crawford Bay airstrip is, you will find two foot cedar trunks or more that will be there for hundreds of years, - as long as they are below the oxygen level. They were deposited there under many feet of sand/gravel by occasional floods, such as the big one in late June 1955.

2012 is the 100th anniversary of Gray Creek Hall, constructed in 1912 of cedar that had survived the major West Kootenay fire of 1883. Can we plan on our historic building still being in regular use in 3012? When David Kayle Johnston designed and installed the doors to the lakefront patio in 2005, he cut out three logs that were below the former window. These logs are as solid as they were 100 years back. Can we take slices off these for people who need something to hang on their wall, to carry them back to their happiest days in our hall, perhaps their wedding?

Cedar is a most versatile wood. One of its most durable handmade products are cedar shakes. Since these are split following the grain of the wood, their durability can exceed fifty years, much longer than many manmade roofing materials. The art of making shakes with a froe comes largely from picking the best log, - better yet if it is hollow. Tom Oliver sold his home (now Schutters) to the Fosters who set up a shake mill on the property. They worked hard at this business, but their costs of material and labour were not in line to be successful. However, the Strom Brothers did well utilizing very old trees from Crawford Creek.

Cedar shakes are also most economical if a homeowner can find the right log that may have been lying in the bush for a great many years. He can supply his roofing using only his labour. As far as I can remember our Hall was re-shaked between 1949 and 1952, using donated labour. All the hall had to purchase were the nails. Shakes being thicker than cedar shingles have a longer life, as it's the weathering that gradually wears away the wood.

Insurance companies once required that we add a surcharge to buildings with shake or shingle roofs, as they felt that chimney sparks could cause roof fires. However, in November 1962, a major West Coast hurricane which ranged from California to Prince Rupert blew off nearly all

the asphalt shingles, while the cedar coverings stayed put. Very soon that surcharge was corrected, and shakes became the roofing of choice for quality homes.

There has always been a market for cedar fence posts. George Oliver and Freddie Benthien spent a long winter splitting posts, using the material up Gray Creek which Joe Gunther had only taken a small quantity. I received phone calls from a dealer in the Napa Valley in California who was looking for a rail carload of fence posts, and specifying that a proportion could be re-split into grape stakes. The problem was that George and Freddie had no truck or alternate way to get their products to load at the Sirdar rail yard. Alec Plotnikoff



These are pieces that I cut from a snag that was standing down the bank just below our house on Oliver Road. Please note how solid this wood is, even though it was a young immature tree when taken by that forest fire of 1883.

Photo: Tom Lymbery

was good at salvaging posts from the logs left behind after logging. Sylvio Soucy took on a patch of sidehill cedar, but found that the grain was so twisted that he had to chainsaw many of the posts. Untreated cedar fence posts can often last 50 years, depending on the type of ground they are buried in. When Fortis removed the 1951 power line from Gray Creek to Kimberley, they took all the poles to Kimberley storage, and found that a surprising number were still in good shape. The butts had been pressure creosoted at Galloway, and this is indeed effective. Mostly the only damage found was from woodpeckers, seeking insects hibernating in cracks. New power and phone poles are treated with copper naphthenate, and this is a deterrent to birds.

The cedar heartwood does deteriorate. Carpenter ants are the only insects that utilize this material, leaving hollow trunks. But the tree continues to grow, as the core no longer has any value. The ant colonies attract the red headed woodpeckers which will chisel considerable holes through the outer live wood. The holes still don't hurt the tree, only the value of the lumber at the bole. The wood has great insulating qualities, making a hollow cedar preferable for hibernators. These large black ants neatly hollow out the dead wood for their colony, - they don't eat the wood

It's still quite easy to find cedar snags standing which were charred in the great fire of 1883. The blackened surface has resisted the elements for 129 years. Flame hardening is likewise used to make durable handles for tools. Wood burning can also be ornamental - visit The Hub in Crawford Bay and look at the panels which Marvin Syfchuck used flame on to decorate his home with, which Sarah and Dustan salvaged.

About 2003 we had Beany Johnson, a meticulous worker, log around our house as well as the Gray Creek Cemetery on

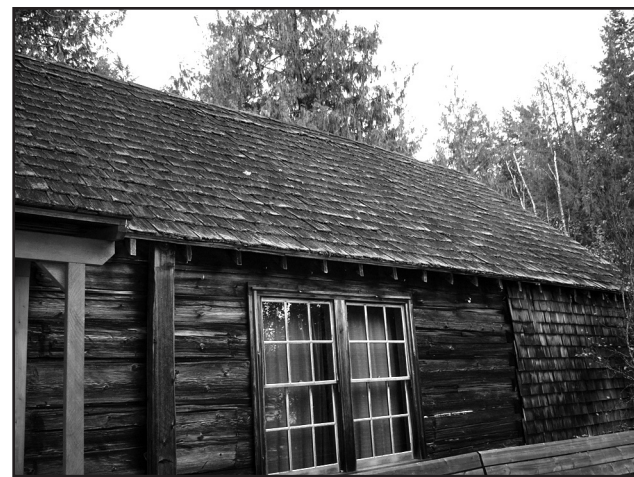


The Redding Cabin, the oldest building in Gray Creek, was built of fire - killed cedar in the 1890s. The cabin is now located next to Gray Creek Hall and is being rehabilitated for community use. Visit the cabin and interpretive sign on the Hall property, or you can read all about it in the Gray Creek Tour Guide brochure - free at local stores.

Photo: Tom Lymbery

Oliver Road, carefully leaving all cedars. We hope that future owners will leave these cedars to continue to grow for the next 900 years!

* Note on "oil of cedar": Western Red Cedar, Thuja Plicata, has thujaplicin, a toxic oil that acts as a fungicide. The tree can survive with a higher ratio of decayed to living wood than any other BC tree species. Large cavities and hollow trunks are very valuable to wildlife. See "Wildlife & Trees in British Columbia" (Lone Pine Press).



