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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

### INSIDE:

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

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### MOVING FORWARD WITH AN EYE ON THE PAST...



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# MS Issues

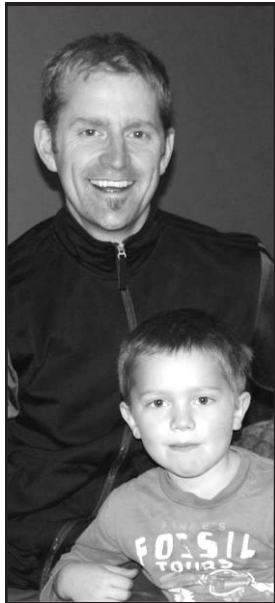
by Ingrid Baetzel

Change... a funny, fussy thing, isn't it?. I'm learning as I age that accepting change is a spectacular chal-

lenge and one that I keep reminding myself to embrace more whole-heartedly. It's going to happen – undeniably. It's going to take you by the neck and shake you silly on occasion. It's going to bring great grief and great fear along with fantastic success. It is scary and it's hard... and occasionally glorious. Benjamin Franklin said, "When you finish changing, you're finished."

We are in the face of another change. It doesn't affect everyone -- except that it does, in a way. When a community heart, like the Crawford Bay School (a place that welcomes and educates youth and community members alike, a place that perpetually embraces change and adapts as needed), sees dramatic change, we all feel it.

When Principal Dan Rude, a friend, mentor and colleague, announced that he was moving on and taking a transfer to a neighbouring family of schools, it felt for a while like the bottom fell out. Dan has done more than many can imagine a single administrator doing for CBESS and for our community. He has been a vocal and listening proponent for our kids and their education. He has seen the gaps and the needs and done endless communicating over the past five years to address these gaps. He asks questions and provides solutions. He's been pivotal in



re-adjusting our perspective on education, and teaching many how to allow our students' internal lust for learning to come to the surface – he's empowered our kids with their own voices and insights. He somehow has managed to make almost every parent and child feel listened to and respected.

I've sat on the Parent's Advisory Council for almost 9 years now and I've worked closely with three principals. I've never felt as welcome and valuable as I have in Dan's term as principal. He has created a safe and conscientious environment for creative, juicy thinking and problem-solving. He's always made me feel like we are colleagues – there's no hierarchy, no games. While I have concerns about finding a new administrator to continue the important work that Dan has started, and I am deeply saddened to lose his gifts, I feel determined that he has helped supply us with a deep understanding of what we definitely want in a leader. Caring, patience, listening, clarity, options, creative problem-solving, energy, community connectedness, a thirst for learning, and a lightness of being... these are just a few in a long list of what Dan has provided us with over the years. I also know that we, as parents, students, teachers, and community members, have the skills and love to continue this good work. I would hope that we wouldn't hang all of the responsibility of the success or failure of our school community upon one single person – that isn't fair to him and certainly not fair to ourselves. We have the tools. We have the love.

On that note – to our dear friends Dan and Dana and their gorgeous kids Thea and Elliot: we love you. You are always home here on the East Shore. You are always family.

"Do not go where the path may lead. Go instead where this is no path and leave a trail." Ralph Waldo Emerson.



## OFFICE DESK

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The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in March 2015 issue items by:

**Next Deadline: Feb 25, 2014**

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## LETTERS TO THE EDITOR

### SUPPORT IN TIME OF LOSS

Dear Editor:

We want to thank you, our wonderful community

We are deeply grateful for all the wonderful support extended to our family during this time of loss, with the passing of Colin Horwood. The lovely cards, flowers, food and hugs have helped us through this difficult time and have re-affirmed what we already knew, that we live among an amazing and caring group of people.

*Sylvia Horwood and family*

**Next Deadline:  
February 25, 2015**

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### GOODBYE FROM PRINCIPAL'S DESK

Dear Crawford Bay School community;

Since I became principal of our school almost six years ago, the question of how long I'll be here in this role has come to me many times from various people. I've never had a great answer to this, mostly because I've personally been more focused on us all continually growing and learning together than in having a set plan. This has, however, been something that my wife, Dana, and I have talked about many times in private, as it's been clear to me from early on that principal role in any particular place is not meant to be forever. In fact, across systems, five years is considered to be the general rule for the effective life of the principal in one place.

In my time here, I've had the great fortune of travelling to various places and exploring many different ways that systems are being organized to meet the learning needs of people in their particular contexts. I think this has served our school community very well. I have seen us develop a fresh confidence in how we are able to create learning opportunities for our children and youth that, in some ways, look very different than what I/we grew up with, but that are engaging, forward-thinking, and connect with the many incredible changes and connections that are happening across the globe today. These travels and explorations have also affected me personally, in wanting to discover how the ideas that we've worked with here apply to other places and contexts - and how I would need to adapt to be principal in another context.

Although it's been a difficult decision, I need you to know that I have accepted a job transfer within our school district to become the principal of the Kaslo Family of Schools, which includes J.V. Humphries K-12 school in Kaslo and Jewett K-5 school in Meadow Creek. I will be officially starting this role on March

30, after this year's spring break, and I will also be part of supporting the transition for who is to become the new principal of Crawford Bay. Although the timing seems awkward, the next couple months actually gives more time for a transition than a great many situations I've seen across many districts over the past few years.

It's important for you to be considering what qualities you'd like to see in the next principal here. Over the past few years we have made some very important shifts together, including focusing on learning rather than enrollment, and in seeing opportunities in the face of significant challenges and uncertainty. I expect that you'll want to continue to build on these shifts. I also expect that there are some things that, during my time as principal, have not worked for all, and that you may like to make more progress on. Our district senior leaders will be involved with students, parents, and staff over the next short while in consulting with you about your thinking for what - and who - are next.

I really value the commitment that has come from so many people across our community in my time here - and the strength and creativity that this community demonstrates regularly. I'm proud and honoured to be a part of this important work.

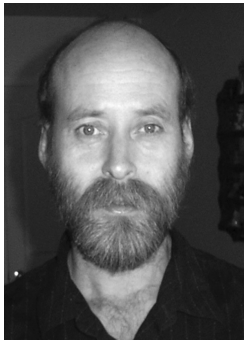
*Dan Rude, Crawford Bay*

### NEW YEAR FUN

Dear Editor:

I want to think the Hexagon Players for the amazing New Years Eve party at the Crawford Bay Hall. It was amazingly well thought-out. The decorations, the casino games, the great DJs, the Dixie band, the costumes, the food... it was all very much appreciated. You guys rock!

*Dan Cheverie, Riondel Road*



## RDCK Area "A" Update

by Garry Jackman,  
Director - Area "A"

### UNDERSTANDING THE LOCAL GOVERNMENT MODEL:

I often receive questions around government jurisdiction and responsibilities as well as processes to be followed. There is no fifteen second explanation, but I have found that through a conversation over a cup of coffee many of the key points can be covered. With the recent local government elections, there are hundreds of newly elected local government representatives on municipal councils and regional district boards across the province. To assist with the orientation of new representatives and to provide a refresher for ongoing elected reps such as myself, fact sheets are prepared by the Union of BC Municipalities to be provided during training conferences across the province. Much of the material below is based on the 2015 fact sheets. A link to where you may find the complete sheets is also indicated below.

