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

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THE DANCING MICE



Photo: Allan Hughes

The cast and crew (minus photographer and sound man, Allan Hughes) of *The Dancing Mice*: Left to right: Director Doreen Zaiss, Galadriel Rael, Julia Kinder, Sandra Bernier, Jacqueline Wedge, John Leishman, Ingrid Baetzel, Kate Page, Gef Tremblay, Carol VanR, Tim Miller, Paul Hindson, Felix Wedge-Darchen and Theo Artzoglou.

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MS Issues

by Ingrid Baetzel

It Appears to Be About the Art

In late January, I went on a date with my mom to a puppet show. It was a production by the Old Trout Puppet Workshop and this show was called *Ignorance*.

It turns out that this was a good transition for me to immerse for the evening in someone else's work and take in the labour of love while feeling that annual slipping of skin out of my own five month foray into another character. There's plenty of coverage on the Hexagon Player's production of *The Dancing Mice* in this issue, so I won't go too far into that. Suffice to say, the road to get to performance night was again fantastic, fraught with wonderful challenges, and a most rewarding plunge into theatre arts. As with every year, it takes months to get fully into the skin and mind of a new character, only to flash her out to the community for a couple of nights and then let her slide away as saucily and strangely as she came in. Goodbye Alma.

In the meantime, there is so much ART out there! It sometimes astounds me how much we are offered in the form of performance, cultural events, music, theatre, dance - learning and audience opportunities abound. The Old Trouts describe *Ignorance* this way:

"We here at the Old Trout Puppet Workshop are plagued by a nagging sense of dissatisfaction, and we think you might be too. So, on our common behalf, we've gone searching for our lost bliss amongst the ignorant - our prehistoric ancestors, who once howled

in gigantic joy, stamping the rock with grubby feet over the steaming remains of an eviscerated mastodon, while we their clever progeny make do today with feeble tweets and stuttering skype and hot yoga, all the while stifling the mightier shrieks that surge below. Ignorance is a puppet documentary about the evolution of happiness - from the thick-blooded hearts of the ancient caves, to the ethereal heaven of our light-speed future - it's about where we all went wrong, and how we might find our way once again."

The puppeteers made no attempt to hide behind the puppets. They were as much a part of the show as the puppets themselves. They were emoting and moaning and charming the whole way. I highly recommend checking them out if they stumble through our towns again. See more about them at www.theoldtrouts.org.

Also this month, I'm starting (along with about eight or nine other locals) a painting/drawing workshop with Jacqueline Wedge. This is art. Yikes! In the spirit of trying everything, and going against every control-freak grain in my body that reminds me a thousand times a day that I AM NOT AN ARTIST - I CAN NOT DRAW - I DON'T HAVE CREATIVE SKILLS WITH PAINT, I am going to give 'er a go. Shut up little control freak. You don't know me. You'll probably find me hiding in the corner with a drop sheet draped over me and my easel, but I'll be happy in that little cocoon because I'm trying something that doesn't feel natural and I'm connecting some colourful dots inside my psyche that have just been drifting aimlessly.

Thank goodness for artists and performers. Thank goodness for the laying out of soul and the hungry, ego-scratching need for creative approval that so many of us seem desperate to satisfy. Without it, we would be awash in grey... and taxes... and driveway shoveling... and tepid dish water... and ... well, day to day life. Splash me with some colour! I'm ready.

LETTERS TO THE EDITOR

CONCERNS ABOUT FUTURE OF ALR

Dear Editor: Please print the attached letter. I encourage everyone who is concerned about maintaining our agricultural and other natural resources to write to Premier Clark, it is the time to speak up. Thank you for your assistance.

January 18, 2014
The Honourable Christy Clark
Premier of British Columbia
Box 9041, Station PROV GOVT
Victoria, B.C. V8W 9E1

Dear Premier Clark:

As a small business owner based on the East Shore of Kootenay Lake, I am writing to you to express my concerns about the future of the Agricultural Land Reserve in British Columbia.

I grew up in Richmond, B.C. during the 70's and saw how priceless delta farmland and market gardens were paved over to become condominiums and malls -- removed forever from food production. Later on through the 90's, I lived outside of Calgary, Alberta. There I witnessed formerly viable farmers and ranchers being forced to subdivide to cover the drastic increase of their property taxation due to the rampant property development around them. This was not a prudent management of our limited agricultural resources, and does not contribute to long-term local food security.

I am currently working to become a sustainable small farm in the Kootenays through diversified farming and animal management. I believe the existing ALR is a **critical** protection of our irreplaceable farmland.

Madame Premiere, I appeal to your sense of leadership, show us that you have the long-range vision to maintain our agricultural resources. **Please** do not alter the ALR currently in place - our productive farmland must be protected for the present-day and future residents of B.C. **Please** do not give in to the temptation of short-term monetary gain today at the cost of long-term resource sustainability. Food security is now a dire issue for everyone on this fragile planet -- this is your chance to be the shining light.

I thank you most sincerely for your consideration of my request and your time.

Yours Truly,

Paula Bailly, Riondel BC.

2 Mainstreet February 2014

ABUNDANT LOYALTY

Dear Editor,

Do to the influx of loving support and the inquiries I have received from my loyal friends and customers both on and off the East Shore, I have decided to express my gratitude publicly. Thank you all so very much for letting me know that you care. I am happy and transitioning with purpose, despite the abrupt, unjustified nature of my termination from the Crawford Bay Market. The abundant loyalty I have received has helped me to keep a positive outlook, and focus on what really matters to me. I am grateful to you all my friends.

I came here in 2008 to take a break from the corporate world of the snow industry and to be by my father's side during his last days.

I didn't know exactly what I was getting myself into, but it became apparent on my first day at the Crawford Bay Store which had a beautiful past created by a soul I never met (though I wish I had) named Peggy. On that first day what became apparent was that, to me her soul work had grown weak. So I set out to re-spark it or embrace it again.

Within two years the new owner structure asked if I could reduce costs and increase revenue. Within thirty minutes I told them there was no way other than building a new plant, something critical for the community of the East Shore. So we embarked on the journey and, I must say, that once again I found myself on a path that to some seemed impossible.

Your new CB Market opened its doors in June 2012 and grew from there. I must say, I have never put so much personal time and energy into a project and community than I have over the past five or more years. My hours averaged 50-60 hours per week... any given week or any given time of day. I recall spending 29 hours running ice and blankets around the market during the 2012 Starbelly Jam; we never lost even one piece of meat.



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Many of you noticed the strain that came upon me over the years. For that I thank you. Which brings us to this day... As an answer to the many inquiries I have received, this is what has transpired between me and the owners of Crawford Bay Market during the past week:


On January 2 2014, while keeping my pace, I was met at the market entrance by one of the owners. I must add that during this store-to-market endeavor, I recall only support from the original proprietor. Thanks John.

At 8:50am January 3, I was called by two owners for a meeting at 9am at my home. I have been in business for over 36 years, so I quickly realized this was not good news. On that morning I was effectively terminated immediately and, really, to date, I have not been informed of a reason. Other than being acknowledged for all my hard work, the comment was that there has been a change of "The Business Plan."

I want to close by thanking the community and the team of The CB Market for your love and support over the years.

So now you all know what I know. Worry not, I have your back and, who knows what my next chapter will be, for now I have long overdue renovations to do and I'm open and thinking.

Sincerely,
Jamie Cox, Kootenay Bay



Astrologer

Michael O'Connor

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RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

LATE START TO 2014: My apologies for not having my January submission to *Mainstreet*. The last week of December was very relaxing for me, with Tina and I spending time with our daughter (almost eight days away, which I believe is the longest I have been away from the East Shore in one stretch for more than ten years). The submission deadline came and went and somehow my mind was on holiday mode. I had my information prepared and regret missing the opportunity to be able to put ideas out and receive your feedback.

BUDGET: This is the time of year when we propose our budget and seek public input prior to local approval and submission to the province at the end of March. Of course many of our costs are more or less fixed, being set to contracts for waste handling, typical staffing demands for planning reviews, lease payments for fire trucks, etc. The largest variables come into play with levels of service (for example hours of operation for recreation centers) or user fees. My initial sense is there will be no major shifts, as we continue to work to match the consumer price index (CPI) which was close to zero for 2013. It is important to note that the CPI is designed to represent cost fluctuations for a typical household (excluding some factors which senior government chose not to include). The operations of a regional district are not very similar to a household, since we are not buying items such as clothing or entertainment as a family would, but we are consuming a disproportionate amount of energy to move waste, heat pools, freeze ice arenas, etc. We are also tied to negotiated wages for some of our staff. That said, we consider the homeowners ability to pay prior to changing budget line items. As always, some small communities are facing greater decisions around spending, while others are

in a relatively comfortable position.

A public presentation of the draft budget with a focus on services shared between Electoral Areas A, B, C and the Town of Creston will be held at 10am on March 4 at the Creston Rec Plex. Board meetings to make adjustments to and approve the budget are scheduled for February 27 and March 20 in Nelson. All board meetings are open to the public with a scheduled time for questions from the public or press.

TIME CHANGE: The Town of Creston continues to press for a ballot question during the fall elections on TWO choices, those being adopt Mountain Daylight time or not. I have challenged the town council to demonstrate that they are being responsible by continuing to try to trigger this vote, and to explain clearly how they see the results would move forward. Would 50% plus one mean all of Areas A, B, and C along with the town are deemed to consent to change even though there may be large differences in levels of support? Would they seek an order in council to force change? If there was a 50% plus one vote NOT to change would they seek an order in council to somehow prohibit future votes to change? Not likely.

My calendar indicates daylight time (where applicable) begins on March 9 this year and ends on November 2. This is one week short of eight months of the year – two-thirds of the year. In March we still have icy roads in the morning. It is more dangerous to commute in the early morning hours in dim light than to travel in the early evening in dim light when the roads are less icy. Worksites are colder an hour earlier before the heat of the day begins to build. People who need to start on early shifts to prepare businesses for the bulk of the daily clients are obliged to begin their days in greater darkness with "daylight" time. Many families have two wage earners, one starting work early while the other getting the kids off to school, then the early starter collects the kids when the school bell rings while their partner works later into the afternoon to earn their joint income. Have impacts to those people been considered? Has anything beyond golfing and ordering inventory from Cranbrook in the morning been considered? We are almost exactly in the middle of the Mountain Time zone. Check the weather page

for Environment Canada and you will note sunrise is within a few minutes in terms of hours and minutes before noon as sunset is hours and minutes after noon. We have a balance of light and dark across the day, year round. Since the concept of "savings" around time change is a myth maybe some homework should be done around real impacts. Those who start their day early, alignment with tourist traffic, etc. What matters to you?

INTERIOR HEALTH: As mentioned in November, the West Kootenay Boundary Regional Hospital District (WKBHRD) reviewed Interior Health's facility condition index study. This study is the first of several to be done throughout the province, in consideration of the average age of our facilities, and indicates that most of our facilities are not in great shape and tens of millions of investment would be needed to bring them up to reasonable condition to industry standards. This investment would make the buildings cleaner, more energy efficient and extend their life spans but it would not address numerous operational concerns which would require more extensive renovations or reconfiguration of the space within each facility.

We have asked Interior Health to send their senior administrators from Kelowna to our March Hospital Board meeting to outline their plan of action to address the deficiencies and maintain adequate long term health care in our region. Others want a "two hospital" solution, which poses challenges around being able to manage emergency services in off hours and the availability of certain key professionals within our communities. My greatest fear is that if local debate (bordering on bickering at times) continues as it has over the past decade then Interior Health could look at some alarming options. One would be to ship more of us to Cranbrook (another health district reorganization). Another would be to invest less in buildings in the West Kootenay and just buy more helicopters to whisk us away to the sunny Okanagan for more and more procedures which may have once been routinely performed here. We need to settle on our own, collective long term goals before solutions which may be less convenient locally but more economical globally are imposed on us. *If you have other questions or concerns please contact me by calling 250-223-8463 or e-mail gjackman@kootenay.com.*

February Horoscope

by Michael O'Connor

Tip of the Month:

The New Moon in Aquarius takes place on January 30 at 1:38 pm PST. This is the official moment of Chinese New Year... of the Wood Horse, even though the calendar usually marks it as the day after because China is so many hours ahead of us here in 'the West'. The cycle of the Water Snake, which has been so powerfully transformational for so many, and difficult too, is finally over.

Of course, this transformation may have proven very positive for some. The implications of any cycle are never pat. It all depends on the experience of each person: a rainy day could spoil the day at the beach for some but be exactly what the fisherman wants. As well, there are ever many cycles to consider. So every case must be approached on its own ground, as is true with medicine and many other aspects of life as well. This is certainly true in Astrological practice. Generally, the Wood Horse stands to be a very dynamic, "growth oriented" and fast-paced year. In her popular book: *Handbook of Chinese Horoscopes*, Theodora Lau writes the following about the Horse in general: "I am the kaleidoscope of the mind. I impart light, color and perpetual motion. I think, I see, I am moved by perpetual fluidity. Constant only in my inconstancy, I am unshackled by mundane holds, unchecked by sturdy, binding goals. I run unimpeded through virgin paths, my spirit unconquered – my soul forever free." This offers a hint about the overall flavour of the year. It is a poetic description I might lend to Mercury Retrograde. So saddle-up and get ready for an exciting and probably wild ride in 2014.

P.S. The mid-point of winter which is celebrated as Candlemas, or what is also called Imbolc and Groundhog Day, occurs on February 2. The Full Moon in Leo is on Valentine's Day this year. The next New Moon is in Pisces and occurs on March 28 at 11:59 pm PST, coinciding with the stroke of midnight and the official launch of March.

Aries (Mar 21 – Apr 20)

A strong assertion of your sense of individuality will be evident now. This may be a challenge for others. However, you probably want harmony & are making extra efforts to keep the peace. Practicality is part of your motivation; conflict is stressful and costly. Even a pioneer like you knows that it is wise to tread softly when entering new territory.