The 1912 Gray Creek Hall and former school, built of fire-killed cedar, remains a vital social hub to this day. Now it's our turn to celebrate the 100th anniversary of the Hall. Please join us on July 27 - 30, 2012, 12 noon - 6 PM.

Photo: Tom Lymbery

**Next Deadline:
Feb 22, 2012**

The Fitness Place

February Hours:

- Mon: 6:30-10:30 am & 6-8 pm**
- Tues: 8:30-10:30 am & 6-8 pm**
- Weds: 6:30-10:30 am & 6-8 pm**
- Thurs: 8:30-10:30 am & 6-8 pm**
- Fri: 6:30-10:30 am**
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Remember to wear clean indoor shoes and bring a water bottle & towel.

From the Principal's Desk

by Dan Rude

In my mind, for our small school to work, and for us meet the great possibilities that exist here, we all need to be continually engaging in conversations and actions around some of the big, fascinating, and challenging questions that we face. When I was first hired as principal, I had a significant number of people voice their concern about how challenging it would be to deal with the many diverse, and often opposing, viewpoints that exist in our small community around learning, schooling, and parenting. I must say, as challenging as this can be, it is also equally fascinating.

Some of the questions that bring about a wide diversity of responses in our community include:

-How important is it for young people to develop resilience and commitment in the face of challenges?

-Should our school continue its goal of developing meaningful learning experiences through community engagement?

-What is the best balance between prescribed learning and exploratory learning?

-How valuable is school-based learning?

-How valuable is learning outside of school?

-How important is regular attendance? How important is being on time?

-How important is homework?

-Should our school and community develop specific academies, such as an arts academy, golf academy, program for urban youth at risk, or international exchange program, aimed at drawing in new students?

-Knowing that online learning has dramatically expanded in secondary and post-secondary learning (and has apparently even become a grad requirement in some places), where does it serve us best?

-How concerned should we be with our youth and substance use?

I'm looking forward to leading a presentation in March at the National Congress on Rural Education in Saskatoon, entitled 'Community-engaged learning in a small, rural school'. I do see huge potential for learners in small schools such as ours to connect to an incredible array of learning opportunities that exist locally, regionally, and globally in our connected world. As an educator and parent, I continue to be amazed at how many offerings there are for children and youth to become leaders in a world that is calling for creative and committed citizens to solve challenges that have no simple solutions.

Let's keep talking and being active.



EASEY News

by Laverne Booth

PARENTS, grandparents, aunts, and caretakers are invited!

Nominate a local business for most family friendly East Shore business. Call 250-777-1341

Join in a fun community event with Alex Zerbe on Monday, February 27 at 9:30 at the Crawford Bay school performance area- then stay for Strong Start. This event is sponsored by CBay School Ready Set Learn and EASEY.

Celebrate the Early Years on March 8 - Eastshore Family Place from 10 to 2pm. Meet care providers, get your child's teeth and vision tested, enter for door prizes. Watch for posters!

Time to do Away with Financial Barriers to Higher Education in BC

by Iglia Ivanova for the Canadian Centre for Policy Alternatives

For many grade 12 students spring is university application season. But in Western Canada, youth living in families with an annual income over \$100,000 are still more than twice as likely to attend university than youth with family income under \$25,000.

This is hardly surprising, given average tuition fees run over \$4,800 a year these days, but it's fundamentally inequitable. It undermines social cohesion and there are real economic costs to all of us when we don't fully utilize the skills and capabilities of all our citizens.

Reducing upfront costs for students will improve access to higher education and ensure that BC can reap the benefits of a well-educated workforce. And it's more affordable than you think.

Conventional wisdom has it that higher education in BC is heavily subsidized because tuition fees don't cover the full cost of education. But this common misconception ignores a second way in which students pay for their education: through higher taxes after graduation. When these tax payments are added up over the course of graduates' careers, it turns out that university students fully repay the cost of their degrees and then some.

Despite the pervasive stereotype of Arts majors serving lattes at Starbucks, the reality is that higher education remains a great investment in today's economy. University graduates experience shorter periods of unemployment, are more likely to work full-time and earn higher salaries than their peers with high school diplomas. Census data shows that BC women in their 30s working full-time earned \$56,000 if they had a bachelor's degree, \$40,000 with a college degree and only \$33,000 with a high school diploma. For men, the corresponding figures are \$74,000 for a bachelor's degree, \$58,000 for a college diploma and \$50,000 for high school.

With higher earnings come higher income taxes and less need for government cash transfers like welfare and employment insurance. A new study I've authored for the Canadian Centre for Policy Alternatives calculates the value of the extra income taxes (net of transfers) paid by female university graduates over their careers at \$98,400, and \$155,400 for men. This is more than twice the actual cost of a four-year undergraduate degree in one of BC's public universities, \$50,630, and tuition fees already cover 40% of that.

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Next Deadline: Feb 22, 2012

In fact, graduates in virtually all programs, including humanities and social sciences, contribute considerably more to government coffers over their working lives than their education costs.

This reality should urge us to rethink how we fund our colleges, institutes and universities. Higher education in BC has always been funded through a mix of government spending and student tuition fees, but over the last decade we've seen an increasing reliance on student fees. Fees have more than doubled since 2000 and now make up 40% of university operating revenues. This has put tremendous pressure on BC students and families, and has led to a growing number of students graduating with heavy debt loads of over \$25,000.

It's economically feasible and much more fair to ask graduates to pay for their degrees once they start reaping the payoffs of their investment, than to charge them high tuition fees up front.

While those with post-secondary degrees earn more on average, some individuals with higher education will earn less than the average high school graduate. A progressive income tax system is sensitive to these individual differences. And it also guarantees the public treasury will recoup its investment because the risk is pooled among graduates.