As of the 2014 local government election in BC, there are 1032 elected mayors/councilors representing incorporated municipalities with a combined population of approximately 4.1 million BC residents. There are also 156 electoral area directors (like me) representing about a half million residents outside of municipal boundaries.

There are also many representatives on "improvement districts" which are a form of local governance responsible for some local services such as dike maintenance or water systems which date as far back as 1920 in this province. The regional district model was not established until 1965 so many improvement districts, such as the Wynndel Irrigation District, have a much longer history than the RDCK. Improvement districts are incorporated public bodies created through an order in council or letters patent issued by the province and should not be confused with the water systems which are run by private utilities or which are more loosely organized between neighbours. Since the late 70's the province has been inclined to only create improvement districts under exceptional circumstances and there have not been any created in BC since 1995.

The federal and provincial governments share power and divide responsibility as outlined by sections 91 and 92 of the British North American Act which now forms part of the Canadian Constitution. The provinces, in turn, can assign powers to local government through provincial legislation. The models and laws differ significantly from one province or territory to another. As noted above, BC legislation to create regional districts (with rural electoral areas) was introduced in 1965. The legislative powers and requirements for regional districts are contained mainly in the Local Government Act, which initially was a key document to guide incorporated municipalities as well as regional districts until the creation of the Community Charter which gave greater powers to incorporated municipalities but not equally to regional districts. The City of Vancouver has been operating under its own unique legislation, that being the Vancouver Charter.

The Local Government Act is, in my view, a clumsy document largely due to the extensive number of clauses which have been repealed or amended over the decades. This is in part due to many clauses being replaced by more relevant wording in the Community

Charter or simply one provincial government trying to make improvements over the wording of their predecessors. In any event, it is the document which primarily spells out many of the duties which a regional district must carry out as well as some of the opportunities for regional districts to offer optional services to residents. Regional districts are also subject, of course, to a host of other acts and regulations set out by the province. Through our province wide local government association, the Union of British Columbia Municipalities, we routinely provide input to the province or work in partnership on issues where we believe change is needed. The provincial association is supported by smaller, regionalized organizations. For us it is the Association of Kootenay Boundary Local Government to which I have been elected by my peers as an executive representative.

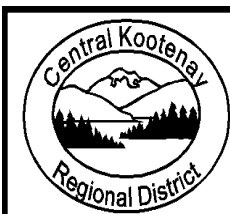
More detailed information can be found by going to [ubcm.ca](http://ubcm.ca) and looking for the "what's new" tab and then clicking on "updated local government fact sheets". The document is comprehensive (142 pages) but it is divided into 29 segments which will help you find information on specific topics such as elected officials, meetings, taxation, local government facts and figures or the statutory basis of local government.

### BUDGET 2015:

I received preliminary budget information on January 28. Our first meeting tends to deal with the major shared services (general administration and rural administration) which cover many of the required functions which the RDCK must carry out under the mandate set up by the province.

We also usually receive information on tax rolls. It is similar to the information which you each recently received on your property tax assessments, giving the new value compared to last year for land and improvements, but our information is broken out by electoral areas and municipalities and also contains some analysis on what amount of the change (up or down) is due to market conditions (real typical purchase prices over the preceding year) versus being due to growth (new homes, newly subdivided lots with greater value together than the original lot, etc). The relative changes in value by area or town are reflected in the relative increase or decrease in the tax burden each will have to carry. I had hoped to have this information by submission deadline but it will now not be available to me until February 10. Please contact me after the tenth if you want direct information. What we have seen from the budget so far is a proposed reduction in both our rural and general administration fees to avoid accumulating surpluses in the pockets of government with deficits in your pockets. Other service by service analysis to follow.

If you have questions or comments on any topic please drop a note to [gjackman@rdck.bc.ca](mailto:gjackman@rdck.bc.ca) or call me at 250-223-8463.



## RDCK Recreation Commission No. 9

### Board Meeting

The Rec #9 Board will be holding their next board meeting on **Thursday, March 5 at 7pm at the Gray Creek Hall**. Elections & setting the date for the spring application intake are agenda items.

**All welcome.**



ADMINISTERED & MANAGED BY



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## Apply now

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Wish to apply for project funding?

The Regional District of Central Kootenay is now accepting project proposals for CIP/AAP funding from non-profit organizations, societies, and groups throughout the RDCK.

Application forms and guidelines are available:

- RDCK office, Nelson
- Municipal and Village offices
- Electoral Area Directors
- Online at:  
[rdck.ca/cip-aap](http://rdck.ca/cip-aap) or  
[cbt.org/cipaap](http://cbt.org/cipaap).

**Apply by 4:30pm, Monday, March 2, 2015.** Applicants are required to present their proposal at public meetings during the month of April 2015.

# Next Deadline: February 25, 2015



## AREA "A" EDC Economic Development Commission

**next application deadline:  
February 28, 2015**

**Projects for Area A (East Shore, Riondel to Wynndel)** relevant to the promotion of economic development may be eligible for a grant from the Regional District of Central Kootenay.

**Potential applicants are invited to come to a meeting and tell us about your idea... we will help round out your plan and connect you with an appropriate umbrella organization.**

For information please contact:  
Lorna Robin, EDC Chair 250-225-3333  
[lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca)

**Community Connections** (aka South Kootenay Lake Community Services Society, SKLCSS) is a registered society that may be able to sponsor your application.  
email [skootenaylakeccs@gmail.com](mailto:skootenaylakeccs@gmail.com)

\*\*\*\*\*  
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## February Horoscope

by Michael O'Connor

### Tip of the Month:

As the fourth of four new moons in a row each at zero degrees of their respective signs and concluding a four-element

deep base beat culminates to full moon in Leo (Feb 3), we have reason and opportunity to reflect upon the bigger picture. The first of the four was a solar eclipse in Scorpio, the sign of purification and regeneration, death and rebirth. The next two new moons to come are in Aquarius (Feb 18) and Pisces (March 20) and both at 29 degrees (there are only 30 degrees in a sign and the 29th is considered 'critical') with the Pisces new moon a solar eclipse occurring just hours prior to spring equinox and will culminate with the third lunar eclipse of four on April 4 constituting a rare tetrad – its own four-beat rhythm of thunderous proportion. Yes, these are powerful signs synchronizing with pivotal times. The purpose of the double Aquarius new moon beat is to illuminate and awaken.

In this dawning age of Aquarius, humanity is experiencing a collective wake-up call. It is saying: hey you multidimensional beings, souls incarnate, now is a good time to set aside for a precious moment or two your interests, attractions, daily duties and distractions and come to an even fuller realization yet that our planet is undergoing an evolutionary crisis and you can and ideally will do something about it.