Taurus (Apr 20 – May 21)

You are at a peak in your cycle and should be getting all the attention you want and need. You are in a visionary mood and your sights are set on the future. Finances and investments are clearly featured in your bottom line. This includes strategic efforts to forge new alliances. Focus to clear any confusions and misunderstandings in your communications with others.

Gemini (May 21 – Jun 21)

A rush of imaginative thoughts and ideas are flowing now. You would like to be heard but may not know exactly how. Deciphering where you stand and how to best present yourself in the world feels extra important. Turning to teachers, mentors and guides is likely and ideal. Quality connections and shared expressions with friends now is a key to your success.

Cancer (Jun 21 – Jul 22)

Contending with some of the deeper questions of life continues. Changes and possibly endings require sobering thought and action. These likely include finances, inheritances, taxes and/or wills and so on. Changes and improvements at home for a more efficient flow are featured. You are in a good position to get the support and attention you want, especially if you ask.

Leo (Jul 22 – Aug 23)

A breath of new life is producing some excitement in your relationships. Inspired and energized, you are determined to respond assertively. Good thing too because it requires that you give more than usual. Something is ending and another is beginning. This may be stirring some fears, or at least some nervous excitement. Be proactive to realize your dreams.

Virgo (Aug 23 – Sep 22)

A busy cycle is underway. Yet, it includes inner work as well as outer. This implies overcoming fear, doubts, confusion, apathy, procrastination and/or limited thinking in general. As well, your focus could be on clearing negative attitudes, behaviour patterns and blind spots, denials & deceptions in your relationships. Either way, 'get her done'.

Libra (Sep 22 – Oct 22)

On one hand you are in the mood to play and socialize. On the other hand you are moved to clean, clear, improve

and beautify at home, and/or you need to attend to important family matters. You are in an assertive mood yet you also want to proceed cooperatively. Security is on your mind and this includes financial concerns and interests.

Scorpio (Oct 22 – Nov 21)

Home is where your heart is and you might wish that your body could remain there longer these days. This cycle will only last a few weeks so try to make the most of it. You want a change of pace at least and possibly of lifestyle altogether. It could all amount to simply needing some downtime and space. Get cozy, recharge and rejuvenate.

Sagittarius (Nov 21 – Dec 21)

Travels in body, mind, heart and/or soul are a source of excitement now. You are thirsty for knowledge and experience. Bored by conventional thinking and approaches, you could even be taking a ride on the wild side. Yet as willing as you are to cover a lot of ground, you would like to get paid as well. Clarify your goals and get inventive.

Capricorn (Dec 21 – Jan 19)

Financial ambitions, interests and possibly concerns are on your mind. Exchanging thoughts and ideas with someone who will listen is important to you. You want support and recognition from your 'partners' especially. As willing as you are to learn, you also want to be heard and to share your ideas, plans, schemes and dreams.

Aquarius (Jan 19 – Feb 19)

You are in a pioneering mood. Yet, you do not want to go alone. Neither do you want to go with just anyone. At least you want the company of someone special, someone you love and who feels the same toward you. Recognition or fanfare is hardly necessary. In fact, you would rather remain below the radar. A romantic get-away would do nicely.

Pisces (Feb 19 – Mar 20)

A busy time behind the scenes where you want to get a lot done has begun. With your creative juices flowing so strongly, you could get impressive results. The turn now includes a desire for important and meaningful dialogue or correspondences with your partner(s). Ambitions to increase your income and improve your financial status in general are prime motivations.

Word on the Mainstreet

Tell us about love. Real love. Big love. Yours or that of someone else...



My parents met 46 years ago. My mom had four children from a previous marriage. My dad was truly in love with my mom. He never even had a girlfriend before. They worked together. My mom was the chef for a restaurant and my dad was the bartender. He took on four children as his own. They even had two more kids together. They struggled through a lot... Cancer and a stroke... to this day my dad, who is now a stroke survivor with physical disabilities, still loves mom more than ever. He has 24 hour care but there is so much love between them. I'm awed. I hope to find someone like that.

Anna-Katrina McGill, Fruitvale BC

Chocolate! *Leone Lund, Gray Creek BC*

Horses... *Robin Armstrong*

The great love story that was John and Grace Oliver. Now that's a special one.

Joanna McCallum, Canmore AB

I have memory from childhood and adult life of Mildred and Geoff Noden, who lived on Hearst Ave in Riondel, walking almost every evening together. Many evenings hand in hand, smiling at those they encountered. Wow! What commitment on a daily basis to share life. Truly admirable.

Shelley Reilly, Creston BC

I remember a couple that would come into Fairy Treats and order chili and hold hands across the table, while occasionally looking out the window... It always felt like you were walking in on moment. What a pleasure to witness true honest love.

Janice McClure, Calgary AB

Ed Hill, lived in the Bluebell Manor. I interviewed him in grade six to get to know the vets of our community. One story of his that will always stick out in my mind was when he met his wife. They were kids, young kids. I don't remember the exact age but the first time they met he pushed her off his rocking horse. She ran away crying. They eventually grew up to get married. Were married over 60 years and never fought a day in the marriage. He said their biggest fight ever was over the rocking horse.

Also, when I was five, I fell in love with my sisters best friend. Gave her a pipe cleaner ring I made and asked her to marry me. She said yes. 21 years later, I came back and gave her a real ring and asked her again. She said yes, again.

Ryan Erlandson, Cranbrook BC

Getting to Know You

Mainstreet's Proust Questionnaire



Shen Halfnight

1. What is your idea of perfect happiness?
Gliding down Kuba's Corners on a fresh powder day.
2. What is your greatest fear?
A big 'ol spider on my face while I'm sleeping in a small metal box underwater but close enough to the surface to be hit by lighting.
3. What is your greatest extravagance?
Nice headphones. I spend more on headphones than anyone else I know.

4. What is the trait you deplore in others?
The inability to look at a situation from angles other than their own.

5. If you could sit down to lunch with anyone, living or dead, real or not, who would it be?
Johnny Lydon

6. What is your favorite journey?
Through my mind.

7. What is your greatest regret?
Not wearing a toque yesterday. I got cold.

8. When was the greatest time of your life?
Suspended in air on my way down to Kootenay Lake.

9. When and where were you happiest?
In the womb.

10. What are you most grateful for?
Life and family.

11. If you were to die and come back as a person or thing, what do you think it would be?
Cheshire cat.

12. What is your most treasured possession?
Memories.

13. Who are your heroes in real life?
Rickey and then Louis CK.

EAST SHORE SUMMER SCHOOL

Language Facilitators Needed

French, German, Spanish, English as a Second Language native speakers are wanted to facilitate multi-age language groups at the Global Gesture Language School between July 21 and July 25, 2014.

Shokunin (Japanese term) Mastery of Work

Instructors wanted to lead participants in a 5 day experience between August 4 to 9, 2014 of the love of work/work of love in the arts, performance, wellness or other crafts.

Deadline of expression of interest: Feb 15/14 These are paid positions & dependent on enrolment.

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WORLD DAY OF PRAYER

Friday, March 7, 2014

Service & refreshments, 2pm, Dutch Harbour Lodge

Focus country: Egypt



Sponsored by Riondel Community Church

All denominations welcome

Info: 250-225-3381



Hidden Taxes

by David George

In the bleak midwinter...in my view from the castle, the sun is skating along the top of the ridge to the south-

west, there is snow on the ground, the Chickadees are just about done with their sunset feed, and the cats will soon be asking for their dinners. By the time you read this, the holiday season, which I consider running through Burns Night, January 25, is over.

Now that many of us have received property assessment notices, it seems a good time to think about where property taxes, 7 percent sales taxes (10 percent on liquor) road fuel and income taxes go.

In my previous column I tried to figure out how much we pay for provincial government.

Looking at the document the BC Ministry of Finance published for the fiscal year ending last March 31, the true cost of governing BC's 4.6 million people is all there.

It is titled Public Accounts 2012/13, also Consolidated Revenue Fund, Detailed Schedules of Payments, and it is an eye-opener.

Last month I said that our MLAs cost us \$23 million each year. What an underestimate!

That figure is just their salaries and for their offices and staff. One must not forget all those bureaucrats in Victoria, eh?

Add in all the government employees and their travel expenses, and the startling total of \$2.4 billion emerges. That works out to \$523 per inhabitant of this province just for being governed by our legislature.

Now add in the school system, and all the gov-

ernment grants and subsidies to towns, cities, public libraries, various societies, and suppliers of goods and services to the province, and the grand total is very nearly \$40 billion. That brings the true cost of our province to \$8,695 per person.

Are we getting good value for that money? The question is certainly debatable. Trying to get some answers to other questions people on the East Shore have, I have asked our MLA, Michelle Mungall, to give me answers to three questions, and to make some plans to meet people here on the East Shore in the near future.

Question one: What will Michelle do to get us, particularly those whose primary heating source is electric heat, a reduced rate from Fortis BC, especially as we have no natural gas available here?

Question two: What will Michelle do to get us more late Kootenay Lake ferry sailings? Past road fuel tax increase was supposed to do this.

Question three: What will Michelle do to get provincial grants back for the Riondel and the East Shore Community Libraries?

Here are some figures on what certain area public libraries were given by the province in addition to local tax funding.

The Castlegar Public Library got \$125,592 from the province last year. Nelson received \$166,788. Cranbrook got \$203,714, and Creston got \$114,553. Riondel and East Shore (Crawford Bay) used to get \$1,800 per year. For more than three years they've had nothing.

Restoring 78 percent, as was restored to the public libraries after government cutbacks would give each \$1,350 to spend on more new books.

Meetings on the East Shore could be held in each of the two small libraries, and would make us here feel that Michelle actually cares what happens in our part of BC. The ball is now in her court, and I hope for answers in time for the March column of Hidden Taxes.

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Mobile Clinic Dates:
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Crawford Bay Castle.



Hacker's Desk

by Gef Tremblay

Energy Through Creativity

One of the byproducts of yoga is regaining energy - the energy that once was used to sustain old fears and unresolved issues is now available. That energy can be used in one way or another, and creativity has been one path I have chosen to use that potential.

To have a creative life is a goal for me. I intend to bring creativity to all aspects of my life, from my work, to my activities, to what I pass on to my daughter and how I experience life with people around me. Being part of the Hexagon Players and performing in *The Dancing Mice* is one of the highlights of my creative life. Live performances, regular practice with a group of creative mind, the dissecting and building of a character, back stories and interaction... creativity. But creativity doesn't stop where art stops; it is something that can infuse every part of my life.

I used to view creativity only from its art perspective. Creativity was the fuel to write, paint, make music or program video games. It didn't occur to me that creativity was a concept with far more reach than artistic activity

Last year I started a class online, 'A Crash Course on Creativity' by Tina Seelig. It's a class offered by Stanford online. I didn't have a clue about where it would take me. The teacher seemed a bit too conventional and Stanford University sounded too selective to actually teach creativity to me, but once I started the class it made a lot of sense.

Tine Seeling shared with us many of the experiments she has done with her students. These examples really helped me to understand what creativity was all about. In one of them she asked the students to get in a row in order from the youngest to the oldest without talking to each other or writing to each other. At first it didn't sound that this was a practice in creativity, but then I realized how it triggered the students to start thinking outside the box, to actually create a solution to a problem. Creativity was not anymore simply about self expression and putting all these emotion on paper or on the stage, it was also about using the mind creatively to resolve problems to find opportunity and to make sure to frame problems in the correct perspective.

The course continued with more and more exploration of our world and how to look at it with a different perspective... how to play in the world so that it becomes an everyday creative activity. One of the major points in creative activity is to frame the problem, or observe and discover what exactly the problem is before moving forward. She used a quote from Einstein to illustrate her point: "If I had an hour to solve a problem I'd spend 55 minutes thinking about the problem and five minutes thinking about solutions."

She then explained about the creativity engine, which explores where creativity comes from, how to trigger it and how to use it. We continued with exercise that ranged from exploring stores and shops to making contact with strangers and testing our own limitations when it comes to stepping into the unknown. The course inspired a big change in my life and a new understanding of my work as a designer, coder and yogi.

One of the greatest changes the course inspired in my work is in the design aspect. To learn to design is a constant struggle, on one side you want to be creative and to create a beautiful project. On the other side you have to respond to the client's needs and resolve the problem at hand. You cannot only create something nice if it is not useful or that doesn't fulfill its function.

In a way design is not art. This shift in my understanding about creativity helped me to see how creativity is at the core of design, not just on the visual part of the design, but in the problem resolution and the framing of the needs of the client.

One thing that resonated with me a lot was during the class the teacher mentioned that not only can creativity be taught, but that it should be taught really early in a child's education. I have to agree that concepts like that should be part of teaching material as early as possible, and we are exploring ways to cultivate creativity in our daughter Naima as much as possible.

I feel blessed to have come to this creative community, where everyone uses creativity in one way or another. Hopefully that creativity inspired the next generation. Let's have a creative Year of the Horse.

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Community Connections Looking Ahead ...

by Greg Blackwell

With January already behind us, we here at Community Connections are thinking about the year ahead. During some of these quieter winter months, many people are thinking about ideas, new and old, and how to take the leap from idea to action. Applying for a grant may be the opportunity you are looking for.

The East Shore has had and benefitted from multiple supporters of economic and community development efforts over the years. And we owe many of our local activities to these organizations and motivated community members. Some of these strong supporters include the Regional District of Central Kootenay, Nelson & District Credit Union, and Columbia Basin Trust. We would like to take the opportunity to heartily thank them for their continued support. Please take a moment to read further to learn about the abundance of opportunities that we have at our fingertips.