In addition, low tuition fees allow graduates to make career decisions freely. Those who opt to pursue careers with high social value, but low remuneration like the fine arts or the non-profit sector, would not have their choices distorted by the threat of unmanageable debt loads hanging over their heads. And we'd all have richer lives for it.

There's no better time than now to make higher education more accessible in BC. In this decade alone, more than three quarters of new jobs will require some form of post-secondary education. We currently don't graduate anywhere near the numbers of people we'll need to ensure that these jobs can be filled. Expanding our investment in post-secondary education now will pay dividends in higher tax revenues, lower unemployment and better social mobility for decades to come.

Does this mean that those who can afford it or the children of the wealthy shouldn't have to pay for their university education? Not at all. They should pay, like everybody else, but they should do so through progressive taxation tied to their income.

Iglia Ivanova is an economist and author of *Paid in Full: Who Pays for University Education in BC?* released by the Canadian Centre for Policy Alternatives: www.policyalternatives.ca/paidinfull

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pebbles
by Wendy Scott
Diversions

The car was black. Many cars were black in 1939, and if you were lucky enough to have a friend with access to one of these vehicles, you were not worried about the

colour. This particular black and shiny Chevrolet was crowded with four young ladies. All but the driver were teenaged girls. Ivy Beaton was seventeen. This was a summer get-away; an adventure; a last fling for some before they were brought down to earth and, by September, into a world at war.

One of them had suggested the Cariboo adventure with its possibilities of cowboys and – maybe – Indians. Getting there in 1939 was not a smooth ride. But Ivy's Newfoundlander parents had warned her that life was not always smooth. Ivy would recall this counsel long after her Cariboo adventure. They were heading for Lillooet on Seton Lake which meant traveling on the Old Cariboo Highway – unpaved and dusty for most of the way. But when their narrow wheels bounced and skidded up the steep, washboard surface of Jackass Mountain that is when terror took hold (at least for the passengers of the group. The driver dared not hesitate.)

The town of Lytton, with mid-summer heat bouncing off its Main Street might have been a reasonable place to stop, but they had to get across the river to Lillooet. The route was – and still is – quite tricky. Below them, a sheer drop to the whirlpools, rapids, and curling currents of the Fraser River and jutting out above the skinny road, a lowering rocky outcrop. Their car, its shiny blackness now smothered in dust and mud, crept along the winding road to the Thompson River Bridge – the third span since 1875 to cross over the confluence of these two powerful rivers. At this time of year the Fraser was at its height and the girls could see the pale blue waters of the Thompson flowing in from the north to join and be lost in the turbulent mud of the Fraser. The road led past grassland, brown now and dry, until waterfalls gushed from cliffs and streams hurried along under small bridges to touch the roadside again with colour.

After their dusty trip on such crookedly narrow roads, Lillooet was a surprise. Being Mile Zero on the Cariboo Gold Route, the city's broad main street was built to accommodate wagons drawn by full yokes of oxen; green fields led to an inviting beach beside Seton Lake which held the deep blue of the mid-summer sky. In the next twenty years the lake would be chilled and clouded by the glacial input rushing through the drilled belly of Mission Mountain. It would surge through penstocks into turbines to generate power and induce the haze of cold green foam into the blue lake. But now, with none of this imminent, it was a relief to put up their tent and arrange a picnic in the peace and solitude of this place.

The following day another surprise arrived along the opposite shore of Seton Lake. Pacific Great Eastern Railway ran passenger and freight trains from Vancouver to Lillooet and on to Prince George – with the additional option of shipping a vehicle on a flat car. Although Ivy did not clarify this point, I suspect the girls would have been relieved to travel back to the coast via train, with their black Chevy propped up and secure on an appropriate flatbed.

For the next few years expeditions of this sort would not be so easy – or desirable. Ivy did not speak much of the Wartime years in Vancouver, but she would be affected by everything that involved the war in Europe – blackouts, curfews, and air raid drills, evacuation routes, rationing not only of food and clothing, but for her and all her friends, men were also in short supply.

By 1942, Nylon, produced by DuPont and displayed at the 1939 Worlds Fair in New York, had been requisitioned by the military for parachutes; stockings were rare and if a woman owned a pair, she took great care of it. If she got a “ladder in her stocking” she could take it downtown to a counter inside the Seymour Street entrance to the Hudson Bay Company where she would leave said socking in the capable hands of the woman who was able to manage the magic of invisible mending. The oft-used option was leg paint.

Military personnel around the city manned guns at UBC and Stanley Park; they guarded Lions Gate and other bridges, and carried out training exercises at Kitsilano Beach. In order to allay the fear of enemy submarines off the West Coast, Union Steamships vessels sailing from Vancouver Harbour were put into military service. They were all painted grey and armed to carry navy and air force personnel, along with mail, to bases up the BC coast. When an explosion in Vancouver Harbour rattled the windows in Eaton's top floor dining room, many customers ducked under their tables.

By 1946 most of the men who had survived the war were home, but it was difficult to establish a normal way of life. For Ivy the next twenty years moved through marriage, the birth of her daughter, and a sudden, unexpected divorce. At the age of forty-five, Ivy escaped into the north country to set in motion what would be a whirlwind of adventure, near death, romance, and loss, eventually returning to Vancouver and a partnership that would last another thirty years; happy, comfortable years.

Upon her arrival at Watson Lake in the Yukon, Ivy met Skook Davidson, an outfitter who immediately asked, can you cook? That began her first month in the bush, cooking for Skook and six Indians. From there she moved to the Hotel and was hired as cook and – when needed – chambermaid or waitress. But in the late fall, on a night when the aurora danced, she gathered up her memories and experiences and made her way back south to Vancouver never expecting to return. But the North has more than a magnetic attraction and by spring she was ready to move back. But this time she took along her sewing machine and was fully prepared to stay all winter. At least she thought she was.