If you are wondering what you can do, the answer includes begin by being aware and care and then set a clear intention to do something. This is where your own astrology can help a lot. As well, talk about it, educate and inspire yourself and others, meditate in your heart, acknowledge and give reverence to higher realities, cultivate courage, pray, call on angels, visualize, post meaningful and educational sayings, poems talks and videos on the internet, Facebook, YouTube and the like... support a meaningful cause,

sign a petition online, focus on love and unity and realize that if ever there was a time to do such things with added intent, it is now.

### Aries (Mar 21 – Apr 20)

Dreams and visions of greater harmony in your closest relationships are dancing in your mind. Yet, the music comes to a sudden halt when the sobering realities involved are acknowledged. Yet once they are the music can begin to play again. The key to opening the first door is to be aware and let the significant others in your life know that you are aware and willing. This is how to say 'I love you' in action.

### Taurus (Apr 20 – May 21)

Shifts and changes in the world are influencing your public and professional life. Likewise, these outer changes are quite possibly shaking your personal life. A third scenario includes social activities of late cutting in on your home and professional life. In any case, the emphasis on your public and professional life is receiving fresh activations now.

### Gemini (May 21 – Jun 21)

Delving into philosophical realms is stretching your perspectives. It is likely this will lead you out of familiar territory. At worst, this may leave you feeling rather overwhelmed and even lost. Positively, you will experience fresh inspirations available for creative self-expression. If you are really fortunate, you will undergo a heart opening that will produce a deep sense of communion.

### Cancer (Jun 21 – Jul 22)

Sometimes it is better to be silent, to listen more or perhaps to meditate or to research more than express, like now. Outer circumstances triggering inner realities or the other way around are activating a kaleidoscope of new perceptions. Digesting all of these will take time. Meanwhile, the prospect of making key investments for the future is leading you to learn more.

### Leo (Jul 22 – Aug 23)

Invitations and perhaps a push and prod or two are prompting you to reach out. Habitual modes of perception and interpretation are changing and rather quickly as a consequence. This presents a challenge to see yourself and the world and in the world in new ways. The more flexible and willing you are the easier it will be.

### Virgo (Aug 23 – Sep 22)

The emphasis now is upon improvement. Since these are core Virgo characteristics, the tasks implied should feel quite familiar. While the focus may well be upon work, health and lifestyle; your closest personal relationships and home and family probably also require your deepened determination to be and do better yet.

### Libra (Sep 22 – Oct 22)

A creative, inventive and innovative cycle continues. Entertaining yourself and others with new perspectives and possibilities is implied. Themes of healing are also woven into the plot and these are linked to the body/mind matrix. This holistic approach to health emphasizes the convergence of body, mind/attitude, emotion/balance and overall energy flow. Aim for synthesis to get your mojo going.

### Scorpio (Oct 22 – Nov 21)

A good deal of shifting and shaking and stimulating and awakening is keeping you busy close to home. Beyond your residence consider that home is where your heart is, literally. This is a call to weave imagination and inspiration to create an atmosphere of peace and calm and sacred intent You are being invited to a union of hearts and a communion of souls.

### Sagittarius (Nov 21 – Dec 21)

Rare and penetrating insights are igniting your mind. These may even be the inspiration of profound perceptions illumined by poetic verse. Yet, they are also causing you to dig deeper and to clear away old, limiting, perhaps inherited and/or socially conditioned beliefs and self-concepts. Beyond the debris and dust that this process may produce, sublime beauty awaits your recognition. Some call it soul.

### Capricorn (Dec 21 – Jan 19)

Some investments are certainly better than others. While at other times the value and reward comes from clearing the clutter and closing old accounts, as in 'less is more'. With less 'busyness' you can devote more time to what truly feels important. This is a call to cultivate new commitments worthy of your time and testimony to your spirit seeking genuine balance, harmony and intimacy.

### Aquarius (Jan 19 – Feb 19)

An atmosphere of new beginnings both within you and in your world should be apparent by now. The time is right to see through and beyond familiar perspectives. Exploring new opportunities and trying new angles is implied. This is also a call to invest more time and energy into your personal life. Aim to deepen bonds with the one(s) you love.

### Pisces (Feb 19 – Mar 20)

An inner awakening is underway. Beyond simple dreams, this impulse is destined to awaken you to realities in the material realm. Yet, it is also moving you to expressions of love and kindness and healing too. While these will likely be directed to others, they are also meant to include you. Although perhaps difficult, a spiritual initiation is taking place within and for you.

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Affirmation\*Inspiration\*Vision\*Strategy  
Author of the forthcoming book: *What Astrology Can Do for You*

## Getting to Know You

### Mainstreet's Proust Questionnaire



### Jeff Windborn

#### What is your best memory?

*My best memory is a pretty fresh one. The birth of my son last week is definitely my best memory.*

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

*When I was 18 I lived for 2 weeks on nothing but a box of honey nut cheerios so I guess I can't live without honey nut cheerios. Although I don't like them much. Anymore.*

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

*Honesty/Transparency*

#### When and where were you happiest?

*I've always been happiest on stage when people are grooving to my music. Recently though being home from tour and relaxing(detoxing) in Crawford Bay is just as good.*

#### Who, living or dead, would you most love to have to yourself for a day?

*Jesus, Muhammad, The Buddha and Bill Murray. But if they don't get along then me and Bill will kick them out and hit the town.*

#### What natural talent/skill would you like to be gifted with?

*I would make pretty heavy use of the gift of teleportation*

#### What is your best physical feature?

*Katlyn's eyebrows raised to that question*

#### What is your greatest fear?

*Something bad happening to kiddo*

#### What's been your greatest triumph?

*Back when I was in a metal band we beat a country band out of a battle of the bands in a country bar full of cowboys. Audience poll. Felt pretty triumphant.*

#### What is your biggest vice?

*Religion. But that was given to me so I don't know if that counts. If not then Arby's.*

#### What is your greatest extravagance?

*Arby's*

#### What do you most dislike about your appearance?

*Not sure. My back is a little twisted and compressed from too many years of heavy lifting. Probably not too noticeable though.*

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

*A cow in India*

#### What is your most treasured possession?

*My guitar. It's introduced me to almost everyone that I know.*



## Hacker's Desk

by Gef Tremblay

### Virtual Dreams

2015 has been the year I decided to quit Facebook. Simply put, I was wasting a lot of time on Facebook; it was bringing my productivity and my creativity down. It would be

simple to dismiss Facebook as a negative influence in my life, from the invasion of privacy, to the numbing effect of the media overload(1). But as we evolve as a society, we can't simply toss these new technologies and all go back to farming and hunting. This virtual online world is in fact a new reality. It will become more and more omnipresent in our life and we have to learn how to integrate it.