The Regional District of Central Kootenay services are critical to the East Shore and they have six granting programs, two of which are specific to Electoral Area A. Recreation Commission #9 operates the Recreational Program Local Service. They carry out programming activities which include the provision of financial contributions to persons or groups to provide recreational programs. The Economic Development

Commission has an Economic Development Grant funding program that organizations, clubs or societies can utilize for projects which foster economic development. Check out their applications on www.rdck.bc.ca

The Nelson and District Credit Union is an important well known local service provider on the East Shore. Their Community Investment Program was specifically created to help communities thrive by providing funding assistance in areas of education, community, economic development, social responsibility, wellness, recreation and arts, culture and heritage. Check out their application at www.nelsoncu.ca

Columbia Basin Trust is an invaluable and unique supporter of the Basin and develops and delivers programs and initiatives that respond to the needs of communities. Their funding programs list nineteen different programs covering housing, arts, culture, heritage, business advisors, awards, bursaries, community development and activities, youth, environment, school & summer works, social, and training support, to name a few. Check out these funding offerings at www.cbt.org

If you are an individual or group without support of a formal organization but have a good track record in the community, Community Connections may help you with, and sponsor, your grant application. Community Connections has sponsored more than 25 community based projects in the last three years.

To contact Community Connections www.cconnections.ca please call or email our Administrator Greg Blackwell at 250-227-9218x5505, cell 250-509-0751 or skootenaylakecss@gmail.com, gblackwell@theeastshore.net or drop by our office 1-4pm Wednesdays at Crawford Bay School.

Invest Kootenay Update

by Greg Blackwell

Are you interested in finding investors or listing a business opportunity? Invest Kootenay puts the Success in Business Succession.

Every business owner eventually reaches a stage where he or she will seek an exit plan. Some are lucky enough to have a family member or employee willing to take over, but most need to figure out how to sell the business to an outside buyer. **In the Kootenay region, Invest Kootenay offers tools to communities and business owners to attract investment.**

Invest Kootenay offers market exposure for local business investment opportunities by providing a free, online listing service for local businesses. The Invest-Kootenay.com web site and opportunity database will list any of the following opportunities: businesses for sale, commercial properties for sale or lease, investment or joint venture opportunities.

Currently there are over 800 registered potential investors on the Invest Kootenay database. Listings are also posted to Opportunities BC, which is a similar online database of opportunities maintained and marketed by the Province of British Columbia. Invest Kootenay listings are marketed through online, print and social media marketing campaigns directing traffic to InvestKootenay.com.

Invest Kootenay is a regional partnership of Kootenay-region communities who have joined forces to attract, retain, and expand business investment in their community. Invest Kootenay does not charge a fee for service, nor share information with any third party. Invest Kootenay provides a network of local contacts ready to assist business owners in using the Invest Kootenay tools.

Visit www.InvestKootenay.com for more information, or Greg Blackwell at Community Connections, your Kootenay Lake representative, at 250-227-9218x5505 or skootenaylakecss@gmail.com or drop by our office 1-4pm Wednesdays at Crawford Bay School.

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Call Alison Bjorkman at 250-428-6356 to book a free appointment in Crawford Bay... www.futures.bc.ca

Community Futures Central Kootenay
Growing communities one idea at a time.

Seed Saving Can Be Easy...

by Russ Anderson

If you, or someone you know is an East Shore gardener, then the Food Roots Seed Swap is something you won't want to miss.

A growing and vibrant collective of local green thumbs will be at the Crawford Bay School on February 27, from 12:30-4pm, to discuss seed saving and gardening techniques, and to share their quality organic and heritage seeds.

Do you have great seeds/info you would like to share? Please come to the school theatre area and enjoy refreshments and talk gardening.

See you there.

Boswell Nifty Needlers Help the Harbour

submitted by Jan Brooks

You might remember that we advertised our 2014 Calendar titled "Stitches and Studs: the Men Behind Our Quilts" in the September issue of the Mainstreet. If you intended on purchasing one, unfortunately you are too late. The calendar project was a resounding success and we sold every one of the 350 that we ordered.

On Tuesday, January 21, the Boswell Farmers' Institute members were the grateful recipients of \$2233.29 which was the profit from our very successful calendar sales. We thank the people of the East Shore and beyond and especially the Boswell community for their continuing support of the Help the Harbour Campaign. Of course the brave male models deserve our gratitude as well. They found out it wasn't such a bad experience after all.



Pictured left to right: Linda Anderson, BNN Treasurer; Iain Anderson, BFI Treasurer; Jan Brooks, BNN Chair; Bob Arms, BFI President; Norm Mailhot, Harbour Master.

The next fund raiser for the Help the Harbour Project will be the four course steak dinner to be held at the Boswell hall on May 3. Tickets sales go towards the fundraiser, and there will be great raffle prizes and some silent auction items as well. Please watch for further announcements.



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Thoughts from a Disturbed Mind

by Harvey Valgardson

So toilets. That pretty much sums up my life last summer. Against my better judgement I allowed some smooth talking bugger half my age to con me into accepting a position in what he called maintenance. I'm not sure what I expected but what I got was toilets. There were ninety-four of these potential porcelain problems under my care and that, my friend, is a lot of toilets.

As you might expect with that many toilets I usually had at least one a day malfunction, and it wasn't long before a day without a broken toilet was like a day without sunshine. I lived on my knees surrounded by tools and parts, up to my elbows in ... well, you get the picture.

That sort of crappy existence goes a long way towards explaining why I haven't put anything in this space for awhile. It's hard to have interesting thoughts when you're busy hoping for an early death. As a matter of fact, when you fix toilets for a living, it's probably best to avoid thinking altogether.

That's more or less what I was doing all summer. Any time a thought would start to form I would simply flush it from my mind. It worked for most of the season until one day I either had too many thoughts or one of them was a doozy because the sewer in my brain plugged up and I was left with a thought swirling around and around with nowhere to go.

There wasn't much I could do about it. While I consider myself pretty handy around toilets, I freely admit I'm not much good with brains. Anyway, it's now the middle of winter, I'm sitting beside a river in Thailand and the darn thought is still floating right in the middle of my brain bowl like some kind of perpetual mental turd.

The thought is this. I DON'T WANT TO FIX TOILETS FOR THE REST OF MY LIFE. Yep, that's it. I know it doesn't sound like a big deal but it is actually more problematic than it first appears. You see, I'm not exactly brimming with talent or what human resources managers call marketable skills. The future is definitely looking a bit toilety if I want to keep eating.

Looking back at what I've just written I suppose I sound a little bitter or unhappy. Well, I'm not and I'm not. I might not look like it or sound like it, but I am usually a fairly happy man.

Of course at this point the more discerning readers and those who know me best are thinking "Well, of course you're happy Harv. Most simple minded people are." Yeah, I know, and that's what I've always thought too, but then I read a book.

Well, I didn't actually read it. I sort of skimmed it. It was one of those self-help books and since I'm nearly perfect I don't have much use for the genre, but for some reason it caught my eye so I looked it over and it kind of changed my life. Geez, you think that's why they call them self-help books?

Well anyway, I don't remember what it was called or who wrote it, but the whole thing seemed to be about attaining happiness by practising gratefulness. There was a list of things to do every day in order to become a practising grateful person. The first thing to do was sit down and make a list of everything you have to be grateful for.

Well, I wrote and I wrote until I was tired of writing and I don't think I was even halfway through. Am I a fortunate man? No, not really. What I am is naturally grateful. You see? I'm not happy because I'm

stupid. Well, it's not just because of that. I'm also grateful. For everything. Well, maybe not toilets.

Right, the toilets. That turd is still there, and I still have no way to deal with it. Or do I? Hang on a minute. Is being naturally grateful a marketable skill? Well, no ... not really. Is it a talent? Sure it is, but it's really so much more. It's a calling, and that is why I've decided to start a church.

It's going to be called Harv's Happy Church of Gratefulness and Beer Drinking. I think I have to put the church part in to become tax exempt and, after spending far too long in a pub with a drunken Aussie, I agreed to add the beer drinking part. "To broaden the demographics, Mate". Whatever that means.

The thing is I don't have a church, or a building I could convert into a church, or any land that I could build a church on. Still, I can't let a little thing like that stand in the way of what I've come to look at as my path to global enlightenment. So I guess I'll start out by holding services every Saturday evening in the local pub.

Which pub? I don't know. It depends. Who's got the best aura of gratefulness? Who's got the coldest beer? Who's giving me the biggest kickback? It's going to take a little time to work out all the details. In the meantime, the best thing to do will be to drive around until you see my truck. Stop. Pastor Harv is inside waiting to take you on your personal path to happiness by using my natural gifts to develop your own powers of gratefulness.

It's going to be a pretty laid back church. There won't be a lot of rules or weird requirements. You will never, for example, be asked to make cookies for a bake sale to raise money for roof repairs. What the heck are we going to do with a roof? We don't even have a building.

It would be nice, however, if at the end of services the congregation all chipped in to cover my tab. What? Oh no, don't look at me like that. That's a small price to pay for the kind of happiness you will experience and remember, it's tax deductible.

Besides, if I do it right, and if I'm even half as good as I think I am, you'll be grateful for the opportunity.

At least that's what I've been thinking.

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Save Your Bottles/Cans!



Crawford Bay School's Secondary will be collecting bottles as a fundraiser for their year-end trips to the Juan de Fuca Trail and Salt Spring Island.

The next super-sized bottle drive will be on April 27/14!

Please save your bottles and cans for us! Contact **Dan Rude** at drude@sd8.bc.ca if you need a pick up. Otherwise, bottles can be **dropped off by the shop cage** at the school.

Please support this great cause and help our kids in their fundraising for these amazing opportunities - a week-long Juan de Fuca trail hike and an ocean/agriculture retreat to Salt Spring Island in June.

Food Roots Market Study Results

by Laverne Booth

If you visited the Sunday market in Crawford Bay last summer, you may have been asked to fill out a questionnaire done by Food Roots with the support of the Economic Development Commission. 82 people filled out the market study with some surprising results.

Of the 82 people, 64% were permanent residents, 26% were seasonal residents and around 10% reported being one time visitors. Of these people, around 55% said they visit the Sunday market weekly.

When respondents were asked if they would like to grow more food or develop a food business, 22 people said 'yes' and reported that what they need is access to land (7), marketing help (7), tools or equipment (5) and a commercial kitchen (2), other (5).

Where do people buy their food? Nelson came in first, then the East Shore, then grow yourself and then Creston (exact numbers not available). What do people look for in buying food? Competitive pricing, special diets, organic, lowest price, then grown in Canada is the order of preference. We did not ask if "local" food was a priority due to different interpretations of what "local" means but, in talking to people, it appears clear that local food is preferred by most people.

What could be done to encourage people to support the shift to grow and buy more local food as an economic development strategy? The answer was more local markets, community gardens, bulk buying, and more education/media. Based on this result, a local market course is planned for this spring as well as a Market Safe course. The idea here is to support the markets that already exist to grow and prosper, to see if there is room for other local markets to specialize perhaps in root crops, craft marketing, food products, etc. and to encourage local food growers and produc-

ers to get certified to sell their food products!

Last summer Food Roots set up a table at the Crawford Bay Sunday market, and sold local garden produce for a 10% charge back to pay for the table. We learned a couple of things- Our summer residents loved this- they like fresh, locally grown food as most do not have a garden! Secondly, we learned that for those gardeners living close to the market, it works to sell extra produce. It does not work for those who must travel to sell small amounts of produce. Producers seemed willing to sit at the table and sell the food- is this a viable way to share our fresh locally grown food?

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If Every Norwegian's a Millionaire, Why's Alberta in Hock?

Norway cut a proper deal with oil corporations. Canadians got screwed.

by Mitchell Anderson, TheTye.ca

Feeling poor? A recent news item showed that Norway's massive pot of petroleum money, now totaling CA\$909.364 billion, has made every citizen a millionaire in Norwegian kroner. That works out to about \$178,000 for every man, woman and child in the country. By contrast, every Canadian lingers under an individual debt of \$17,000 as Ottawa is in hock to the tune of \$600 billion.

Not only is Norway ahead of Canada by \$1.5 trillion, it has fully funded social programs that Canadians can only dream of.* Norwegians enjoy universal day care, free university tuition, per capita spending on health care 30 per cent higher than Canada and 25 days of paid vacation every year. By owning 70 per cent of their own oil production and taxing oil revenues at close to 80 per cent, Norway is now saving about \$1 billion per week.

The so-called "Calgary School" of economic thought would say this stunning socialist success story is impossible in the same way that scientists used to believe that bumblebees cannot fly. Out in the real world, Canada is being trounced on the field of comparative fiscal management.

Last year, the Fort McMurray School District voted on a proposal to shorten the school week to four days.

Why? Because the communities that include some of the largest petroleum reserves on the planet couldn't afford school bus drivers five days a week. The motion was voted down not because this situation is insanely stupid, but because trustees worried that tar sands workers couldn't access daycare during a shortened school week.

Misguided true believers

Alberta has run consecutive budget deficits since 2008 and since then has burned through \$15 billion of its sustainability fund. In spite of Alberta's vast petroleum wealth, the province has not contributed a penny to the now moribund Alberta Heritage Fund since 1987. The belief that all tax is bad has led Canada's three western provinces to the bizarre position where they proudly collect less resource revenues on behalf of their citizens than any other jurisdiction in North America.

In spite of this remarkable fiscal failure, Alberta true believers are having another round of ideological Kool-Aid. The Canadian Taxpayers Federation has just launched a provincial debt clock while at the same time campaigning against tax increases. They calculate Alberta's debt at more than \$7 billion and increasing by \$11 million every day. In socialist Norway, national wealth is heading in the opposite direction at more than 10 times that rate, with savings of \$142 million per day.

The anti-tax worldview has migrated from Calgary to Ottawa, where it is being imposed on the rest of the country. In 2009, Prime Minister Harper stated flatly, "I don't believe any taxes are good taxes." Not merely a remarkably ignorant statement from someone who holds a Masters degree in economics, this position indicates Canada's elected leader is opposed to the very project of government -- not unlike hiring a hijacker as an airline pilot.

GROCERY GIFT CARD FUNDRAISER

Crawford Bay School Parents Advisory Council (PAC) is doing on-going fundraising in the form of selling Grocery Gift Cards to the following two stores:

- **Save-On/Overwaitea: (denominations of \$10, \$25, \$50, \$100)**
- **Kootenay Co-op: (denominations of \$50, \$100, \$300)**

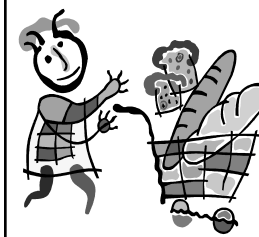
How does it work?