This trip began well. Ivy set up her sewing machine and made sheets and curtains for the hotel and whatever else was needed. She still filled in as a cook and also worked at the Post office. A bush pilot came into the hotel one day and offered to take Ivy along on a flight into the Nahanni Valley. From then on her long Yukon days and twilight nights were filled with picnics on lakeside beaches, flights to little towns and a few remote areas that she considered theirs alone. Later in the year there were skidoo trips up the Laird River, and even ice fishing. Ivy was hopelessly, completely in love. Ivy and her pilot were gathered into the community of married couples and welcomed into their activities.

Ivy's friend, Hilda, found her a cabin which they attempted to winterize, stuffing cracks with rags and sticks, and then removing some of the sticks to build a fire. They had two tin cots and that night when Ivy said she heard something in the room Hilda laughed and assured her it was only the mice “move your cot away from the wall.” Not wanting to put her feet down, Ivy knelt on her cot and jumped it across the room.

When Ivy's bush pilot was away on flights, she would leave notes in his car to let him know where she was. This note system functioned well enough until the day that he did not return. Ivy did not have to be told. She knew instinctively that his plane had gone down.

After the crash, Ivy's happiness spiralled downwards. Winter turned oil for her stove into jelly. She ran out of wood and paper for a fire of any kind. When her friends found her, she was near hypothermia and very ill with pneumonia.

Ivy survived and stayed even longer because the North that had nearly killed her had become an integral part of her life, and it remained so, until she was finally convinced by her daughter to return to the Lower Mainland.

It was in Vancouver where her love of gardening – and bowling – brought another man into her life. She said she couldn't get rid of him. He kept appearing at her front gate until she finally said okay – I'll go bowling with you.

That date lasted thirty years and Ivy's happiest memories included trips that took her as far as possible from her previous north country. Ivy and Les spent their winters in warm spots like Mexico for many of those years.

Fifteen years ago, my husband, Bruce, and I were celebrating my birthday on the beach at Boca de Iguana, Mexico. Les and Ivy were there as well. The sea was warm that day and calm for swimming. In the late afternoon, Les and Ivy invited us to their trailer for a birthday game of scrabble. They fed us peanuts and red wine – Padre Kino – the only wine Ivy could drink without a headache. Earlier in the day, I had walked with Ivy to the little town of La Manzanilla at the south end of the long and lovely curve of sand that is Boca Beach. Since then, the town has survived tsunamis, hurricanes and earthquakes and has – through it all – remained a favourite destination for Les and Ivy.

For the first two months of 2011, La Manzanilla was Les and Ivy's home again and beside their veranda was that same beautiful beach.

These are warm memories for all of us and a gentle way for Ivy to leave a lifetime filled with eighty-nine years of friendship, adventure, happiness and love.

A toast (Padre Keno, of course) to a woman who embraced the unknown, found dreams, and discovered the intimacy of sharing the best with dear friends.

Next Deadline:
Feb 22, 2012



**AREA "A" EDC
Economic Development
Commission**

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

Next application deadline: March 7, 2012
Approval/funding lag time 6 to 8 weeks
An application form can be printed from the RDCK website following this path, or filled out online and emailed:

http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html

Email lornarobin@bluebell.ca
Or call 250-225-3333 for more info

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Answers from the Physio

by Anna Rose, Physiotherapist

Q. What is plantar fasciitis, and how do I get rid of it?

A. It is a condition affecting the connective tissue on the sole of the foot, and while a simple, specific stretch might be all you need, there are many things that can help.

Origin of the Term and Relevant Anatomy

Fascia is connective tissue, and is found throughout the body. "Plantar" refers to the sole of the foot, not someone who puts plants in the ground, although tree planters are certainly at risk for plantar fasciitis.

The plantar fascia is a strong band about 3 mm thick, which starts at the forward edge of the heel bone and fans out towards the base of the toes. It helps maintain the arch of the foot, providing shock absorption, and some small muscles attach to it.

Pathology and Risk Factors

There is some disagreement about whether there is active inflammation in plantar fasciitis, or just a strain made up of micro tears in the fascia. What all sufferers find is that the first steps in the morning are particularly painful, and pain at the heel or in the arch limits the time they can comfortably be on their feet.

Three risk factors generally agreed upon are being overweight, spending a lot of the day on your feet, and having tight Achilles tendons. Additional factors may be the presence of a bone spur on the heel, being middle aged and older, being over-zealous in taking up sports such as running, and wearing unsupportive,

non-cushioning footwear.

Duration of the Problem

Generally, plantar fasciitis won't go away without treatment of some kind, but there is good news: a) "treatment" can be a simple home program and b) most people's plantar fasciitis clears up within five or six months if the program is followed consistently.

What Helps

1. Doing specific gentle stretches for the plantar fascia and Achilles tendon - the plantar fascia can be stretched by sitting with one foot crossed over the other knee and pulling the toes upwards with your hand. One author swears that this stretch alone can help most people, if done with ten-second holds, ten times in a row, three times a day (especially before setting foot on the floor in the morning). The Achilles tendon or "calf stretch" can be done at a counter or wall, holding a forward lunge position.

2. Decreasing the stress on the plantar fascia during the day - wear footwear with adequate arch support and heel cushion even in the house. Give yourself breaks from being on your feet. If a recreational activity such as running is part of the problem, switch to biking or swimming for your exercise for a while. Avoid steep hills even in walking. Try heel cups, insoles, taping, or special foot straps available through a physiotherapist.

3. Massaging the sole of your foot to increase circulation, decrease the pain temporarily and decrease the tightness of the plantar fascia.

4. Consulting a professional if you are not improving after two months of being consistent with your own treatment, or if your pain level is severe from the outset - physiotherapists, massage practitioners, and acupuncturists all have helpful techniques to offer beyond those mentioned above.