During the first week of quitting Facebook, my hand would open a new browser and type facebook.com in the address bar, before I realized what I was doing. There was a deeply, ingrained mental and physical response programmed into me. At any downtime in my work (which happens quite frequently as I often work on more than four or five projects at the same time), my Facebook reflex would kick in. This lasted for a couple of weeks. Emotions would also trigger this desire to be on Facebook; if I had a bad day, I wanted to go on Facebook. During the first weeks I was also faced with a strange feeling that the world was all emotion, humanness and thinking without talking. I realized that I missed that emotionless pool of attention deficit, random human interactions. Humans were too human and emotional and it was hard to not be able to escape.

All these withdrawal effects pointed toward proving to myself that I was really addicted to this new media. Even a month later, when I have emotional struggles, there is a part in me that wants to waste time on Facebook to calm that humanness out of me. This social network deeply affected how I managed my life, and my physical reality. It's not that its effect is so negative, but a new reality, a dream-like reality had been created for me, and I could go back there at any time.

I consider myself to have a non-addictive personality. I get tired of habits or substances. A few times in my life, I had to leave a social group because the main reason of the group was substance abuse, and although I would enjoy it at first, I would grow tired of it. Keeping that in consideration, I can see how Facebook could be addictive to other people, especially to the new generation. But is it really an addiction, or an expansion of our reality, which leads to a completely new way of being part of this reality?

In the movie, *Men Women and Children* (2), the story revolves around the generational gap that exists with this new reality, this new virtual reality. From texting to video games, to social networks, sexuality and identity, the movie paints a wide portrait of the schism that exists between realities. It's an important lesson that brings to our attention what we consider real, and how that could be different for other people. One example from the movie is how a father wants his son to play football. Football is for him a tangible reality. His son prefers to play video games. For the son the reality is the video game. What is more real? Who is right and who is wrong? When there is already some consideration about including video games in Olympics, well, what is more real depends on the perspective you have on a certain subject. Reality is thus subjective, and will always be in constant change. There is no right or wrong when it comes to reality.

Only socially created conventions, which are bound to change over time.

In yoga, there is a practice called dream yoga(3). Dream yoga has been practiced by Buddhist(4), as well as shamans(5) and yogi for hundreds if not thousands of years. When practicing dream yoga, you use the dream state to help your evolution. Using the symbolism of the dream, and unlocking some of your limitations, you come to ask yourself, "What is more real, the dream or my waking life?" If you can accomplish real lasting changes in your life through practicing dreams, you can't anymore deny the realities of the dreaming mind. Thus dreams can be considered as another reality. Understanding this reality, this relation between the dream reality to the waking life reality, helps to understand the difference between virtual reality, and waking life reality.

All that we perceive in our waking life enters our consciousness through our senses. Once it enters our consciousness it gets interpreted and we associate what we see and hear as good or bad, or close or far from what we have lived. It might trigger memories, emotions and unresolved issues. All these layers of perception of reality are unique to everyone who experiences reality. From the senses that are completely different from one person to the other, to the effects it has on the mind, reality is simply a construct of who we are. So what qualifies something being real and not real?

Learning to benefit from my dream has been an extraordinary experience. It's a powerful and deep yoga. Now there is this thing called virtual reality, which is yet another reality. How can we benefit from it? How can we maximize its use and not dismiss it without a second thought. How do we all move forward and use technology rather than being used by technology. And what can we learn from our own illusions, when we realize that our waking life is not more real than dreams and virtual realities?

1. *Understanding Media: The Extensions of Man*, Marshall McLuhan, McGraw-Hill 1963
2. *Men Women and Children*, Jason Reitman, 2015
3. *Realities of the Dreaming Mind*, Swami Sivanda Radha, Timeless books, 2004
4. *The Tibetan Yogas of Dream and Sleep*, Snow Lion Publications, 1998
5. *The Art of Dreaming*, Carlos Castaneda, Collins 1994

## Tom Sez

by Tom Lymbery

After at least 60 years of booking for Gray Creek Hall being handled by our store, this sometimes difficult chore, rentals and info are now available on line [www.graycreekhall.com](http://www.graycreekhall.com) Please pull this site up to also check out the amazing photos. A whole committee needs to be thanked for this.

Who remembers when dealers used to tell you the used car had been owned by a little old lady from Pasadena? Florence Fahnestock of Pasadena had a cottage in Gray Creek on one of the 16 lakefront lots that Wilf Kocher sold for \$100 each around 1960. She had worked in a wind tunnel testing the effects of streamlining vehicles, planes and more. She was a Pennington relative of the family that has Pennacres near Wedgwood Manor.

Twenty-four worldwide teams will be playing in the Women's World Cup of soccer this year in Canada. Since we are the host country our team has automatic entry and didn't have to compete in the playoffs.

The Mexican Tourist Bureau has posted signs "Ruta Manila" on the highway to Barra de Navidad to commemorate the Spaniards who sailed from this west coast port in 1594 to colonize the Philippines. Extensive celebrations were held here in 2014 for the 450th anniversary.

Who needs a loaded gun to go to Wal-Mart? A mother lost her life at Wal-Mart in Hayden Lake, Idaho (just north of Coeur d'Alene) when her two year old pulled the trigger of a loaded pistol he had found in his mother's purse.

This year's early January snowfall seems a record, but is much less than that of January 1969 which was one of the toughest and coldest winters I have seen in 80+ years in Gray Creek. There was much drifting ice on the lake as the temp dropped to -12F but it was too windy for solid ice to form.

Gray Creek's Dr. Sid Kettner's advice in the last *Mainstreet* saying, "Take a 15 minute walk after supper instead of eating desert" has merit, but I have to admit I am usually asleep in front of the TV soon after supper

The derogatory term SKINHEAD seems to have disappeared after so many men appear with shaved heads.

The toughest ever 1000 mile sled dog race the Yukon Quest starts February 7, 2015 from Whitehorse to Fairbanks. It alternates direction each year. In 2016, it will run from Fairbanks to Whitehorse.

Nottingham, England has been appointed the TOWN OF FOOTBALL for 2015. My grandfather Walter Roe Lymbery was the secretary when Notts Forest was in the beginning of professional soccer in the 1870s.

If you use spell-check and make the suggested adjustments, we will be losing some Canadian words - Kootenay becomes Kootenai, Yahk becomes Yak and cheque comes up check.

There were celebrations & officials from Pacific Coastal Air & the Kelowna Airport on Jan12 when the first daily flight from Kelowna to Trail arrived.

Feliz Año Nuevo means Happy New Year in Spanish, but if you miss the symbol over the "n" in "Año" which makes it sound 'ANYO' you are wishing you are wishing someone a Happy New Asshole.

## EAST SHORE TECH SUPPORT

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## Board Bits from ESIS Directors

Submitted by Branca Lewandowski

We, the board of directors of ESIS, are busy fulfilling a myriad of responsibilities to the membership.

The board is currently addressing usage (monitoring, packages, calculations and fees) and society governance (insurances, funding and creating a strategy change for ESIS).