- Through us, you order & prepay for your cards (in the above denominations).
- We purchase pre-paid cards for those stores and they give us a percentage of total of cards purchased towards our fundraiser.
- You use these cards like cash when you next shop at the corresponding stores.
- These cards do not expire.
- This costs you no more than going to the store with cash, & supports a worthy cause.

The next two rounds of these sales are going directly towards the high-school's year end trips to the Juan de Fuca Trail Hike and Salt Spring Island Agri/Ocean Retreat. The deadlines for the next two rounds are:

- **Sunday, February 23**
- **Sunday, March 30**

The cards will be available for pick up at the school within one week after this deadline. Payment must be made in advance.



Contact Jennifer Irving at 250.551.4789 or Sandy Watson at the school at 250.227.9218 to order your cards! Other volunteers will be canvassing past-purchasers. Please do what you can to support!

True to his ideology, Harper's collective cuts to the GST, corporate taxes and personal income taxes now total about \$45 billion per year in forgone government revenue. Canada is eliminating up to 30,000 public sector jobs in a supposed effort to balance the budget and currently collects less public revenue as a proportion of GDP than even the U.S.

This austerity program seems to extend to virtually every government program except those promoting resource extraction and hectoring environmental groups. Ottawa is spending \$22 million to hire a high-priced ad firm to promote the Alberta oil sands. Last year, the Harper government somehow found an extra \$8 million in a belt-tightening budget to have the Canada Revenue Agency investigate non-profits for inappropriate political lobbying (they found nothing). Meanwhile, Canadians are told we can no longer afford mail delivery.

I had the privilege of travelling to Norway in 2012 to research a series for The Tye on the country's remarkable petroleum success story. Many of the experts I interviewed expressed surprise and sadness that Canada had not done more with our vast resource wealth. One veteran oil engineer said, "We had oil, but you have oil and everything else."

Our national niceness seems to have infused our dealings with resource interests, whereas Norway's Viking chutzpah allowed them to negotiate much tougher terms with the world's most powerful industrial sector.

This prophetic cultural divide has left our remarkably lucky country -- blessed with everything from potash to diamonds -- slashing services and public sector jobs in an effort to balance the books. Meanwhile in Norway, every citizen just became a millionaire.

*Correction: Jan. 17 at 12 p.m. Figure changed from \$1.4 trillion to \$1.5 trillion.

Grabbing the Magic

by Doreen Zaiss

I'm a firm believer that theatre breeds magic. With a good performance, that is evident on the stage as soon as the curtains open. However, there is another level of magic that always amazes and mystifies me. That is the way a group of people can come together and work for months on end towards a common goal that will bring them not a cent of pay and that will apparently disappear moments after the curtains close.

I asked those who gave of their energy to manifest *The Dancing Mice* to share some of what they put into the production, both on and off stage, and what they took away from the experience. Here are the responses that I received:

Allan Hughes, audio

In this year's play I created a soundtrack of New York City traffic noise and music clips which I played live with each performance. The music introduced the play's period and mood and marked the segues of the five dream sequences and the last scene and finale. Having missed a lot of the seventies music at the time, being off grid and back woods for the decade, I was happy to explore for this project. The challenge, like live music, was the timing and dynamic as I listened to the dialogue. It was fun to enhance and be a part of such creativity.

Ingrid Zaiss Baetzel, Alma

I enjoy taking part in all elements of putting on a theatre production for the community, including tapping into the side of me that is a black Harlem hooker from the 70's. I am often the publicity person, although this year I happily handed that over to the very talented Gef Tremblay and I have worked in props for every production. I enjoy being an organizer of people, and tend to be the one putting together line



Above: Kate Page and Ingrid Baetzel with John Leishman. Below: Director Doreen Zaiss with Assistant Director Carol VanR (and Sandra Bernier, Gef Tremblay) at the end of the last performance. Far Right: Jacqueline Wedge and Felix Wedge-Darchen

Photos by Allan Hughes.

Next Deadline: Feb 26
www.eshore.ca

reads and practice sessions, making sure people are in communication with each other and trying to keep the dialogue open – general production tasks. My favorite aspect of community theatre is connecting with like-minded individuals, some of whom are close friends and some who I don't normally have regular contact with but who become dear to me through the production. I particularly enjoy the closeness I share with our current director. Thanks Mom (Doreen) for everything you are.

We all do so much to make this happen, and it's a glorious thing - from coming early every practice and setting up the stage, sets, props and costumes, to the lights, sound, promotion, directing, production, visioning and so much more. What it comes down to is a love of the art, and I certainly do love it.

Gef Tremblay, Bozo

I played the role of Bozo in Hexagon Players production of *The Dancing Mice*. It was really fun and powerful! Theatre is such an expressive art and the group was really gentle in bringing me in and teaching me. I also had the chance to create the visual material - poster, tickets, program and ad - a great opportunity for my design skills to express visually what the play meant for me.

Paul Hindson, Taylor

The challenge was to create the look of a 1970's laundromat with washers and dryers that the actors could load clothes in and out of in a realistic manner. The washers were easy enough-I rounded up a few discarded ones, cleaned them up and put them in a row stage left. I started looking at the two 1960's era operational dryers we have at Kokanee Chalets and realized the fronts of them, including doors, could be taken off. I mounted them on wooden support frames and suspended a laundry basket below each door, just out of sight. Voila - two "operational" dryers with working doors! Jacqueline Wedge's masterful artwork created two more fake dryers to go beside them and we had the look and practicality we needed. An added benefit - I

was able to give the dryers a thorough cleaning while the fronts were off.

Carol VanR, Joe (Old Man)

This year I had the opportunity to play a dual role - a blind and deaf helpless old man who in a twist of the plot is actually a crotchety, undercover old policeman. Some may say this role was typecast and I might have to agree. It was fun to try and disguise my physical being and my voice. I think I succeeded with costuming; however, my voice was still distinctly my own with a James Cagney cartoon flavour. Having a small role sitting on the stage for the entire play, it was actually quite a joy and a thrill to see my cast mates turn out star performances with honesty and panache. Thanks to everyone who helped make this production happen and especially Doreen, the captain of our vessel, who keeps us afloat of icebergs.

Galadriel Rael, Mrs. Karatoukis

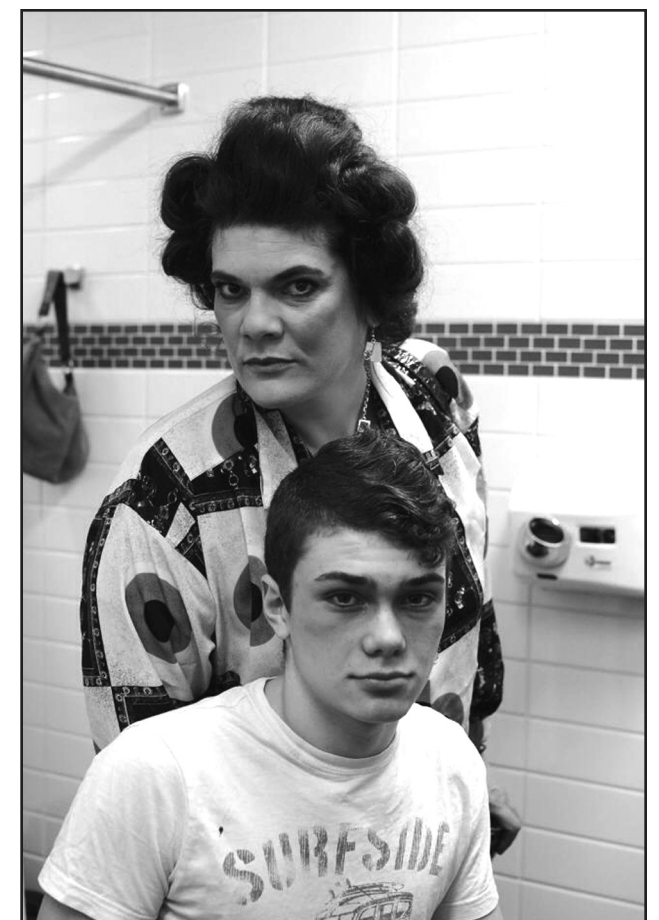
I was part of compiling costumes this year. I offered a gesture or two towards the props and set department as well. The challenge for me this year was realizing that even though I had been a part of the previous years' productions, it was still surprising and full of curve balls going through the process, whether it was a challenging set question, or accepting an unflattering facet of my character. The highlights are finding joy, laughter and humility amongst friends and community.

Sandra Bernier, Miriam

Being a part of this year's production of *The Dancing Mice* was a very challenging and rewarding experience for me on many levels. My character, a crippled young woman, downtrodden and jaded by the course of her life, encounters sadness, violence and eventually loves. This was quite the roller coaster of emotions to portray, and as Miriam is told by her young suitor Nat, "You had to believe to dance it." Thanks for the opportunity to work with such an amazing cast and crew, to learn under the dance tutelage of Marie Spicer and of course, Doreen Zaiss. Peace out.

Jacqueline Wedge, Mrs. Perkins

I worked on sets... Designing, measuring, brainstorming with Gef, purchasing supplies, sawing and sanding wood with Paul, cutting and sewing fabric, drawing grey-stone facades onto said fabric, painting fake dryers on plywood, etc. I also printed posters for sets in 1970's era style and did shopping in Nelson for special additions with Ingrid.



February 2014 Mainstreet 9



AREA "A" EDC Economic Development Commission

next application deadline:
Feb 28, 2014

A submission can be made at any time -- submit early so we can help you to succeed.

\$8,000 is available in the current financial cycle for projects for Area A (East Shore) relevant to the promotion of economic development. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

Community Connections (aka South Kootenay Lake Community Services Society, SKLCSS) is a registered society that may be able to sponsor your application.

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or phone 250-227-9218 x5505.

Approval/funding lag time 6 to 8 weeks

An application form is available online:

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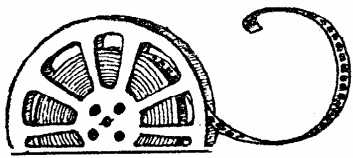
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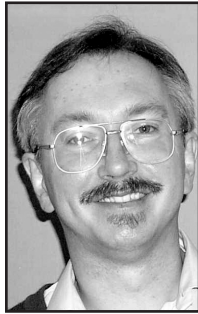
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Seldom Scene by Gerald Panio



Dance, You Mice, Dance!

*What happens to a dream deferred?
Does it dry up like a raisin in the sun?
Or fester like a sore--And then run?
Does it stink like rotten meat?
Or crust and sugar over--like a syrupy sweet?
Maybe it just sags like a heavy load.
Or does it explode?*

--Langston Hughes

Ah, the detailing! Little gold lamé purses, fishnet stockings, hot pants, loud shirts, falling-down old lady anklets, oodles of fake pearl necklaces, sprayed-on jeans, vintage Life magazines, A & P grocery bags, dilapidated washers & dryers, and all that glorious, glorious hair! Had John Patrick's *The Dancing Mice* been a Hollywood production, it would have taken an army of set designers, costume designers, producers, and hairstylists to so effectively transport audiences back into this microcosm of 1970s New York. Instead of that army, each of the **Hexagon Players** simply had her or his own love and understanding of their characters to draw on, and the talent and passionate commitment to theatre that **director Doreen Zaiss** (this time with **Carol VanR** as assistant director) has been able to inspire since her very first productions back in the old Crawford Bay School almost three decades ago. As I watched the play on Friday night, there were audible gasps of astonishment and delight from the audience as characters such as Alma, Bozo, Cynthia, and Mrs. Perkins appeared onstage. And although none was needed, a further testimonial to the quality of the play's visual imprint can be found in a glance at Alan Hughes' photographs from the performances. Each image is a celebration.

Of course, looks without soul just adds up to caricature. If the audience doesn't connect with the individual players in *The Dancing Mice*, one is left with nothing more than hollow laughter and eviscerated dreams. In the wrong hands this play would be a bitter pill to swallow. No worries. The Hexagon Players have hearts as big as the Big Apple. More than one audience member said later how much the characters had moved them. We're on their side. Their struggle, dreams, and disappointments become our own.

And while I'm speaking of dreams, let me compliment **Alan Hughes** on the play's excellent soundscape and **Theo Artzoglou** on the subtle shifts in lighting that moved scenes so effectively in and out of the characters' fantasy lives. The decision to have the actors not directly involved in the fantasy sequences sit or stand with their backs turned to the audience was another potent bit of stage magic.

Getting back to our motley crew, there's looking the part and there's playing the part. Boffo on both counts. I can imagine the effort that went into discovering and perfecting some of those accents—Angelo's Italian beats, Cynthia's Nyew Yoik drawl, Nat's Pottsville burr, Mrs Karatoukis's clipped English, Mrs. Perkins' Irish brogue, Alma's Harlem jive. None of that would have come easy. Nor would individual char-

acter's movements—Bozo's cock-of-the-walk stride, Miriam's dead-weight drag of broken dreams, Angelo's resigned shuffle, Alma's strut, the Evangelist's Keystone Cops-style asthmatic jogging. Surely one of the greatest rewards of acting is the serendipitous discovery of one's character through text, voice, costume, and movement.

Each role presented unique challenges. **Sandra Bernier**—one of the least self-pitying, most take-charge people I know—took on the huge challenge of communicating Miriam's barbed, embittered rage at her own perceived helplessness. That Miriam and Nat should have chosen to embrace in the play's final tableau was tremendously affecting. Sandra's performance made it clear that total withdrawal was just as likely an option. I don't think that cathartic embrace was in the original script, and I shudder at the thought of its absence. That would be black comedy indeed. After watching the lovely choreography (nice work, **Ms. Spicer!**) of Miriam's fantasy sequence collapse, I really wanted some sign that the universe has more to offer than pain.