Plantar fasciitis is a common problem and does take time to heal, but if you start taking care of it as soon as you notice it, you will be free of it sooner. Once it has cleared up, increase your activities gradually and continue to treat your feet with the respect they deserve.



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East Shore Physiotherapy

Health Center, Crawford Bay
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Smoke Free Champions for Change Awards

press release

The Smoke Free Champions for Change Award, presented by Interior Health, honour people who have made a difference in the lives of others by promoting smoke-free spaces, helping people quit smoking and preventing people from starting to smoke.

Nominating a champion is easy. Nomination forms will be available on the Interior Health website at www.interiorhealth.ca - just look for the smoke free champions link or use the search engine. Forms can be submitted online, by fax to 250-505-7211 or by mail to Smoke Free Champions for Change, Nelson Health Unit, 2nd Floor, 333 Victoria St., Nelson BC V1L 4K3. Nomination forms must be submitted by April 13th, 2012.

Six champions will be announced and awarded \$50.00 gift certificates on World No Tobacco Day, May 31, 2012. Those who nominated the selected champions will also be eligible for a prize.

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East Shore Hospice News

by Alexis Phillips, Coordinator East Shore Hospice

I would like to begin by sending out a heartfelt thank you to everyone in the community who participated in this year's Tree of Remembrance, held throughout the month of December at the East Shore Credit Union. This popular annual event helps raise awareness of hospice services in our community while providing families and individuals with an opportunity to hang a card on the tree in honour of someone they have lost through death. The monies raised from this event support Hospice services on the East Shore. Thanks also go out to the staff at the East Shore branch of the Credit Union for partnering with us in setting up the Tree of Remembrance display and for taking such good care of things for us. Many thanks.

In 2011 our hospice volunteers spent 278 hours providing palliative care and 140 hours providing bereavement support. In addition to this, our volunteers also gathered together to update their training, organize and attend this year's Hike for Hospice, organize this year's Tree of Remembrance, maintain and build our hospice library, and attend advisory committee meetings. Thank you to our volunteers for providing this important service. Our intention is to raise awareness and increase hospice palliative care, end-of-life and grief support services within our community.

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



KOOTENAY LAKE CHAMBER OF COMMERCE



Get Out & Support the 2nd Annual



Valentine's Theme

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Feb 11, 2012 - Crawford Bay Hall - 7pm

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Jamie Cox 505.8286
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Notice of Passing

Alice "Lorraine" Van Ruyskensvelde

Jan 1, 1946 ~ Dec 29, 2011



With sadness, the family of Alice "Lorraine" Van Ruyskensvelde, age 65, announced her passing following a brief illness on December 29, 2011.

She was born in Creston, BC on January 1, 1946, and she received

her education in Crawford Bay, BC.

On September 1, 1962, she married Dale Van Ruyskensvelde. They settled in Crawford Bay in 1965. Lorraine worked for a short while as a chambermaid for Mountain Shores and the Kokanee Chalets until she retired in 2006. She loved baking and preserving food from the garden and regularly entered in the Crawford Bay Fall Fair. She enjoyed walking and observing nature, especially birds. She was very fond of her family and enjoyed hosting family get-togethers.

Lorraine was predeceased by her parents, William and Alma King, her brother George King, sisters Roseanne King and Beatrice Koshlay.

She is survived by her siblings Sylvia Ogloff, Pat Oslund, Bob King, Norma Hempstock, Louise King and Melvin King; her children Allan, Brett (Christy), Todd (Kelly) and stepdaughter Cynthia Fluery; grandchildren Troy and Nicole (Dale) MacKenzie, Travis, Marissa and Zachary Van Ruyskensvelde, Neva and Cody Rowel, Jacob and Erich Endersby, Kent and Adina Fluery; great-grandson Jacob Watt plus many nephews, nieces and cousins.

A Celebration of Life for Lorraine and Dale will be held Saturday April 28, 2012. Those wishing to make a memorial contribution may do so to the charity of their choice.

From Tom Lybery: We miss her friendly smile, and need to acknowledge her as one of the few who spent their entire live on the Best Shore. Born and raised in the King family home (now the site of the motel), she had only to step across the road to go to the Crawford Bay School. When first married, she and Dale lived in Gray Creek, then moving to their home in Crawford Bay

Raising a family of three hard-working sons, she also supported all community activities, doing the background work that is so often not acknowledged.

Lorraine Van Ruyskensvelde

by Wendy Scott

To meet a gentle, happy person is fortunate; to work with that person is gratifying; to have them as a friend is a blessing.

Age throws a cruel twist into some lifetimes, but that is not what I remember of Lorraine. It is instead, the old Riondel Clinic and Lorraine's willingness to wait while the rest of us completed some mundane task before she got down to the business of cleaning, polishing and scrubbing. She did this with care, consideration, and respect. She kept that old and difficult building not only presentable but as spotless as she could make it.

It is the slight tilt of her head; the kindness in her eyes; the gentle smile, and the sincere concern for the problems of others; it was Lorraine's hand offered in help and compassion.

These are my memories of the woman who was a dear friend to so many on the East Shore. For those people and for me, these are the images that will remain steadfast. This, for us, was Lorraine.

Notice of Passing

GLEN WILFRID MCKENZIE

1929 - 2012



Residents of Kootenay Lake and area will be saddened to learn of the loss of Glen McKenzie on January 18, in a vehicle accident during bad weather on Highway 3A not far from his home at Boswell.

Born in Edmonton on April 13, 1929, Glen spent childhood years in Strome, Alberta. Glen worked in the oil industry and briefly as a stockbroker, before earning a degree in Education while raising three children with his first wife Randa. A teaching position at the Banff Composite High School in 1963 was an opportunity to escape city life, and Glen transformed their summer cottage at Harvie Heights into a family home through a series of expansions that spanned a decade. A self-taught carpenter, plumber, electrician and finisher, no job was too large or too intimidating. After his career as a teacher and administrator at schools in Banff, Canmore and Exshaw, they semi-retired to Kimberley, BC in the late 1970s. Glen and Randa separated in 1982 and later divorced.