In order for the board to be prepared to move forward in these various areas we discovered an urgent need for information. We have hired a temporary coordinator. This person's job will include documenting the ESIS operating environment producing both an operations and a business manual. An application has been submitted for a government grant to facilitate network improvements.

Finally, now that the survey results are in (thank you), the board is compiling and tabulating the data. We will be sharing those results with you soon. Stay tuned.

Please read about board proceedings and activities in the meeting minutes on the ESIS website: <http://esis.theeastshore.ca/> and communicate with us on any of your concerns by email: [board@theeastshore.net](mailto:board@theeastshore.net)



## Community Connections Taking Stock by Greg Blackwell

For myself and my wife Carol, this is the fifth winter living here. In so many ways we still feel like newcomers. We are constantly amazed by the individuals, groups, organizations, and businesses that come together to make things happen on the east shore, and make it the unique, wonderful place that it is. **Community Connections (CC)** is starting its fifth year as well, and getting involved with the Society has been a rewarding and educating experience ... One that I could not have imagined two years ago when I started.

Running a **Non-Profit Society** can take a surprising amount of commitment to make it work. As we approached the end of year four last fall, Community Connections decided it was time to stand back, revisit how far we have come, and reflect on the organization's needs and future.

There is reviewing vision/mission/goals to ensure continued applicability, revising policies and procedures in light of experiences and member input, making organizational adjustments based on learnings and assessing the potential for new or additional services. There is also the challenge of determining how to increase capabilities and capacity without adding resources, taking time to test new ideas and methods, and more. In October we started with a CC Board session conducted by Val Mayes who is a consultant that has been retained by Columbia Basin Trust to assist non-profit societies with education and advice. There has been two Board planning sessions since then to review the current organization, brainstorm ideas, and take action that can be used to potentially further develop the organization. This is a journey which will involve several steps over time, engage members and groups in the community, and reach out to other external groups and organizations.

Two areas of interest to Community Connections are partnerships and communications. The term **partnership** may be a slight overstatement as the interest is really to identify organizations that have resources and services that can be better leveraged to the benefit of the east shore. Who comes to mind for you? What organizations align with the needs you have? In an area made up of several small communities geographically spread, effective **communications** can be a challenge. We all enjoy the unique character that each community brings, and with it the different ways of relaying information. Do we need to have a broader east shore communications capability? Does everyone know where to find important information? As volunteer time and resources are available, we look forward to exploring these and other ideas and how Community Connection can be a positive catalyst for enhancement. Got ideas ... give us a shout!

On another note ... A friendly reminder that the **Regional District of Central Kootenay, Community Initiatives Program "Call for Project Proposals"** grant offering has been open since January 11 and will close on March 2. This has been a popular grant opportunity for AREA A that has received many applications in the past, so get your application in early. The funding for this comes from Columbia Basin Trust and the program is intended to foster activities that each community deems important, and to fund projects supported by the community that might otherwise not have been undertaken. Check it out on the RDCK website under GRANTS ... it's such a great program.

If you are thinking of having Community Connections sponsor your RDCK/CIP application, or any other application, please get to us early so we can do a good job of supporting you!

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



### AREA "A" EDC Economic Development Commission

**next application deadline:  
February 28, 2015**

**Projects for Area A (East Shore, Riondel to Wynndel)** relevant to the promotion of economic development may be eligible for a grant from the Regional District of Central Kootenay.

**Potential applicants are invited to come to a meeting and tell us about your idea... we will help round out your plan and connect you with an appropriate umbrella organization.**

For information please contact:  
Lorna Robin, EDC Chair 250-225-3333  
[lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca)

**Community Connections** (aka South Kootenay Lake Community Services Society, SKLCCS) is a registered society that may be able to sponsor your application.  
email [skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com)

\*\*\*\*\*  
Why not visit [www.InvestKootenay.com](http://www.InvestKootenay.com)?  
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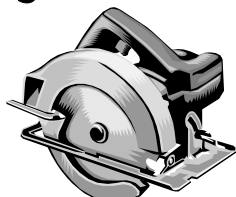
Mobile veterinary clinic available in Crawford Bay. Please call Creston Veterinary Clinic to book appointment & for more details.



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

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

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Call Alison Bjorkman at 250-428-6356 to book a free appointment in Crawford Bay...  
[www.futures.bc.ca](http://www.futures.bc.ca)



Growing communities one idea at a time.

## Father of Confederations Presided Over Bluebell Murder Trial

by Greg Nesteroff (reprinted from the Nelson Star with permission)

Eighty-third in a series on West Kootenay/Boundary place names

Go to <http://www.nelsonstar.com/community/288145971.html> to see more)

Nearly 130 years after the infamous Bluebell murder on Kootenay Lake, what new information could possibly come to light? Castlegar author/historian Sam McBride has noticed several things that have eluded everyone else.

Recently in this series, we looked at the naming of Gray Creek. There are two candidates for its namesake: prospector/rancher Alden Samuel Gray (1849-1942) and surveyor/engineer John Hamilton Gray (1853-1941). The latter's father, also named John Hamilton Gray, was the second premier of New Brunswick prior to confederation, as well as a judge.

By strange coincidence, he was one of two unrelated Fathers of Confederation named John Hamilton Gray. The other was premier of Prince Edward Island when the Charlottetown Conference that led to Canada's birth was held in 1864. He was also McBride's great great grandfather.

McBride notes both were often referred to as Colonel Gray — the PEI Gray because he was a retired officer with the British Dragoon Guards, and the New Brunswick Gray because he held the rank of lieutenant-colonel with the New Brunswick militia. Both were also strong supporters of confederation.

The New Brunswick Gray moved to Victoria 1872 when he was named a judge of the Supreme Court of BC, a position he held until his death in 1889.

His appointment was criticized by many, including chief justice Matthew Begbie, who felt another judge was not needed. According to historian Margaret Ormsby, the judgeship may have been a consolation prize after Gray was passed over for speaker of the House of Commons. His grave is in Ross Bay Cemetery in Victoria, making him the only Father of Confederation buried west of Ontario.

It's not well known that Gray was the presiding judge when Robert Sproule was tried in Victoria for the murder of Thomas Hammill, who was shot and killed near present-day Riondel in 1885.

Although there were no witnesses to the crime, Sproule was the prime suspect because Hammill jumped his claim to the Bluebell mine. Immediately after Hammill's death, a posse captured Sproule as he rowed south on Kootenay Lake for the US border, despite a head start of several hours.

A jury convicted Sproule of murder and Judge Gray — whose questionable advice seemed to ensure the guilty verdict — sentenced him to hang.

"One of the criticisms of Judge Gray is that he seemed overly interested in the details of Sproule's capture," McBride says, "perhaps thinking it was destiny or God's will that Sproule be caught, which made him more guilty in the eyes of the judge."

Following several reprieves, Sproule was executed in Victoria, the likely victim of a miscarriage of justice.