As Angelo Velucci, **Tim Miller** did a wonderful job of endearing us to a character who may have once embraced the American dream, but as his life draws to a close just wants to go home. As he tells us bluntly right at the start of the play, the one thing living in New York has taught him is that there's always some son of a bitch waiting to spoil even the most beautiful day. Angelo's on decent terms with most of his customers, but they're just a means to an end. When he later pulls out a piece that looks bigger than a .44 magnum, the spectacle of this beaten-down old man with an oversized gun is one of the play's saddest, most darkly humorous moments. I'm not sure if it's made more or less painful by his previous fantasy of returning home as a conquering hero, complete with Laundromats on Park Avenue and adoring children gathering round on Christmas Eve.

Had I picked one role as least-likely to succeed, it would have been **Ingrid Baetzel's** Alma. And not because I had any doubts about Ingrid's acting bona fides. It's just that going from born-in-the-Kootenays girl to rough-and-tumble Harlem mama is quite a stretch. How does one bridge the gap without defaulting to crude cultural stereotypes? I heard Ingrid tried this role once with darker stage makeup, and immediately rejected the idea. Wise decision. I'd love to know how she researched her character, because whatever she did worked beautifully. The Alma who came through had a combination of chutzpah and spunky take-no-prisoners imperiousness that made us believe she was ready to take on whatever life might dish out. If she had a theme song, it would be Big Maybelle's classic version of "One Monkey Don't Stop No Show."

Of course, there's no Alma without Cynthia. She's another survivor, grabbing at life with gusto. Like Alma's, Cynthia's life is bound to be the school of hard knocks. She's going to put herself out there, and then have to pick up the pieces. **Kate Page** managed to capture both her character's vitality and her vulnerability. Her behind-the-scenes shenanigans—shamelessly ogling undercover detective Horton, like a puppy spotting a chewable slipper—earned some of the evening's best laughs. It's amazing how much an actor can contribute even when the spotlight's not on her.

Another wonderful study in contrasts was **Galadriel Rael** as the severely put-upon Mrs. Karatoukis and **Jacqueline Wedge** as the formidable Mrs. Per-

kins. Reprising her role from Doreen's original staging of *The Dancing Mice* in 1998[?], Galadriel's performance caught the essence of a woman worn down, compressed, by a life of unremitting service to others. Her dream sequence is one of the most affecting in the play. What does it say when a woman's greatest gesture of rebellion is cutting her husband's toenails while he sleeps? Or when her vision of heaven is just a place where you don't have to do laundry anymore?

If Mrs. Karatoukis is a small woman slowly collapsing in upon herself, Jacqueline's Mrs. Perkins is a large woman frozen in time. What an incredible tragedy that such a lust for life should have been choked off by one lousy choice of a husband. Instead of revealing in the chaos of a house full of children and grandchildren, Mrs. Perkins ends up nursing an abandoned old woman and ending up alone. I'd peg the scene where Mrs. Perkins' husband blows her off to go tomcatting with her own money as the play's cruelest set-piece, and Jacqueline Wedge's facial expressions (as it dawns on her that this is all there's ever going to be of her once-grand dreams of undying love) as one of the play's finest acting moments. Unfortunately, Mrs. Perkins' martyrdom is largely self-inflicted. She could have learned a lesson or two from Alma and Cynthia.

Or from Nat Williamson. Another instance of an actor playing impressively against type. **John Leishman's** character hasn't had a lot of reasons to be high on life, but he hasn't given up on it. He's still a hopeless romantic. He's still looking for love and a place to stand. I'm not sure that playwright John Patrick didn't mean to crush him in the end (even Nat's dream sequence ends in an "up yours!" from **Felix Wedge-Darchen's** unrepentant mugger), but Nat's final embrace of Miriam in this particular production manages to keep the Furies at bay. (I can see Felix's role as a mugger as a stepping stone to bigger things—*Grease* or *West Side Story*. He's got that James Dean thing going.)

Geoffroy Tremblay's Bozo Gorki was a towering, strutting, nervous mass of self-delusion and aggression. How fitting that Gef should also have been cast as Mrs. Perkins' equally thuggish husband. Both operate on the level of immediate gratification of primal urges. Both are going nowhere fast as their ambition doesn't extend beyond the next high or the next lay. With nothing to lose, abuse comes easily.

Julia Kinder's undercover Evangelist was a clear favourite with the younger school crowd at Thursday's dress rehearsal. Hopefully it was the character's broad humour they loved, and not her notion that we must sin in order to be saved. Julia is the second alumna from the original 1998 C.B.E.S.S. production. Because her role was drawn with such broad comic strokes, I found her cold-blooded murder and its aftermath particularly shocking. It was the play's darkest moment, with no redemption in sight. This is the urban landscape of John Rechy's *City of Night* and Raymond Chandler's "mean streets."

As for undercover cops **Paul Hindson** and **Carol VanR**, I'm not sure what to say about lawmen who plan their big sting operation in a run-down laundromat. They manage to wipe out Angelo's dreams, maybe kill him with a coronary, while a murderer and a thug slide off into the shadows. Way to go, boys. What's for an encore? Raid a soup kitchen? One might be tempted to be fond of Paul's avuncular Taylor or Carol's muton-chopped sidekick Joe, but if the city's safety is in their hands it's probably time to head for the suburbs.

One final nod to **Joli Mwinyi**, **Olivia Wedge-Darchen**, and **Luka Baetzel** for the coolest "turn off your cellphones" routine I've seen.

After the Hexagon Players struck their set on Sunday morning, about the only thing left behind was a piece of cardboard with "God is a Vitamin" scrawled on it in black felt pen. A kind of memento mori to theatre's glorious ephemerality.

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Kootenay Lake Art Connections

by Geri Gomola

The time has come to stop mulling over the events of last year and start looking forward to creating an exciting Kootenay Lake Art Connection for 2014. Everyone I spoke to was impressed with last year's accomplishments and I have committed to one more year of co-ordinating the art walk. I am hoping that it will be even better this year. Any and all new ideas will be appreciated.

The Creston Chamber will be welcoming work of artists from the Kootenay Lake Art Connection in the chamber gallery from Feb. 28 to April 30. Artist that have been part of the 2013 art walk or are planning to be part of it this year can contact Geri Gomola (250-227-9085), or Val Van Der Poel at (250-866-5772) about putting in their work. There is room for 60 paintings and some three dimensional art. This two month exhibition should invite all art lovers from Creston and area to travel up the lake during the summer months. Any one businesses that are interested in showcasing our fine artists this summer in their place of business please contact Karen Arrowsmith at Arrowsmith Gallery 250-2238170 or Geri Gomola at Emerald Eastcliff Art Gallery at 250 227-9085, or at geririch@telus.net

Thanks again to last year's sponsors, CBT Fund, Nelson and District Credit Union and Creston Credit Union as well as the Lakeview Store.

Creston Art Opportunities

by Val van der Poel for the Creston Arts Council

Art in the Chamber and Art in the Library are starting the new year off with a kaleidoscope of color and diversity and we invite everyone to visit each location to enjoy the art.

"Art Diversified" is the title of the library display and you will see why when you see the difference in style of the two exhibiting artist. The subtle earth-tones of Maggie Leal-Valias' abstract artworks will catch your imagination and peak your interest. Kim Cook's realistic acrylics will delight your eye as well as give enjoyment. This Art in the Library show runs until March 1, so stop by and check it out during library hours.

The Art in the Chamber display is called 'Kaleidoscope' because of the wonderful variety of style and color you will see. The work of seven artists will be exhibited in this show: Margaret Swetlishoff's beach glass jewelry, Win Dinn's exquisite mixed media paintings, Kurtis Ladner's colorful acrylics, Jenny Steenkamp's vibrant oils, Darlene McDowell's attractive watercolors, Carrie Lucas' mysterious encaustic paintings and Val van der Poel's variety pack of media and style. The Art in the Chamber display is open during business hours until February 28.

These community art displays are sponsored by the Community of Creston Arts Council, the Creston Public Library and the Creston Chamber of Commerce. They are a wonderful way for local artists to exhibit their art and for locals and visitors to see the abundance of talent that can be found in our beautiful valley. Take some time to stop in and look at each display.

Next Deadline: Feb 26
www.eshore.ca
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Tom's Corner

by Tom Lymbery
 Hugh and Marie Griffith

Hugh and Marie Griffith came from Lancaster, California looking for a place to build a seasonal home on Kootenay Lake in 1958. My dad, Arthur Lymbery offered them a lakeshore acre below the highway, at the bottom of sub lot 28 above the main road, where the Rockwood Cafe is now. The lot had some challenges to make a reasonable road down to it, but Hugh took these in stride. Sylvio Soucy hauled gravel in his pick up to help with this.

The first thing needed was a cement mixer, and Purves Ritchie, our Pioneer Chainsaw supplier stocked these. Hugh liked the \$550 that Dad had priced the lot at, and showed his appreciation by purchasing much hardware and building supplies from our store – and this also helped me to expand our hardware department. Boyd Affleck came from Nelson to do the survey and suggested attaching a finger below the road, instead of a right of way, in case this was needed to drop logs in the lake from the upper part of SL 28. This left beach access for the present owners of 28, Sharon and Jerry Zielinski. At that time we didn't know that there was a native pictograph at that access point.

George Oliver had retired from working for Highways so he could put full time into Hugh's project, building two rooms and a kitchen, expecting to build a bigger home in front. Both George and Hugh knew how to pour a cement floor, and soon had framing up, with the convenient availability of lumber from Gray Creek Forest Products.

Marie had a sister Vi Dart in Spokane, which was the connection that brought them from Lancaster, a city on the edge of the Mojave Desert, about 30 miles from Los Angeles. Harold and Vi Dart had a business in Spokane and Harold had a connection to an operation that had built an aluminum boat, called by Harold the Dartaway. Once Hugh and George had found a pumped water supply and the new home was habitable, Hugh designed a boathouse and rail track to the lake. Joe Gnilka sent over a young fellow to help Johnny Kastren build the rail track. Afterwards he told me that he thought he would be doing the lifting for Johnny K but soon discovered that while he found one railway tie a good shoulder lift – Johnny could easily heft one on each shoulder. Hugh came up with a gearbox that an electric motor could cable the boat up and down the track.

Hugh and Marie enjoyed fishing and exploring our lake and were soon bringing back coloured stones from a site by the western shore CPR tracks. These were used to build a large open fireplace that they enjoyed as they stayed well into the late fall before returning to California. The Dartaway had been built by those good with aluminum welding, but not boat design. It trolled well, but was bow high when asked to plane. A niece of Hugh and Marie's visited a few years ago, and

when I mentioned this attribute to her, she said, "That explains why I was always asked to sit as far forward on the bow as I could."

We used the Gray Creek wharf as a boat ramp for some years after the ferry service had moved to Kootenay Bay by July 1947. By 1962 the fir planking was deteriorating badly so we decided that a cement ramp down our beach would be a better project. Borrowing Hugh's cement mixer we started from the lake edge and worked up the slope, using a mix of gravel and beach sand. An English cousin, Bill Hampson was helping that summer, so he and I set to work with cement after digging a trench and using rocks as a base. Since the Dartaway was wider than average, we built our new ramp to accommodate that width. This proved an advantage when someone wished to load a house trailer onto a barge, which no other ramp would accommodate.

Early black and white TV was only available by freak reception from Spokane and this did work for the Griffiths. When they were going south in early November 1966, Hugh offered to loan us his TV for

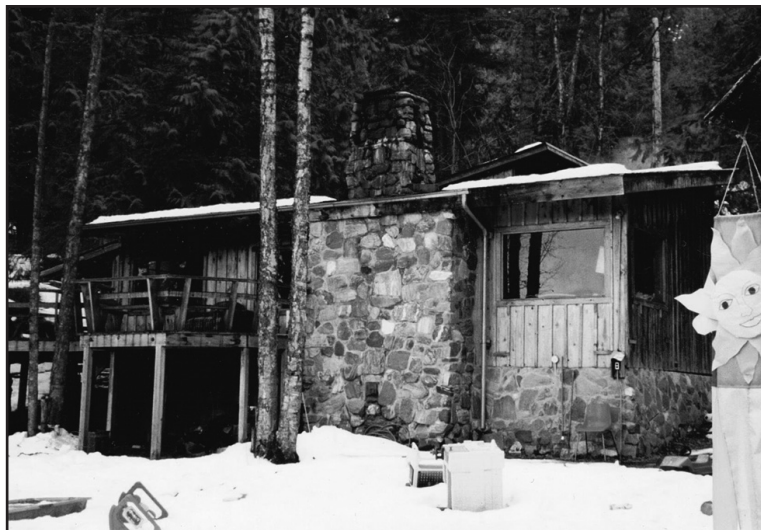
the winter. Sharon and I were living in the ranch house, just high enough above the lake so we could get the snowy picture of those days. I didn't want the chore of dismantling and re-assembling that complicated three stack aerial, so I balanced it on its pole and walked along the highway, hoping to meet little traffic. I was lucky enough that fall and the return trip the next spring.

They appreciated that we kept an eye on their property over the winters and Hugh always asked if they could bring

anything back from California. They owned a garage and restaurant in Lancaster so I wondered if Hugh had an out of service cash register. Next spring he brought a manual unit with a wooden cash box – what a change – up to then all addition had been in your head. We could also use a letter to mark the sales tax after the sub total. This machine is still in our store basement, in case of prolonged power failures.

In 1972 they weren't coming so early in the spring, and Hugh wrote to ask if Johnny K and I could get the house checked out for their nephew Lon who would make the trip and stay in their Kootenay Lake home for a month or two. Lon arrived and soon being lonely for company contacted some of the new, somewhat hippy type people living in uphill Gray Creek. We might see him walking by carrying a jar of pickles or so from the Griffith's larder. But the major problem appeared when the phone bills arrived in Lancaster – Lon had offered the use of the phone to several of his new friends, since neither phone nor power had yet made it up the hill. When Hugh and Marie did arrive they found their larder and liquor supply completely depleted. I am sure that Lon was a persona non grata for some years.

We were sorry when Hugh and Marie's years at the lake came to an end, as their health deteriorated with age. They had been supportive community members as well as taking part in local activities. Their place sold to Lynn and Gerry Schiavon who enjoyed their lakeside home with their three children. The Schiavons appreciated all that came with the house, from tools to linen, as the Griffiths didn't need any of this taken to California. The Dartaway was also included in the sale but I lost track of where she ended up.