Glen met Verna Mayers in Vancouver at a school trustees' conference, and after several years they were married in Kimberley in 1989. They spent happy years in Kimberley where Glen had invested in real estate through his company Celtic Estates and was on the local school board, while Verna sold real estate and operated a bakery. Both were active within the

community. In 1992 they moved to their acreage at Boswell and undertook major house renovations and property improvements. Here Glen realized his long-held ambition to farm, and to raise highland cattle. He and Verna also managed poultry, fruit and vegetables on what became Applecross Farm, named after an ancestral home in the highlands of west Scotland. The beauty of the lake and mountains through the seasons provided the perfect backdrop to a peaceful and satisfying time of life. Glen and Verna spent over twenty happy years in their much-loved home within a community in which they both invested much time and worked hard at bettering.

In recent years, Glen was plagued by chronic back pain and was deeply concerned about the possibility of having to leave his beloved farm. His sudden death at 83 years of age, after a long, interesting and much-enjoyed life, spared him this difficult decision.

Hard-working at home, at work, and within his community, Glen often quietly or publicly supported the endeavours of others. He had a strong interest in local history and all things Scottish, and is remembered for his distinct sense of humour. He was also well-traveled, particularly later in life when accompanied by Verna and often friends and family.

Glen was predeceased by his brother Gordon, his sister Babe and his son Douglas, and is survived by his wife Verna, brother Ken and his wife Doris, sister-in-law Anne, brother-in-law Bruce, son Ian and his daughter Kim. He will also be missed by an extended family that includes grand-children and great-grand-children.

A memorial service took place at Boswell Hall on Friday January 27 and was followed by interment at the Boswell Cemetery and refreshments back at Boswell Hall. A life remembrance is also planned for April 13, 2012. In lieu of flowers, donations for the refurbishing of the Boswell wharf, a project of interest to Glen, will be gratefully accepted by the Boswell and District Farmers Institute, 11977 Hwy 3A, Destiny Bay, BC V0B 1A3, attention Bob Arms - Help The Harbour.

REMEMBRANCE GARDEN

by Wendy Scott

It was ten years ago on February 21, 2002. The date is remembered by many on the East Shore. These are the people who can say, yes, I can tell you where I was when I heard. I was on the ferry coming back from Nelson. Someone said to me, "They can't find Dr. Savory."

One year later in May this garden was dedicated and the first bench placed with three marble plaques installed: Dr. M. Frances Savory; Ben Gough-Azmier and between them, a commemoration In Memory of Dedication and Commitment to the Eastshore.



Since then, Dave Loepky has crafted and placed four more benches and has promised one more sometime this year. There have been a total of fifty-two individuals remembered with several additional requests that will be forthcoming in the spring.

The garden is quiet now, the benches acting as a snowfall gauge and the snowy paths as record-keepers of travelers - four legged as well as the human types with a few quick touchdowns of winged creatures; all pass through, as travelers have for over a century, and some stop briefly to read and remember, or to wonder and ask.

If you know of anyone who would like to place a marble plaque in this garden of remembrance please give them our contact information. Dave will be installing more plaques when the weather warms and the snow clears from the benches. Until then, enjoy your peaceful, snow covered garden.

wmescott@gmail.com 250-225-3381

mcrowe@bluebell.ca 250-225-3570

February 2012 Mainstreet 21

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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** 30% MORE FOR COLOUR ADS**

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

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

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES

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

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

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

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

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

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

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

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

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

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

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

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

RESTAURANTS

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

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

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

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

YARD/LANDSCAPING/SITE PREP

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

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

WALTER BREZDEN: Please contact Preston S. Mott, Mott Welsh & Associates, 203 - 383 Ellis Street, Penticton, BC V2A 4L9. Tel 250-492-2425 or toll free BC 1-877-492-2644. psmott@pmottlaw.com

*Next Deadline:
Feb 22, 2012*

CLASSIFIED SECTION

AUTOMOTIVE/MARINE

Gas Line Anti Freeze, methyl hydrate, starting fluid, diesel and regular anti freeze, Tiger Torches - Gray Creek Store 250.227.9315

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

BUS.ANNOUNCEMENTS

Our lake level hits its low point March 31st - plan your beach and dock repair now - galvanized chain, timber washers, long nails, winches, chain saw chains, peaveys, cable staples and more - Gray Creek Store 250 227-9315

Check out our reorganized and easier to find plumbing section and find what you need! Gray Creek Store. 250.227.9315

Questions about electrical? Ask Dean - Our new addition to the Gray Creek Store team. Ready to serve you! 250.227.9315

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

Sirdar General Store - A unique place to shop on Duck Lake. Fishing Licences, Tags & Tackle. Local souvenirs, crafts--mitts, scarves, toques, & slippers. Island Farms milk products, Confectioneries,

Juices, Water, Energy Drinks & Bars, Chocolate Bars & Chips. Post Office Services, Faxes, Greeting & Postcards. Happy Valentine's Day. 8050 HWY 3A. Phone 250-866-5570, Fax 250-866-6811.