Judge Gray's son came to West Kootenay in the early 1890s. He laid out the Kuskonook and Whitewater townsites plus an addition to Sandon, and was for a time chief engineer of the Kaslo and Slokan Railway. McBride may be the first to draw the connection to his father's involvement in the Bluebell case.

In September, McBride attended a reunion of descendants of Prince Edward Island Fathers of Confederation, commemorating the 150th anniversary of the Charlottetown Conference. The provincial govern-

ment had just unveiled a life-size outdoor sculpture of a scene between the two John Hamilton Grays. As McBride puts it: "So the judge who hanged Robert Sproule is now featured in a tourist attraction in downtown Charlottetown!"



The two Fathers of Confederation named John Hamilton Gray appear in a recently-unveiled sculpture in downtown Charlottetown. The New Brunswick Gray, on the left, presided over the trial of Robert Sproule, who was accused of murdering Thomas Hammill on Kootenay Lake in 1885. Gray's son later worked in West Kootenay as a surveyor and engineer. The Prince Edward Island Gray, on the right, was the great great grandfather of Castlegar's Sam McBride. — Image Credit: Sam McBride Photo



## Fifty Shades of Gray Creek

by Greg Nesteroff - Nelson Star (reprinted with permission)

Seventy-eighth in an alphabetical series on West Kootenay/Boundary place names

Gray Creek, on the East Shore of Kootenay Lake, is one of the more puzzling local place names, with several theories about its origin.

Here's what we know: Perry's Mining Map of 1893 labeled the settlement Grays. The spot also shows up as Ironton on an early preemption map, presumably after iron deposits in the area, although that name didn't gain much traction.

For many years, the community was known interchangeably as Grays Creek, Gray's Creek, Gray Creek, and (probably erroneously) Grey's Creek. Grays Creek was officially adopted in 1903, based on an 1898 CPR map, and was not changed to Gray Creek until 1947. However, the post office opened in 1908 as Gray Creek.

The first newspaper mention of Gray's Creek is in *The Ledge* of June 3, 1897: "Some very rich strikes are reported on Crawford creek. Samples of large cube galena were brought in last week ... from a find lately made on the divide between Gray's Creek and Le France [sic] creek, supposed to be a continuation of the great Gordon Dyke discovered by Jack Redding in July '95 ..."

Another early mention appeared in the *Nelson Tribune* on March 3, 1899: "John P. Redding of Kaslo has transferred ... an undivided one-eighth interest in each of the mineral claims Gold Reef, about two miles from Crawford Bay on Gray's creek, and the Gordon, about five miles from the same bay." Redding's name in these examples is significant, as we'll later see.

The first use of Gray Creek without the apostrophe is from the *Tribune* of September 23, 1899, in a legal ad for timber rights taken out by Harry Houston: "Commencing at a post about two and a half miles up from the mouth of a creek running into Crawford Bay on Kootenay lake, and known as Gray creek ..."

The creek itself first appeared on J.W. Trutch's 1871 map of BC, but without a name.

On Perry's 1893 map, it's called Baker Creek, a name subsequently given to another stream east of the Gray Creek Pass. According to an unpublished history of the area by Kathleen Lymbery, an 1895 map called it Louise Creek, although it's not clear which map she was referring to.

Croasdaile Creek, named for landowner/developer Henry Croasdaile (1846-1915), is said to have been known as Gray Creek before the name was given to the much larger neighbouring stream.

Frances Roback of the Gray Creek Historical Society notes: "Gray Creek appears named on maps while other creeks here often weren't. Gray Creek often was the only named creek between Crawford Creek and LaFrance Creek. It's reasonable to suppose that as Gray Creek was a major part of the East-West Kootenay route across the divide historically, mapmakers would be more likely to name the creek."

So who was it named after? Folklore suggests an old prospector named Grey, who was related to novelist Zane Grey.

Another guess is civil engineer and land surveyor John Hamilton Gray (1853-1941), whose father was among the Fathers of Confederation. By March 1892, Gray was in partnership with Montagu Davys and Charles E. Perry (who created the above-mentioned map) in a surveying, real estate, and mine brokerage business with offices in Victoria and Nelson.

Gray was later chief engineer of the Kaslo and Slokan Railway. In early 1898, he and the railway's president visited the future site of Kuskonook and decided to survey a townsite. Nothing, however, ties him specifically to Gray Creek.

Thanks to Frances Roback and Tom and Sharon Lymbery



## Tom's Corner

by Tom Lymbery

### Wooden Boxes

Looking at the sculpture of the two Fathers of Confederation (see Greg Nesteroff's article in this issue), I see a wooden apple box included with the figures. In fruit season we were hammering together cherry, plum, prune and apple boxes for our orchard shipments to Associated Growers in Nelson. Canned goods came in wood for many years and we grew up taking those apart for kindling – mind the nails!

I used one of the better designed boxes that I had nailed two chunks of stove wood to as skids, and pulled it behind me on the beach searching for driftwood short enough to fit into our cookstove. Long BC (Before Chainsaws) driftwood was a vital part of everyone's life who lived near a beach, as recorded in the book *Dorothy's Stormy Lake*. The challenge at the age of 9 was to salvage enough firewood to pay my half share of a CCM Cadet bicycle. Mother had agreed to supply the balance.

At the age of six, my sister Alice and I began picking cherries into lard pails hung on our belts. It was a few years later until I could drive 1 1/2 inch box nails straight enough, that I was set to assembling cherry crates from the bundles of shook brought by the freight truck. If Dad ordered 50 boxes from Associated Growers there would be 100 each of ends and sides, as well as just enough for lids and bottoms, and those most important smallest segments that kept the crates separated when stacked. Woe betide anyone using new fruit boxes for any other project, as the parts cost 25 cents as well as freight on the bundles of shook.

Forty pound apple boxes took the same procedure to assemble, except that attaching the lid needed a device with two upside-down horseshoes and a foot pedal. This pulled the lid down tightly enough to keep the fruit solidly packed together for its long journey by truck to Nelson for inspection by Bob Foxall and staff, then by freight car to be distributed to groceries on the prairies. We actually piled these full boxes on their sides, as the swell of both the lid and bottom prevented their being stacked together the right way up. Did those grocery stores open the top where we had carefully aligned the best-looking apples? This was actually the bottom when we were suffering a cold November sorting and packing Jonathan and Wagners. I am sure the stores opened those carefully as apple boxes were important – sometimes used for shelving in small stores, or for shipments to rural customers.

We didn't see many powder boxes but they were something else again, made with mortised corners. In the book *Mines of the Eagle Country*, about the Mascot Mine in Hedley, families lived in small homes with a wooden floor, walls made of the parts of powder boxes, and a tent roof above. The company at that time

wouldn't allow permanent houses. Not as unusual as you might think – when I started selling insurance in 1956, one of the questions on the application form asked if the roof was canvas.