Lea-Rae Belcourt's photo of the Griffiths' house, taken during her years there with her family. The stones in the beautiful rockwork fireplace chimney were collected by Hugh and Marie from the west side of the lake.

Tom Sez

by Tom Lymbery

Some Norwegians feel strongly about whether firewood is stacked with the bark up or the bark down. Norway and Sweden are the tidiest countries and all backyard firewood appears to be stacked in a circle – I even found a Scandinavian doing this on Kootenay Lake.

News reports say that the days of the bank job are numbered – increased security and surveillance are making bank hold ups too difficult for the crooks.

China eases the country's one child policy – allowing couples to have two children, provided that either parent is an only child.

Lucas Myers play "Deck" ran into censorship in Grand Forks - not allowable because of his bare bum being visible for moments. No complaints when he performed at Gray Creek Hall!

A new design of safety helmet for cyclists uses air bag technology – inflating around the head when it hits the ground, or other hard surface. This is not yet on the market.

The current price of fur is encouraging mink farms, with a million mink in Nova Scotia and 14 mink farms in BC, including one in the Elk Valley. The booming markets are Russia, South Korea and China.

Expansion of the Panama Canal is nine months behind schedule. The new locks will allow ships carrying up to 12,000 containers – compared to the existing lock's capacity of 5,000 container ships.

Has *Mainstreet* ever been entered in the Ma Murray Awards for community newspapers?

Please read the **glossary** in my book, *Tom's Gray Creek*, if you find any of Tom Sez interesting.

Last month I mentioned how narrow the highway got in the years when the truck snowplows could only push the snow to one side. In one way that made the highway safer as the high bank of snow prevented your vehicle from going down the bank. I remember when that saved Roland Trenaman where the road narrowed south of East Shore Properties.

The book *Forever Green* by Hector Richmond tells about a kitten the couple were given, and they found the cat was addicted to tobacco. Apparently it had been fed milk in one of those little round snuff (snose) cans and that is where the addiction came from. When Hector had a tobacco tin open the cat would hop up and help herself.

The winter wedding at the Pilot Bay Lighthouse should remind many how important this historic building is. If you have ever visited Kawaii you will have been recommended to see their lighthouse, which only looks out to sea – nothing like the commanding view from Pilot Bay.

China has recently opened the world's largest and highest suspension bridge at Anzhaite in Hunan Province. This has a 3,858 foot span, 1,102 feet high, four traffic lanes, with a separate pedestrian walkway underneath.



From the Principal's Desk

by Dan Rude

If you read any of my writings, or talk with me at all about education, you probably recognize that one of my favourite things to do is to look out-

ward at what is going on in other places to get new ideas and inspirations – and to gauge the vitality of our own school. In the middle of January I took an educational trip to the west coast that was prompted by an invitation from the principal of Pender Harbour Secondary School for Kaslo principal, Dan Miles, and me to share some of the work we have been doing in our school communities.

Our district also supported two new vice principals – Shellie Maloff of Mount Sentinel at the Slocan Valley junctions and Sacha Kalabis of Salmo – to join us on this trip and to visit a variety of other schools of various sizes and contexts. These include:

- Elphinstone Secondary in Sechelt, grades 8-12 with approximately 550 students (and whose principal, John Brisebois, hired me as a teacher in Crawford Bay in 2006), public school;

- Coast Mountain Academy in Squamish, grades 7-10 with 17 students, focus on engaging students natural curiosity and involving them in their natural environment, tuition of \$15,000;

- Whistler Secondary School, grades 8-12 with approximately 450 students, focus on high academic and athletic achievement, public school;

- Pacific School of Innovation & Inquiry in central Victoria, grades 9-12 with 47 students, started this year by former Gulf Islands School District Superintendent Jeff Hopkins, focus on projects arising from student questions and making learning connections across the community, tuition of \$7000;

- Victoria High School in central Victoria, grades 9-12 with approximately 850 students and a focus on trades and arts, opened in 1876, public school.

In all of these contexts – and others that I have explored over the years – I continue to look for examples of educational models that balance prescribing specific learning that students 'must' do with structures that promote students' own sense of asking questions

and exploring their worlds beyond being told what they need to do. Some examples:

- Last year I saw a presentation from two principals from a large school in Burnaby who started looking more closely at what students were doing and learning when they weren't completing work given to them by teachers. From this they developed, among other things, programming around morning pickup basketball, as well as developing apps for ipad/iphones in which apple developers were brought in for expertise and support. (One of the brilliant examples was from a visually impaired student who developed an app that used his camera to scan his clothes to tell him if they matched.)

- Jeff Hopkins' Pacific School of Innovation and Inquiry, mentioned above, is based on the premise that the issues of our world today – and into the future – do not call for people who do work because they are told to. As I see it, his take is that the world requires more people who look outward at what needs to be done, gather the necessary resources, make necessary connections, and go do it, asking their own questions throughout the process, and making revisions when things don't work out as planned.

- In our own school this past month, I finally finished version one of an outline for our grade 11 and 12 math students to take on an independent exploration project, based on a mathematical question of their choice and current understanding of youth motivation in relation to learning. In the first ten minutes, one student (whose initials are DR, just like mine) was in contact with a European organization inquiring about building a high altitude weather balloon to send up, collect data, and be recovered. Teacher Kate Okros got interested in this project too, and connected it with an initiative in our school district to financially and academically support innovative student group projects. This has now turned into a mentorship with Ms. Okros and four of our students (one grade 7, two grade 8, and one grade 12) and has the potential to connect with some brilliant minds and inventors involved in Selkirk College's 'makerspace'. In order to fund this, these students will need to also find and write grants. (Care to support this with some \$\$?)

Beyond exploring other places and schools on this coastal trip is, for me, the recognition of the encouragement and support we get in our school district to create and try things that might not work in the name of learning. Further, we continue to develop strong relationships with other schools and caring people in our region that are adapting to the times in creative ways – each unique to their particular communities.

Wedding at Pilot Bay Lighthouse

by Tom Lymbery



December 29, 2013 saw a couple pledge their vows at the most spectacular site on the Best Shore.

As they said - Karen-Marie Lindbergh and Dale Robert Kopf promised each other a lifetime of love, laughter and random misadventures. No church, no aisle, no chairs.... Just two crazy people on the windy, snow covered balcony of Pilot Bay Lighthouse, British Columbia. We thank you all

for your hospitality, and your efforts to help us realize such a special occasion. We are truly grateful, and will always hold you dear in our hearts.

Pastor Doug Stapleton of Redeemer Lutheran Church of Creston performed the ceremony. The wedding party included Keil Weppner, Korleen Stapleton, Ben Kopf, Jon Kopf, Kate Weppner, and Dieter Steinruck.

What a wonderful Christmas time happening – a couple from Idaho bringing relatives and friends to their outdoor winter wedding at the Pilot Bay Lighthouse with its amazing views up north and south of the lake as well as westward, almost to Nelson. Freshly painted by the Friends of BC Parks, we are indebted to those who preserve this 1904 landmark. Those of us living on the lake also appreciate the fact that those from out of province appreciate this unusual site, as other lights guiding vessels are all close to water level, while Pilot Bay has the VIEW! The building itself is also unusual in the west, as this is a traditional lighthouse from the Great Lakes.

Please take time to Google Pilot Bay Lighthouse for photos and information on several sites. The newlyweds are indebted to Pastor Doug Stapleton of Redeemer Lutheran Church for coming from Creston to perform the ceremony. With Rev. Bill Gooding moved to Cranbrook, we have no resident pastor on the best shore, and we were having difficulty finding a minister, when Karen-Marie contacted our Kootenay Lake Chamber of Commerce.

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Community Directed Youth Fund Update

by Sandra Bernier

The Eastshore Youth Council is in its second year of the CDYF. By this time we have received \$50,000 from CBT that is specifically directed towards creating barrier-free youth events that are fun and skill-based. The overall goal of the fund is to introduce programming and opportunities for youth at little or no cost that has potential to leave a strong impact in this community moving forward. Local youth were polled and involved through the Youth Council to bring their ideas to the table. A survey went through the school and programming has been targeted based on the responses generated. The CDYF is a four year pilot project that spreads out \$100,000 over four years and it is our hope to secure this funding by bringing exciting and innovative programming ideas to the Eastshore youth and community.

As with any start-up venture there tends to be overhead and lots of learning involved. We have invested in outdoor equipment such as snowshoes and tents to help bolster our outdoor programming. Coupled with that we recently acquired an amazing HD Bushnell Wildlife Camera that allows us to capture still photography as well as live video. In the coming weeks the youth will be involved in placing this camera in wildlife corridors to attempt to catch sight of our local wildlife. The goal of this wildlife camera is to build a sense of place amongst our youth and to grow a strong connection with the wilderness. Along with capturing footage of the wildlife we plan to create a blog to invite everyone to see what's unfolding. Local businesses are also interested in linking to the blog to continue to showcase our beautiful landscape and community. For more information on the wildlife camera check it out at <http://www.bushnell.com/all-products/trail-cameras/trophy-cam/trophy-cam-hd-wireless>.

Some of our past events have been visits to the Nelson District Youth Centre and the rental of Reo's movie theatre space, both of which involved the youth getting themselves to town via public transportation along with the Eastshore Youth Coordinators. The youth have also enjoyed the Nelson District community centre for skating and swimming. January events included a day at the Salmo Ski Hill for a full day of on mountain fun which included full rental and lift ticket compliments of the CDYF as well as a trip to Ainsworth Hot Springs. Many youth attended a dinner & theatre night that included taking in a performance of the local Hexagon Players *The Dancing Mice*.

The CDYF works hard to offer courses and opportunities for youth to bolster resumes and work experience. The Volunteer for Job Readiness program has launched and a full description can be found on this same page of the *Mainstreet*. Eight youth are enrolled in driver's education and there is a Youth Symposium coming up in February, and we hope local youth will take advantage of an opportunity for community connection, involvement and development. For more information on the symposium and to register visit <http://nelsonglobalawareness.net/international-development-symposium-youth/>

The Eastshore Youth Council is excited for 2014, and with the help of the community as well as our youth we look forward to continuing to bring development, community connection and momentum for a bright future.

New Volunteer for Job Readiness Program Begins for Youth in Jan/14

submitted by Sandra Bernier

The Eastshore Youth Council (EYC) is set to launch the Volunteer for Job Readiness Program (VJR) aimed at getting youth aged 12-19 involved in valuable volunteer experiences. The VJR Program provides youth the opportunity to gain credits through volunteer hours to put towards taking a certification course they are interested in such as Babysitting, First Aid, Avalanche Awareness, Foodsafe, WHMIS etc. The funding for this program is being made available through the Community Directed Youth Fund that was received from the Columbia Basin Trust.

The way the program works is, either with the help of Eastshore Youth Coordinator Sandra Bernier or on their own, youth are encouraged to seek out worthy volunteer opportunities within the community to give of their time in exchange for credits towards a certification. For example, if a youth works one hour shovelling snow they earn a one hour credit equalling that of \$8. If the course they want to take is \$80 then the youth would need to work up to 10 hours. Youth wanting to contribute some money of their own towards a course would only need to work towards receiving a few credits. Hours are tracked by the youth in conjunction with the Youth Coordinator and submitted to ensure hours are completed.

For more information on the VJR Program feel free to contact EYC Coordinators Sandra Bernier (250-505-3173), Lee Reidl (250-777-3503), via private message on the EYC Facebook page or email at eastshoreyouthcouncil@gmail.com

Next Deadline: Feb 26
www.eshore.ca
mainstreet@theeastshore.net

The Fun Continues

by Danielle Linn for Riondel Youth Recreation Group Society.

The fun continues at Family Fun Time. We meet on Thursdays from 3-4:30pm at the Crawford Bay School. Our time includes many fun activities such as making forts, playing games (red light, green light is popular), developing ball throwing games, sledding, skipping, crafting and eating snacks.

The youth decorated Ninja Bread Men with icing and candy and we sold them at the Bevy of Angels. A huge thank-you to Jacqueline Wedge who let us have the stage to do crafts and sell our tasty wares. With the help of many we raised \$90 to help pay for the snacks and craft supplies that make our time enjoyable. Big thanks to Lee Reidl who let us decorate our cookies in the foods room.

This after-school fun is open to everyone and the play is based on inclusion. We are providing an opportunity for parents to play with their children and community members to connect with our youth. I love the concept of the community family and Family Fun Times embodies this idea that it takes a whole village to raise a child.

Please join in on the fun from 3-4:30pm on Thursdays at the Crawford Bay School, if you need more information or would like to make a donation, please call Danielle (250)225-3388.

Criteria for Volunteering for Job Readiness program

submitted by Sandra Bernier

Volunteering must benefit someone other than yourself and is ideally on the East Shore.

Youth cannot get directly paid from employer and be accumulating volunteer hours. They must be volunteering.

Volunteering must be for a person or community organization outside of immediate family members.

Youth must use credits towards job readiness certificates such as first aid, food safe, babysitting, avalanche training, WHMIS, drivers education, desktop publishing, creative writing courses, resume/grant writing course i.e.: anything that increases employability.

Hourly credit is \$8 per volunteer hour completed.

Youth must use their hours by September 2014 unless special arrangements have been made.

All volunteer hours must be supervised and all supervisors must be approved by the ESYC.

Youth can seek their own opportunities but they must be pre approved by youth coordinators.

Volunteering opportunities can include:

- Tipi Camp
- Eastshore Youth Council
- Hot Lunch/ Full cycle foods program
- Lions Club
- Riondel Seniors Society
- Canada Day
- Star Belly Jam
- Crawford Bay Park Clean up
- Fall Fair/ other Food Roots events
- Independent organizers (eg: Jacqueline Wedge music program fundraising)
- Hike for Hospice
- Helping local seniors with wood stacking, snow removal, groceries, yard maintenance
- Organizing a senior social event (eg: bingo)

*If youth would like to volunteer off the East Shore they may approach youth coordinators for approval. Examples of this may include volunteering for the SPCA, women's centre, food bank etc.