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

BUSINESS SERVICES

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

EMPLOYMENT OPPS

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

HOME/BUILDING

PAINT UP - time for a fresh coat as the days get longer, Benjamin Moore Paint.Phone to be sure we have a tinting expert on before you come Gray Creek Store 250.227-9315

Ultra Slim Wall Heater 3/8" thick, silent, paintable, 3 year warranty, 400 watts. New Item just in at the Gray Creek Store 250.227.9315

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

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

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

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

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

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

MISCELLANEOUS FOR SALE

COLDFX and STEPSILS: When that cold strikes Stepsils allow you to get to sleep by numbing that sore throat - Gray Creek Store 250.227.9315

Lakota Joint Care capsules: let Lakota defeat your rheumatism as the Lakota defeated Custer - Gray Creek Store. 250-227-9315

Cod Liver Oil capsules help maintain eyesight, skin, night vision and immune function. Gray Creek Store 250.227.9315

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

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

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

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

Wool Pants in two styles, as well as wool jackets. These are hard to find -- we had to go direct to a manufacturer in Quebec, so the price is reasonable. Nothing beats wool for outdoor workers - Gray Creek Store, 250.227.9315

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

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

Roadside Emergency Kits \$39.95: everything from jumper cables, tire sealant, to an emerg.

blanket, first aid kit, and more - Gray Creek Store, 250.227.9315

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

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

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

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

NOTICES

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

OUTDOORS/REC

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 - 250 227 9315

Snowshoes: Many colors and sizes - Gray Creek Store 250.227.9315

Echos Snowboards-regularly \$115.95, Super Special \$69.95 - Gray Creek Store 250.227.9315

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

The Hunter's Hoist Kit: the easy way to string 'em up. Can we persuade you to delete some of our surplus deer? Gray Creek Store, 250.227.9315

YARD & GARDEN

LAIRD SEEDS Just in! - Get em while the selection is good! - it may be too early to plant seeds but the prospect lifts you spirits - Gray Creek Store 250 227 9315

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

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

WANTED

CLOSET MUSICIANS, come on out and play. Apple-sauce Fiddlers group is looking for guitar, mandolin, pennywhistle, vocalist, or other instruments to join fiddles, cello, accordion and bodhran. We play old time, klezmer, folk, Celtic, Ukrainian, and are open to change and development. We are also interested in forming a dance band for old time family, circle, and contra dancing. We have a great PA system. Please call Lorna at 250-225-3333 for more info.

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 2012

Feb 1, Weds: DR MOULSON

Feb 2, Thurs: DR LEE

Feb 7, Tues: NO DOCTOR

Feb 8, Weds: DR MOULSON

Feb 9, Thurs: DR LEE

Feb 14, Tues: NO DOCTOR

Feb 15, Weds: DR MOULSON

Feb 16, Thurs: DR. LEE

Feb 21, Tues: NO DOCTOR

Feb 22, Weds: ?

Feb 23, Thurs: DR. LEE

Feb 28, Tues: ?

Feb 29, Weds: DR MOULSON

***Dr. Grymonpre will be back as soon as she has recovered fully.**

Thank you for your patience and understanding.
(? there MAY be a doctor in, but it is undetermined)

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

WEEKLY EVENTS AT BOSWELL HALL:

1. Boswell Book Club: 2nd Thurs each month, 2pm. Contact Melody Farmer 250-223-8443
2. Boswell First Responders: 2nd Thurs. each month, 7pm. Contact Rod Stewart 250-223-8089
3. Boswell Ladies Club: Feb. 6, 1pm. Contact Jean Stewart 250-223-8089
4. Boswell Nifty Needlers: 3rd Tues. 1pm Contact Diane Schaub 250-223-8273
5. Boswell Vintners: Next meeting April. Contact Doreen Nault 250-227-9543
6. Bridge Club: Mondays 2pm, Contact Liz Michaud 250-223-8070
7. Carpet Bowling: Tuesdays 7 - 9pm Contact Tom & Linda Sawyer 250-431-8404
8. Line Dancing: Saturdays 10-11:30am or if Hall is booked, Sundays 10-11:30am Contact Cheryl Place 250-223-8694
9. Yoga with Lea: each Thurs. 9:30 - 11am Contact Marilyn Arms 250-223-8058

SPECIAL EVENTS AT BOSWELL HALL:

Valentine's Dinner at Boswell Hall on Feb. 11 @ 6pm sharp. Roast Beef Dinner, cash bar, raffle tickets, and line dancing after the meal. Put on your dancing shoes and come down! Tickets are \$12 and available at Destiny Bay Grocers From Feb. 6th to Feb. 10th at 5pm. Tickets at the door are \$15.

MAKE DEATH WAIT

This powerful message is from the Heart & Stroke Foundation's awareness campaign taking place the month of February. **Fact:** Heart disease and stroke take one in three Canadians before their time. **Fact:** 80% of heart disease and stroke is preventable. **Fact:** Heart disease is the # 1 killer of women. Throughout the month of February canvassers will be calling on you. Please be generous. **MAKE DEATH WAIT.** Contact Judy Bounds (250-227-9575) for more information.

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect

All times listed in Mountain "East Shore" Time

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

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264
Box 140, Crawford Bay, B.C. VOB 1E0
E-mail: mainstreet@theeastshore.net

**ADVERTISING RATES

\$35.00 - 3^{1/4}" wide by 1^{3/4}" high

\$40.00 - 3^{1/4}" wide by 2^{1/2}" high

\$45.00 - 3^{1/4}" wide by 3^{1/4}" high

\$50.00 - 3^{1/4}" wide by 4" high

\$55.00 - 3^{1/4}" wide by 4^{1/2}" high

or 6^{3/4}" wide by 2^{1/4}" high

\$65.00 - 3^{1/4}" wide by 6" high

or 6^{3/4}" wide by 3" high

\$85.00 - 3^{1/4}" high by 9" high

or 6^{3/4}" wide by 4^{1/2}" high

\$100.00 - 3^{1/4}" wide by 10^{3/8}" tall

\$130.00 (quarter page) 5^{1/4}" wide by 7^{1/2}" tall

\$150.00 (third page) - 6^{3/4}" wide by 7^{1/2}" high
or 3^{1/4}" wide by 14^{1/2}" tall or 10^{3/8}" wide by 4^{1/2}" tall

\$225.00 (half page) - 10^{3/8}" wide by 7^{1/2}" tall

\$400.00 (full page) - 10^{3/8}" wide by 14^{1/2}" tall

Sample Sizes - more sizes available.