When Sharon and I were married in 1963, the kitchen cabinets consisted of orange boxes standing on end. When placed together with a board on top, they made a basic counter about 30" high. Since the boxes had two compartments you had shelves. Hang some flour sacking in front instead of doors and there you were with a classic kitchen and you could dye the material whatever colour you wanted. Our store sold dye as well as oranges and almost everyone bought flour in cotton sacks of various sizes.

One of the most sought after boxes were the round plywood ones which triplets of cheddar cheese came in. Each round of cheese (triplet) weighed about 30 pounds, so a full box was close to 90 some pounds. These were popular for use as basic baby playpens. We never sold enough cheese to get many of these or I might still have one or two.

Through the 1930s we saw a mixture of wooden and cardboard boxes, as you see on the freight deck of the SS Moyie in Kaslo which represents the year 1937. In the old store we still have a wooden Pacific canned milk box that we used to refill from a cardboard one, on the customer's side of the counter. It was virtually the only self service item my Dad would allow. In the 1939-45 war, due to a shortage of metal, 100 lb metal nail kegs with wooden ends were replaced by wooden kegs. Not many of those were seen as wartime nails were so hard to come by. When nails reappeared soon after 1946, they came in 50 lb cardboard boxes.

Cardboard came to the apple business in the 1950s with the 20 pound handipak. Bob Foxall showed me how to assemble these – so much easier than nailing pieces together. We didn't stick a label on these, just rubber-stamped "A W Lymbery, Gray Creek, B C." along with the apple variety. Long time campers Ralph and Jeanette Blatta reported seeing some of our Wagner handipaks in an Edmonton Safeway.



Janet Schwieger shows one of Arthur Lymbery's 40lb. apple boxes during Tom's 2011 tour of the old Lymbery property (now Schwiegers') in Gray Creek. The stencilled label reads: "British Columbia/Apples/selling Agents/Associated Growers/Head Office Vernon B.C./British Columbia/Packed and Shipped by A.W. Lymbery/Gray Creek, BC." **Photo Frances Roback**



## Hidden Taxes

by David George

This month Hidden Taxes takes a brief look at the indebtedness of 26 countries which together have about 60

percent of the world's population, expressed as a percentage of the country's Gross Domestic Product. It is left as an exercise for those with more economic savvy and background to decide whether a country whose debt is close to or exceeds its GDP is in trouble...

Country	Pop(millions)	Debt % of GDP
Australia	24	22%
Brazil	203	54%
Canada	35	33%
China	1355	62%
Denmark	6	46%
Finland	5	59%
France	66	94%
Germany	82	81%
Greece	11	216%
India	1269	52%
Ireland	5	115%
Italy	61	138%
Japan	127	199%
Mexico	115	43%
N.Z	5	39%
Norway	5	23%
Portugal	11	131%
Russia	143	11%*
S Africa	51	43%
S Korea	50	38%
Spain	47	97%
Sweden	10	41%
Switz.	8	21%
Turkey	73	41%
UK	65	91%
USA	318	105%

\*Russia percentage is highly questionable.

We can see that the countries with the lowest believable debt as percentage of GDP are clearly Switzerland, Australia and Norway. Canada, South Korea and New Zealand are next, followed by Sweden, Turkey, Mexico, South Africa and Denmark after which percentages rise above 50.

Would you have guessed that Japan was in such bad shape, even taking the tsunami into account? Or that the UK was so close to 100%? From recent news, Greece, Italy, Spain and Portugal are no surprise, but Ireland at 115%? All these figures are from an interesting website: <http://www.nationaldebtclocks.org>. It claims to have no bias, using official figures only.

Next month, Hidden Taxes looks at China, and its behaviour in today's world.

## The PAC Box

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

**PAC MEETING:** Feb PAC Meeting is on Feb 2 and March will be on March 9 at the CBESS middle room (computer lab). All parents/guardians are welcome and are voting members. Join us!

**GROCERY GIFT CARDS:** The grocery gift card fundraiser is on-going throughout the year. For February, proceeds go towards the Hot Lunch Program. Call the school for more info: 250.227.9218 and place your orders for the February round by Feb 8!

**HOT LUNCH:** We are so pleased to welcome chef Tyler Wedman as the new hot lunch chef for our wonderful program. Tyler brings a huge cooking background and an open willingness and is doing fantastic work so far. Welcome aboard, Tyler!

*Next Deadline:*

*Feb 25/15*

*mainstreet@theeast-shore.net*



# East Shore Trail & Bike Association (ESTBA)

by Farley Cursons

Following consultations with local trail/mountain bike enthusiasts, representatives from regional trail groups as well as community business and government leaders, we have found great support in our effort to promote the extensive hiking and biking trail networks here on Kootenay Lakes East Shore. Our mandate is to develop the East Shores physical and cultural infrastructure to accommodate the increased interest in mountain bike destination tourism, while ensuring a holistic approach and responsibility to all trail system user groups.

## Partnerships

The East Shore Trail and Bike Association is working in partnership with the GHRS's Tipi Camp Trail Crew and the Crawford Bay School Wood Shop Program to implement a trail signage upgrade for 2015. We achieve financial transparency through our Community Connections partnership and our members have received training and advocacy through the East Shore Learning Hub.

The East Shore Trail and Bike association is also developing a new trail map for the Crawford Bay Peninsula and selected trails within Crawford Bay.

Thanks to a generous \$1500 donation from Kokanee Springs Golf Resort, the new trail map/brochure has become our primary winter project. The new map/brochure will feature other East Shore adventure activities as well as local business and project supporters. Following a January 20 presentation, The Kootenay Lake Chamber of Commerce has enthusiastically endorsed the project as we move forward with authorization from other civic and provincial bodies to promote the East Shore's trail network.

With effective marketing we, as a community have the opportunity to join the ever-growing number of regional trails initiatives and share in the social and economical benefits of a highly popular, low-impact and sustainable tourism attraction.

The East Shore Trail and Bike Association is committed to ensuring all promoted trails are fully authorized and that any trail use conflict is mitigated as much as possible.

## Signage

- Signs are an important component of any trail strategy and can fulfill a range of functions from direction to education. Signage can:
  - \*Designate which route a user group should use (e.g. expert route or beginner route)
  - \*Designate approved activity type(s) for a given trail (e.g. motorized/non-motorized/ multi-use etc.)
  - \*Direct users to specific use trails (e.g. Nature Trail – Pedestrians Only)
  - \*Designate One Way or closed on specific days to specific users single use trails
  - \*Warn of restricted vision corners
  - \*Provide yield hierarchies
  - \*Alert users to preferred activity types
  - \*Influence behavior (e.g. Slow Down or Close Gates)
  - \*Influence when to ride due to environmental considerations (e.g. Closed Due To Wet Conditions)
  - \*Warn of upcoming congestion areas
  - \*General trail etiquette (e.g. how to ride downhill without creating erosion, how to pass equestrians, what to do if livestock is on a path, etc.)