For more information, please contact:

Lee Reidl 250 777-3503

Sandra Bernier 250 505-3173

Email eastshoreyouthcouncil@gmail.com

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pebbles by Wendy Scott Valentine Gems

Eighteenth Century Turkish embroidery"; that's what it says on the bottom of the box—and the top is indeed embossed with the colour of gold.

Turning in circles, running in threads, golden petals and stamens and pistils curve around antique white leaves. Gold leads the eye to blossoms and stems that hold a deep garnet red. The whole design rests on a shimmer of turquoise sky.

Lift the lid and there they are, resting on gold paper: fourteen stones. Some are smaller than peas and a few almost as big as the best Bing cherries. Each one holds the unique and beautiful characteristic of a garnet's twelve faceted sides.

These are not polished gems. They are raw garnets found in the igneous and metamorphic rock of an ancient river bank. You must hold them in your hand and turn them slowly to find a hint of deep pink, a flash of raspberry red, a suggestion of pale celadon green. As these stones warm to my touch, the colours all deepen—except the one that appeared to be black. Now I can see it is a mix of purple and maroon.

There was a discovery of garnets at the site of a pre-historic village in Europe. But, unlike the stones in my box, many of these were fashioned into rudimentary pieces of jewellery. Even in that primitive community, an entrepreneur must have recognized the value of a pretty stone.

I can imagine an early wanderer in these Kootenay hills and valleys holding my garnets in her hand until the colours became clear and deep. She might have

placed them carefully between two rocks and covered them with sand and pebbles from the river. Over time, the stones would be lost in the swollen waters of many springtime floods. As the river meandered through the centuries—cut new courses and discovered new curves—the little cache of garnets would again be left behind on a dry bank to gleam in the sun and glow by the light of the variable moon.

My box of fourteen stones was given to me by a friend who is cognisant of the garnet's special qualities. She told me they would bring luck if they came to me as a gift. I am a January child. There have been other gifts of garnets in my life. A birthstone ring, requested at sixteen, was not received until the "appropriate" age of twenty-one. It was just in time to pale beside a new diamond. But DeBeers did not live up to their motto. My diamond was not to be forever. In fact it was quite short-lived. But that garnet birthstone did prove its lasting worth and on my finger now, four more of those deep red stones rest on a band of golden strings not unlike the embroidered pattern of my decorated box.

It is the deep, rich colour of the red garnet that was compared by the Greeks to the seeds of a pomegranate. This came about because Hades, lord of the under-world, ran off with the goddess, Persephone. This scheme was not well thought out on his part since Persephone's father, Zeus, had quite a bit of influence—even in Hades' realm. Hades, not wanting to lose his prize completely, put on his godly thinking cap and decided to dazzle Persephone with gems. He did not have any garnets on hand, so he presented her with a pomegranate (gods have connections when it comes to significant fruits). That did it. Persephone promised to come down for a three month visit every year. And, to this day, the earth endures three months of winter while Persephone indulges in her annual sabbatical to the under-world to get her pomegranate fix—and we

have a gem stone whose name reflects the seed of that unique red fruit.

The pattern of Turkish embroidery on this box of mine might not last another century, but the garnets could—they have been called, eternal. Who will hold them in their hand, one hundred years from now and will they marvel at their twelve faces? What sort of world will those faces reflect?

The stones were considered to be the ancient symbols to keep loved ones safe (and faithful) as they travelled. Sir Walter Raleigh might have been given a garnet or two—they were supposed to encourage the carrier to be chivalrous—no doubt they were conducive to flinging cloaks across puddles and aiding maidens in distress. Noah found a use for them; he hung a few in dim passageways to light the arc. Try one on your night-table. The glow is pale, but perceptible. They have been placed under pillows to re-route nightmares and sweep away depression by stoking the fires of natural energy. Toss out that bottle of Prozac! These stones have no "best before" date.

Now, if you are lucky enough to find a pomegranate, you might want to break it open right away and share the crimson symmetry with a friend. But remember Persephone? You must choose your friend with care. You might be presented with a schedule of regular visits, and a specific side-dish: that fruit with the deceptively mottled pink skin that hides a clutch of clear red gems.

And ... who could wish for a finer valentine.

Book Review

by Tom Lymbery

ALASKA'S FATHER GOOSE, Captain Gerald A. "Bud" Bodding, a Career in Aviation, Edited by William F. Cass Jr, Hancock House Publishing, 176 pages, @19.95.

Bud Bodding flew the Grumman Goose out of Ketchikan more than any other plane – hence the title of this book. The versatile Goose was designed in 1937 as a twin engine, 9 passenger amphibian and it was used extensively during the 1939-45 war. Many of these were purchased by civilian airlines such as Ellis Air to serve communities near Juneau and Ketchikan. It can land on the water and then, lowering its wheels walk up a ramp out of the sea. Ellis Air became Alaskan-Coastal Air and then Alaskan Airlines.

Almost every page has a clear photo of earlier day pilots and planes. So you can find sisters of the Goose, such as the Grumman Duck and Wigeon. In fact the index lists 33 different planes from earlier to more recent years. Bodding earned his commercial license at the Ryan School of Aeronautics at San Diego California. This had become the foremost flying school after Ryan had built the first plane to be flown eastward across the Atlantic by Charles Lindbergh.

But the most amazing episode is in October 1941 when Bodding was flying a Waco float plane from Seattle to Ketchikan with one passenger. Sometime after passing Bella Bella on the BC coast the engine suddenly quit. He decided to land downwind close to a very small island, hitting the waves and turning the Waco upside down in the cold ocean. When they were hanging on to the floats with the body of the plane underwater, they heard a plane circle the area and then crash on the island. They were just able to swim to the land and struggle onto the rocks, where survival would be short. Bud was determined to find the wreck of the other plane and that saved their lives. Livingstone Wernecke and his pilot Chuck Groptis were dead in their smashed up Bellanca, but there were sleeping bags and emergency supplies in the wreck. They salvaged these and were able to build a fire which five days later attracted a boat searching for Livingstone Wernecke who was the important manager of Treadwell-Yukon Mining Corp. – not for Bodding and his passenger. How both planes arrived at the tiny island of Salal is one of the most amazing coincidences of northern flying.

With its excellent photos and exciting stories this is a book to keep on your bookshelf to read again.

Reading CentreNews

by Cathy Poch

Well, here it is the beginning of February, the Christmas bills have been paid, last of the Christmas goodies put into the freezer for later. Were some of your best memories of the homemade gifts you received? Jalapeno jelly, Aunt Agnes's homemade peppermint bark, how about those rum balls and brandied peaches??

What does this have to do with a library column? Well we have all the books you need to make all of the above plus garden gifts. A little late you say? Not really, especially if you plan on doing it. By the time the February *Mainstreet* arrives, the first of the 2014 seed catalogues will have arrived and perused for new ideas or plants to try. When is the time to be thinking of starting your seedlings? What plants can tolerate some cold? How long does it take to grow that? We have books on all aspects of gardening... square foot, companion planting, growing in containers or on balconies, mulching, making your own greenhouse or cold frame to extend our growing season. Books for preserving your harvest are available to make those gifts now, as the fruits of your garden reach their perfect degree of ripeness... too early, not if you have rhubarb, asparagus or any of the other early spring produce, both domestic and wild, that can be found here.

New items, audio, CD's, hardcover and paperback have been arriving over the winter and are ready for you to come see and check out your favourite author. Need to find an old favourite or that missing volume from a series? If we don't have it on our shelves we can try to request it from inter-library loans.

Special thanks to those volunteers who kept the Reading Center open over the past year, and for the first time over the Christmas holiday season...many thanks.

Riondel Community Library

by Muriel Crowe

Several questions have arisen lately about Inter-library loans. These loans are requests to other libraries for books that we do not have, nothing except written material will be loaned and there is a possibility that no library will loan a certain article. If you wish to have photocopies of anything another library has this may be available but must be prearranged well ahead of the need. There is a charge made by the lending library for photocopies and some libraries prefer to have that prepaid. Several people have had the impression that they can request a loan directly, unfortunately that is not the case. You can, however go to our website <http://riondel.ca/library/> and request a loan through our "On line services" as well as requesting in the library or by phone. There are no renewals of inter-library loans and your responsibility for them is the same as borrowing from us.

Plans will soon be underway for our next authors readings and open house. We would be delighted to have input about who you would like to hear read. Is there something that you wish the library would offer or do you have a talent or interest you would be willing to share? If so please come forward and ask or suggest – we will happily consider all suggestions though we make no promises as to fulfillment.

While you are contemplating the above and waiting for spring to really arrive please drop in, borrow a book, magazine or DVD and make some great volunteers happy.

Next Deadline: Feb 26
www.eshore.ca

Morning Coffee

by Wendy Scott

Kay Bowen was proof positive that coffee is very good for your health. This Montreal gal was part of Riondel's exceptional group of War Brides and up until a very few months ago, could be found frequently at her special seat in Bob's Bar & Grill – drinking coffee, of course, and maybe a taste or two or something a bit stronger.

Kay was well acquainted with the building that now houses the pub and the restaurant; in fact it was the restaurant that brought Kay and her husband, Jim, to Riondel. In those days the Bluebell Mine was still running, but Jim had met Kay in Montreal and there were many stops between East and West before they landed here in Riondel.

Jim was a pilot during World War II and after the war, the young couple continued to fly all over Canada from Montreal to Anzac, Alberta, then on to Port Radium, Fort McMurray, Lac La Biche, and Muncho Lake in the Rockies. By that time Jim was servicing equipment and driving big trucks. Kay went with him whenever and wherever she could. She liked big trucks, and only reluctantly gave up hers. If she couldn't be in a plane, then a tall vehicle would give her the next best view. But Kay loved the earth too, and when a ranch in Edmonton came along, she was happy with her horses, pigs, chickens, ducks, geese, and dogs. Jim, however, was not a person who would willingly sit still for an extended period of time, and when he got a call from his friend at Mountain Shores telling him about a restaurant in a little mining town north of there, he decided, more or less on the spot, to buy it.

No matter where they were, this couple maintained an air of natural elegance and even though Kay had gone along with all of Jim's ideas, she had a bit of difficulty accepting the thought of running a restaurant. Kay knew all about dining out, but I suppose she couldn't quite imagine undertaking the other side of the counter.

Kay and Jim carried the pride of refinement, but they also possessed a discipline that developed into the good business sense that helped make their restaurant not only a success, but a necessity in a town full of miners and their families.

Jim was, until the day he died, a gentleman. And Kay with her scatter of white hair, blue mischievous eyes, and long, elegant fingers had all the attributes necessary to bring her through life with what seemed like youthful stamina – and a sense of humour that she often pulled out for her own enjoyment.

Kay used to have a little dog. He was her excuse to disappear on long walks, often on a whim and usually unaccompanied by any friend but her dog. When the dog came to the end of its life, Kay, being a sensible woman, realized she should not be off on her own. She then decided on the company of a self-sufficient, elegant pussy cat. The cat, though not fond of long walks, took over the couch in Kay's living room and made it quite clear, to any visitors, that this was her place.

Kay enjoyed company, but like many of us, she tired if the company in question lingered a bit too long. If folks came to call while she was in her garden, she often took her walker and disappeared 'on an errand'. She could head off in the direction of the store, but was just as likely to vanish into the shrubbery of the Remembrance Garden and choose a hidden bench for her quiet sanctuary until the coast was clear and it was safe to return to her garden.

In her later years, as the snow melted in Kay's garden, and she was tempted to take that walker out again for a jaunt, you may not have seen her on the forest trails, but there was no telling how far she might venture on level ground.

Then, with a slight breeze fluffing her white hair, and her whimsical blue eyes gleaming over her handlebars like the headlights on her favourite truck, she'd be off; heading to the pub? Of course – for coffee.



Notice of Passing

Kathleen Marguerite Bowen

Mar 6/16 - Dec 31/13

The passing of Kay Bowen of Riondel leaves a hole in this community. She lived just about half of her long life in this East Shore town, and with her engaging smile and shock of white hair was always a welcome sight around Riondel.

Her love of nature had her exploring both the highways and the byways of the area. She could often be found pushing her walker down to the Memorial Garden, finding it a peaceful place to sit and meditate. And no mobility issues could stop her from heading up to the pub in the late afternoons, to meet up with her chum Ethel Christenson, and visit with friends and neighbours.

Kay felt it was not only the Irish in her that gave her nearly 98 years of the good life, but also the inspiring words of her mother, "Pick yourself up and on you go." And so she did.

Kay was open hearted, welcoming and always interested in meeting new people and hearing their stories. She had a great sense of humour. Her zest for life, her gracious demeanor, and her upbeat attitude were an inspiration to all who knew her.

We will miss her sparkling blue eyes and JOIE de VIVRE. On you go girl!

Health & Happiness

by Dr. Sid Kettner

Stress Kills: The disabling and deadly effects of unresolved stress were first documented in the pioneer research of a great Canadian, Dr. Hans Selye. Designed to be an alarm system to protect us in emergency situations, *unrelenting* stress can lead to exhaustion, disease and even death. It can bring on diabetes, hypertension, cardiac events, gastrointestinal problems, abnormal immune responses and psychological conditions. Makes one thankful that we don't live in Vancouver, Toronto or LA! And wound healing is delayed from 30-40% in people who are under stress, especially if that stress leads to hostility.

But most stress comes not from situations, be they traffic, financial, health or other physical situations. Unfortunately, our relationships to others—our boss, our friends or even our family, which can go sour—are the most important stressors. Forty-one percent of employees say they typically feel tense or stressed during the work day. And then, should they come home to less-than-loving home situations, well you can guess what insults our bodies and minds sustain and why our health is so negatively affected. And no wonder chronically stressed individuals tend to sleep poorly, be impatient, turn to alcohol, drugs or junk food for temporary relief and why their poor nutritional choices and lack of the desire to exercise only compound the problem and lead to even more serious health effects.