Column Width: 3^{1/4} inches - double column width:

6^{3/4} inches - full width: 10^{3/8} inches

Services Directory: \$5/month, up to 3 lines.

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

** 30% MORE FOR COLOUR ADS**

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH FEBRUARY SCHEDULE

Feb 5: Jeff Zak, 12pm

Music - Johannes van der Krabben & Fiona McLaren

Feb 12: Bill Gooding, 1pm

Music - Donny Clarke and Fiona McLaren

Feb 19: Robin Celiz, 1pm

Please join us for a combined service at Harrison Memorial

Feb 26: Bill Gooding, 1pm

Music - Anne and Dave Rokeby-Thomas

Special music every Sunday.

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 5: 1:30, Rev Robin Celiz

March 4: 1:30 pm Rev Robin Celiz

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

Crawford Creek Rd., Crawford Bay Everyone Welcome!

Feb 19, 1pm: Rev. Robin Celiz

This will be a combined service

with Riondel Community Church at Harrison Memorial

March 2, 2pm: Inter-denominational World Day of Prayer

Service - Everyone Welcome.

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

TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

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

Next Deadline:

Feb 22, 2012

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

or Lion Jim at 250-227-9622.

TOPS - Take Off Pounds Sensibly: meets every Thursday 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 (usually) the second Monday of the month. (or Tues if Pro-D) Call Ingrid to be put on the agenda - 250.227.9246

Feb Meeting: Tues, Feb 7, 2012, CBESS Library

**Next Deadline:
Feb 22, 2012**

February 2012 Mainstreet 23

February 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm Dr. Moulson Lab 7:30-10:30	Yoga w/ Lea, Bos, 9:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Natural Flavas, The Hub Beginners Yoga w/ Lea, Comm Crnr, 10 am Hot Yoga w/ Lea, Comm Crnr, 5:30 pm	
5	6	7	8	9	10	11
Bottle Depot, 10-2	Hula Hoop, Rio Rec, 4pm After School Art, 3-5 Yoga w/ Lea, Comm Corner, 10 am	Vet Clinic, CB Castle PAC Meeting, CBESS Library, 7pm NO DOCTOR	Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm Dr. Moulson Lab 7:30-10:30	Yoga w/ Lea, Bos, 9:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Beginners Yoga w/ Lea, Comm Crnr, 10 am Hot Yoga w/ Lea, Comm Crnr, 5:30 pm Deep Woods Boogie, GC Hall, 7pm	Variety Show Fundraiser, CB Hall, 7pm
12	13	14	15	16	17	18
Bottle Depot, 10-2	Hula Hoop, CBESS Gym, 4pm After School Art, 3-5 Yoga w/ Lea, Comm Corner, 10 am	Lions Mtng, 7 pm Chamber Mtng, CBESS, 7pm NO DOCTOR	Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm Dr. Moulson Lab 7:30-10:30	Yoga w/ Lea, Bos. Hall, 9:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Beginners Yoga w/ Lea, Comm Crnr, 10 am Hot Yoga w/ Lea, Comm Crnr, 5:30 pm	Artists & Dragons, Rotocrest Hall, Creston
19	20	21	22	23	24	25
Bottle Depot, 10-2	Hula Hoop, Rio Rec, 4pm After School Art, 3-5 Yoga w/ Lea, Comm Corner, 10 am	Lions Mtng, 7 pm NO DOCTOR	Mainstreet Deadline Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm ? Doctor yet undetermined	Yoga w/ Lea, Bos 9:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Beginners Yoga w/ Lea, Comm Crnr, 10 am Hot Yoga w/ Lea, Comm Crnr, 5:30 pm SBJ Bingo, CB Hall, 6pm	Wine & Cheese Grand Opening, Unit 9, CB Motel
26	27	28	29			
Hula Hoop, TBA, 1pm Bottle Depot, 10-2	Alex Zerbe, CBESS, 9:30 am After School Art, 3-5 Yoga w/ Lea, Comm Corner, 10 am	Lions Mtng, 7 pm ? Doctor yet undetermined	Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm Dr. Moulson Lab 7:30-10:30			

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel
Phone: 250-227-9246 Fax: 250-227-9264
Box 140, Crawford Bay, B.C. VOB 1E0
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KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

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All times listed in Mountain "East Shore" Time

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

ADVERTISER	PAGE
Alex Zerbe	12
Angus MacDonald Reiki	14
Artists and Dragon	11
B-57 Excavating	12
Boswell Hall	10
CBT Proj Proposals	5
Comm. Conn. Admin Job	4
Community Futures	10,16
Crawford Bay Hall & Parks	20
Crawford Bay Store	13
Credit Union	11
Creston Vet Clinic	15
Cull Brothers	12
ECE Job	5
EDC	19
ESIS	1
East Shore Express (ESE)	13
East Side Mojo's	15,16,18
Eastshore Physiotherapy	20
Fitness Place	17
Gray Creek Store	22
G.R.S. Contracting	12
Harrop Forest Prods	12
Hulland and Larsen	1,11
JB Construction	12
Junction Creek Hub	12
Kootenay Insurance Services	5
Lea Belcourt Yoga	8
Newkey's	2,8,13,14
PAC Box	13
Sunnywoods Farm	14
Sunset Seed	16
Turlock Electrical	12
Variety Show	10,20
Walter Brezden Sought	2,22
Will Chapman	11
Wine and Cheese Gr Opening	13

Transfer Station Hours

CRAWFORD BAY:
Nov 6-March 10
Tues & Sun
10 am - 4 pm

BOSWELL:
Weds/Sat
12-4

HAPPY VALENTINES DAY!



Library Hours:

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

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

ES Health Centre 227-9006 COUNSELLORS

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