In summary, the most important stressors in our lives include: people and personality differences, changes in our lives (such as deaths, divorce, family unrest, children leaving home), financial difficulties, information overload or unrealistic goals. And the underlying core causes tend to be feelings of fear, hopelessness, a lack of self-worth or the absence of love. The effects can be manifested by heart disease, hypertension, diabetes, kidney disease, ulcers, colon spasticity, migraine headaches, sleep disturbance, skin rashes, asthma and even tooth decay! Bad bosses and bossy mother-in-laws can do all that? Wow! Enough of the bad news. Next month—the good news... so hang in there.

Asana of the Month

by Jayanti Holman



Ardha Chandrasana Half Moon Pose

Benefits

- Enhances concentration
- Improves coordination and motor reflexes
- Strengthens & increases flexibility in spine
- Tones the lumbar and sacral spine
- Corrects misalignment in the shoulders
- Helps relieve sciatica
- Beneficial for damaged or infected legs
- Tones nerves connected with leg muscles
- Strengthens the knees
- Improves circulation in the feet
- Relieves heartburn, gastritis & acidity
- Improves digestion
- Corrects a prolapsed uterus

Doing the pose

- Stand in Tadasana, place a block to the right of your right foot
- Inhale; raise your arms to shoulder height
- Turn your right foot out 90 degrees
- Exhale; bend your right knee, place your right hand on the block
- Raise your left arm toward the sky
- Inhale; shift your weight onto your right leg bringing the left leg closer
- Exhale; straighten your right leg & raise your left till it's parallel to the ground
- Look at the ground, or you can find balance & look up at your left hand
- Hold for 3-10 steady breaths
- Repeat on the other side

Focus while in the pose

- Keep your top arm stretched up in line with the bottom arm
- Keep your weight on the standing foot, thigh and hip, not hand
- Firm the legs and feel their strength
- Keep your top hip and shoulder open
- Rotate the torso towards the sky
- Keep the lifted leg facing forward
- Extend thru all your limbs, radiating from the spine

To come out of the pose

- Exhaling; bend the standing knee bring lifted foot down
- Inhale; bring torso up
- Exhale; release arms down, feet together

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

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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.

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PERSONAL CARE/HEALTH

ACUPUNCTURE - Christine Peel R.Ac. 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

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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.

FINGERPRINTS AND HAND ANALYSIS - P. Danielle Tonossi IHA. Discover your Life Purpose and what it takes to live it fully or host a Self-Discovery Hand Reading Circle. My expertise is at your service - 250-227-9478. Info: www.crystalgardenspirit.com

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

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

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

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

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

MASSAGES & WELLNESS FOR WOMEN - Reflexology according to the clock of Chinese medicine, Rebutology: European method for deep tissue, Breuss spine massage with St. John's Wort oil, relaxing massage, Reiki, hot and cold stone therapeutic massage. Call Geraldine, certified therapist in Europe, over 15 years of practice, 250-227-9890

RESTAURANTS

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

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.

Next Deadline: Feb 26

www.eshore.ca

mainstreet@theeastshore.net

CLASSIFIED SECTION

AUTOMOTIVE

2005 Chev Uplander AWD. AIWI - \$4000 OBO. 250.227.9246.

BIZANNOUNCEMENTS

Sirdar General Store:

A unique place to shop on Duck Lake. Angling & Hunting Licences, CVWMA Permits to March 31, 2014. Fishing Tackle, Groceries Island Farms Dairy Products, Ice Cream Treats, Chocolate & Energy Bars, Chips, Water. Locally made crafts, aprons--ladies and children's, placemats oven mitts, wooden cribbage & Cutting Boards, Bird houses. Greeting Cards, Post Office, Stamps, Money Orders, Express Post Envelopes. 8050 Hwy 3A, 250-866-5570, Fax 250-866-6811. Happy Valentines Day!

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

BUILDING SUPPLIES

HARROP-PROCTER FOREST PRODUCTS: Your local source for sustainably harvested building materials. Timbers, decking, siding, paneling, fencing, flooring and a wide variety of cedar lumber. We also do speciality cutting to your specifications. HPPF also does contract milling

saving you money by turning your logs into lumber. Make the green consumer choice by supporting BC's only Eco-Certified Community Forest. Check out our products and story at www.hpcommunityforest.org. Free local delivery on minimum orders. Monday-Friday 8am-4:30pm. Saturday's by appointment. Call today for a quote: 250-551-5452.

BUSINESS SERVICES

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

CLASSES/WRKSHOPS

EVENTS

NOTICES

Are you selling land or a business? Have a joint investment opportunity? Register with Invest Kootenay to present your opportunities and connect with investors. Listings are FREE, sponsored by Area A Economic Development Commission (RDCK). There are lots of investors looking for opportunities, let them know what you have to offer. Visit InvestKootenay.com

Investors - Are you looking for investment opportunities in the Kootenays? Register with Invest Kootenay at InvestKootenay.com and stay connected with opportunities that match your investment preferences.

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

Creativity
Community
Conscience

Next Deadline: Feb 26/14

EAST SHORE SEED SWAP 3rd ANNUAL

CRAWFORD BAY SCHOOL
 THURSDAY FEB. 27
 12³⁰-4⁰⁰

SEED GIVE-AWAYS
 EXCHANGES & SEEDY ACTIVITIES
 SEED-SAVING MANUALS & BOOKLETS
 PLANTING SCHEDULES & SEED DEMOS
 SIGN-UP SHEETS, SEED BANK DATABASE
 PROMOTION OF LOCAL GROWERS
 MINGLING WITH LOCAL GREEN THUMBS
 GAMES & CONTESTS
 DOOR PRIZES
 REFRESHMENTS.

contact Russ 227-9559 or Jacqueline 227-6803 for info
 a FOOD ROOTS event.. Food Roots (facebook)
 WWW.eastshorefoodroots.org

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.
For 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.
Interior Health Authority, Community Care Nursing
and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR February 2013

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

Feb 4: No Doctor
Feb 5: Dr. Moulson
Feb 6: Dr. Lee
Feb 11: Dr. Grymonpre
Feb 12: Dr. Moulson
Feb 13: Dr. Lee
Feb 18: Dr. Grymonpre
Feb 19: Dr. Moulson
Feb 20: Dr. Lee?
Feb 25: Dr. Grymonpre
Feb 26: Dr. Moulson
Feb 27: Dr. Lee

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

EAST SHORE HOSPICE

East Shore Hospice provides practical, emotional and spiritual
support to individuals and their loved ones through the stages of
dying, death and bereavement. Hospice palliative care aims to
make the last months of life comfortable, peaceful and dignified
for patients and their caregivers by providing care, support, respite
and advocacy. Our office and lending library are located at the
East Shore Health Centre. For information or an appointment,
please call Nicole Schreiber (East Shore Hospice coordinator) at
250-227-9006 ext. 29 or email at hospice@theeastshore.net.

WORLD DAY OF PRAYER

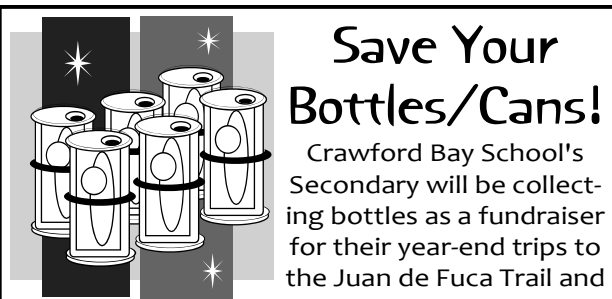
Friday, March 7, 2014. Service & refreshments 2 pm at
Dutch Harbour Lodge. Focus country: Egypt. Sponsored by
Riondel Community Church. All denominations welcome
Info: 250-225-3381

BOSWELL HALL HAPPENINGS

Yoga: Thursdays, 9:30-11:00 am.
Marilyn Arms 250-223-8058
Tone & Trim Fitness: Mondays & Fridays 9am
Darlene Knudson 250-223-8005
Carpet Bowling: Tuesdays 7pm
Tom & Linda Sawyer 250-431-8404
Line Dancing: Saturdays 9:30am
Cheryl & Greg Place 250-223-8694
Vinter's Group: 2nd Weds of the month, 2pm
Jeanne Kay Guelke 250-402-3791
Book Club: 2nd Thursday of the month 2pm
Melody Farmer 250-223-8443
Quilter's Guild: 3rd Tuesday of the month 1pm
Jan Brooks 250-223-8667
Boswell & District Emergency Volunteers: 2nd
Thursday of the month 9am
Rod Stewart 250-223-8089

BOSWELL SPECIAL EVENTS

St. Valentine's Day Dinner: Feb. 15 6:00pm
Barry & Alma-Lyn Morcom 250-223-8189
"BROWN BAG MYSTERY": An afternoon of fun &
camaraderie for East Shore Ladies, Feb. 22 2-5pm
Linda Cassidy 250-223-8341
Sharlene Ryks 250-223-8554
Rural Crime Watch meeting @ Boswell Hall: Feb. 26
7:00 pm



Save Your Bottles/Cans!

Crawford Bay School's
Secondary will be collect-
ing bottles as a fundrais-
er for their year-end trips to
the Juan de Fuca Trail and
Salt Spring Island.

The next super-sized bottle drive will be on April 27/14!

Please save your bottles and cans for us!
Contact **Dan Rude** at drude@sd8.bc.ca if you
need a pick up. Otherwise, bottles can be
dropped off by the shop cage at the school.

Please support this great cause and help our
kids in their fundraising for these amazing op-
portunities - a week-long Juan de Fuca trail hike
and an ocean/agriculture retreat to Salt Spring
Island in June.

WORLD DAY OF PRAYER

Friday, March 7, 2014

Service & refreshments, 2pm, Dutch Harbour Lodge

Focus country: Egypt



Sponsored by Riondel Community Church
All denominations welcome

Info: 250-225-3381

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect - Subtract one hour until Nov 4
All times listed in "East Shore Time"

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

February 2014 SCHEDULE

Feb 52: Canon Jim Hearne, 10am

music - Marie Gale

Feb 9: Br. Jeff Zak, 12noon

music - Marie Gale

Feb 16: Rev Robin Celiz, Anglican, 1pm

PLEASE JOIN US FOR A COMBINED SERVICE AT RIONDEL

COMMUNITY CHURCH

music - Deberah Shears

Feb 23: Linda Moreau, 12:30pm

music - Marie Gale

Please check www.riondel.ca for changes Info at 250-225-3381

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

For information call Christ Church Creston 428-4248

There are NO services this winter at St. Anselm's. The next service

will be on Sunday, April 6, 2014.

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

Feb 16: Rev Robin Ruder Celiz, 1pm. This is a joint service

w/ Riondel Community Church, in Riondel.

For information call Karen Gilbert: 227-8914

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

16190 Hwy 3A, Crawford Bay 250.227.9444

TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2:00 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: 250.229.5237

Next Deadline:

Feb 26, 2014

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

or Lion Jim at 250-227-9622.

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

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

ment. Call Marilyn for more info: 227-9129

PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School library

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

Call Ingrid to be put on the agenda - 250.227.9246

Nov PAC Meeting: Feb 17 (Monday) at 7pm in the

CBESS school library.

All parents/guardians welcome!

February 2014 Mainstreet 19

February 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Windborn, The Hub Badminton/Pickleball/ PingPong, CBESS, 10 am
2 Superbowl Party, The Hub	3	4 Badminton, CBESS Samba, 7-9, CBESS No Doctor	5 16+ Vball, CBESS, 7pm Dr. Moulson	6 Family Fun, CBESS, 3:4:30pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	7 Foundation Stone, The Hub	8 Badminton/Pickleball/Ping- Pong, CBESS, 10 am
9	10	11 The Hub 3rd Anniversary Badminton, CBESS Samba, 7-9, CBESS Lions Mtng, 7 pm Dr. Grymonpre	12 16+ Vball, CBESS, 7pm Dr. Moulson	13 Family Fun, CBESS, 3:4:30pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	14 Partner Yoga, Food & Dance Event, 4-10pm, Stud Ponnuki	15 Deadline for Expression of Interest, Summer School Badminton/Pickleball/Ping- Pong, CBESS, 10 am
16	17 PAC Meeting, CBESS 7pm	18 Badminton, CBESS Samba, 7-9, CBESS Dr. Grymonpre	19 Kokanee Springs Job Fair, 11-3 16+ Vball, CBESS, 7pm Dr. Moulson	20 Family Fun, CBESS, 3:4:30pm TOPS, KLCC bsmnt, 8:30am Dr. Lee??	21	22 Badminton/Pickleball/Ping- Pong, CBESS, 10 am
23 Grocery Gift Card Ddline	24	25 Badminton, CBESS Samba, 7-9, CBESS Lions Mtng, 7 pm Dr. Grymonpre	26 Mainstreet Deadline 16+ Vball, CBESS, 7pm Dr. Moulson	27 Seed Swap, CBESS, 12:30-4 Family Fun, CBESS, 3:4:30pm Dr. Lee	28 EDC Deadline	

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baetzels@theeastshore.net

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Transfer Station Hours

CRAWFORD BAY:
Sun & Tues
10 am - 4 pm

BOSWELL:
Weds/Sat:
11 - 3 pm

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- CV / Resume
- Grant
- Business Letter/Application
- School Paper
- Book

Contact Ingrid at 250.227.9246
Cell: 250.505.7697

RDCK Resource Recovery Facilities

FAMILY DAY Hours of Operation

All Waste Facilities will be CLOSED on Monday February 10, 2014

For more information contact:
Recycling Council of BC Hotline at 1-800-667-4321
RDCK at 1-800-268-7325 Office Hours: 8:30am – 4:30pm
Mon. to Fri. (except holidays) or <http://www.rdck.bc.ca>

Kate Page, Proprietress
Book ahead: 250.505.6950

SAPPHIRE HAIR SALON
16210 Hwy 3A, Crawford Bay
UNIT NINE

ES Health Centre 227-9006
COUNSELLORS

Drug & Alcohol: 353-7691 Child & Youth: 353-7691
Public Health Dental Screening/Counseling: 428-3876
Community Nursing: 352-1433 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



Library Hours:

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

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