## Challenges

It is accepted that trail use is not specific to any one user group or type of use. Hikers, bikers, ORV users, runners, equestrians, commuters and dog walkers all hold expectations for use of natural areas. Increased access and promotion of trails as well as advances in equipment technology have contributed to an increased number of trail users in our region. Consequently, the odds of an encounter between these trail users is also increased and presents a potential for conflict.

Land managers are increasingly faced with addressing user conflicts over trails within their jurisdiction. That's why it is more important than ever to employ a coordinated, transparent, and multi-faceted approach to the issues. It may not be possible to completely eliminate conflicts, however a pro-active approach to trail management issues can largely reduce conflict potential, as well as establishing a framework for addressing them and when they occur.

The Trail Strategy for British Columbia (2009) states that "Collaborative partnerships between trail user groups, governments and First Nations help ensure strong support and collaboration. Additionally a collaborative planning process ensures that the interests and desires of motorized and non-motorized trail users are accommodated in a manner that promotes mutual respect and cooperation. In these processes it will be important to strategically integrate urban and rural settings with regard to recreation opportunities, transportation needs and protection of open space."

While all trail use has the potential to result in injury and therefore create liability issues, it is the recent and dramatic rise of "extreme sports" such as climbing, trail running, freeride mountain biking, dirt biking and ATV use that has brought liability and risk management to the attention of public agencies and trail stakeholders. Before the Ministry of Tourism, Sport and the Arts (MTSA) consents to authorizing a trail, by regulation the proponent must submit a proposal that demonstrates that trail construction and management will not cause, to the satisfaction of MTSA, either:

- a) significant risk to public safety
- b) unacceptable damage to the environment; or
- c) unacceptable conflicts with other resource values or users

The practice of risk management does not intend to eliminate risks, but instead to diligently identify, reduce, and manage them in order to decrease both risk to the user and potential liability to land managers or partners. The word 'risk' as it applies to health and safety with respect to trail management has two meanings. The first is the relationship of the trail user to perceived and real risks of traveling in an uncontrolled environment. The second and perhaps more important meaning in trails management is the risk incurred by land managers (and private land owners) of providing access to recreational trails for a variety of uses.

The Province has examined this issue thoroughly and has produced a set of general recommendations (MTSA, 2012):

- \*Develop, adopt and implement trail standards, particularly with respect to technical trail features (TTFs) and signage.
- \*Evaluate implementation of the Provincial Trails Strategy.
- \*Encourage adoption of formal risk management

programs by responsible land managers.

\*Continue to assess position of land managers with respect to risk(s) associated with trail use.

## Respect-based solutions.

The East Shore Trail and Bike Associations initiative to develop a conflict management strategy may have limited success in the absence of "respect" amongst local trail users. Respect in this context refers to an inter-related set of values or perceptions that will promote resolution of trail conflicts in the event that they occur. These values can best be presented as an understanding or code of behavior that foster reduced

potential for trail conflicts, the code would reflect the following ideals:

a) Trails are a shared community resource and care for them extends to all users, i.e. responsibility for trail safety, maintenance and behavior extends to all users. Degradation of trails by a specific trail user type or group is a universal source of conflict. If you use it, maintain it and if you wreck it, fix it.

b) Trail use is a privilege and no user type has more "rights" to a trail than another user type or individual. A multi-use trail is for all legitimate users and is shared equally.

c) A yield hierarchy exists to ensure passing or encounters are codified to enable a predictable system of response. The most sensitive or vulnerable (e.g. the elderly or equestrians) are yielded to by others.

d) Cooperation and compromise is preferable to competition and exclusion. Slow down, communicate with the people you meet, be prepared to stop, and pass safely.

e) The unpredictable nature of outdoor recreation implies a degree of responsibility for one's own actions and safety while using trails. Stay within your ability level and in control for both your own and other users' safety.

Many trail uses are intrinsically linked to the perception of risk involved in the experience. While trail users do not intend to injure themselves, it is the challenge of overcoming the risks that makes the experience enjoyable. Eliminating all perceived risks to the user could actually prove to be counterproductive to the purpose of the trail itself. Ensuring safe trail features and infrastructure and providing local Search and Rescue with up-to-date trail information goes a long way to ensure trail users have a positive experience, even when accidents occur.

The East Shore Trail and Bike Association promotes an approach to trail use where respect for the trail and other users, as well as one's own responsibilities, are an integral part of enjoying an outdoor recreation experience.

For more information or to become a member email: eastshoretrailandbike@gmail.com



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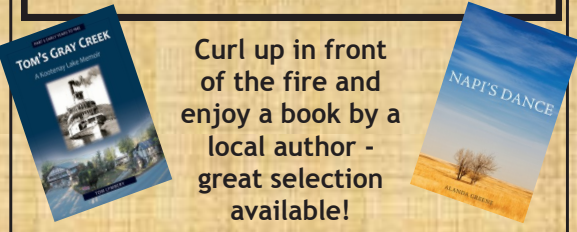

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- Microsoft Excel 2013 CORE Certification** with Brenda Wiest. Learning Place, Sat, Sun, 9am - 4pm. Feb 20,21. Cost is \$198 plus binder. Only need two more students! Get funded for this through KES.
- Feldenkrais: Healing Your Back** with Susan Grimbale. Community Corner in Crawford Bay. Sunday, March 15 from 1:30 - 5pm. \$50 plus GST. Min 6, max 10 ppl.
- Canadian Firearms Safety: Non Restricted** with Dennis Millan. Crawford Bay Hall, Sat and Sun, Feb 21, 22. 9am - 5pm. \$105. Min 7 ppl, no max.
- Intro to GPS and Google Earth** with John Addison. Learning Place, Sat/Sun, March 28/29, 10am - 4pm. \$120 + GST. Min 7 ppl. May be eligible for funding for employability through KES.
- Traffic Control/Flagging** with Lynn Bublitz. Crawford Bay Hall, Mon/Tues, March 30/31. 8am - 5pm. \$219. Min 6. Would be eligible for funding for employability through KES if applicant qualifies. Call 250.428.5655.
- The Singing Soul: Improvisational ACappella** with David Hatfield. Performance area, CBay School. Friday, April 10, 7-9:30pm. Cost is \$25. Saturday, April 11, 9:30am-5pm - \$80 (or \$100 for both sessions). Need min 10 ppl.
- Conflict Transformation** with David Hatfield. CBay School. Sunday, April 12 from 10am - 5pm. \$100 + GST. Need min 10 ppl.
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**To register:** Drop by the learning place at the school, fill out a form, put a cheque (payable to Selkirk College) in the mailbox, or mail to ES Learning Hub, Box 100, Crawford Bay, BC V0B 1E0. Or come by the Learning Hub on Tues to Thurs from 10am to 4pm. First to register & pay for each class gets name in a draw for a free class.

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## Burn Better: Rdck Offers Wood Stove Exchange Rebate

rdck press release

NELSON – The RDCK is collaborating with local municipalities to help residents burn better through the Wood Stove Exchange Rebate Program.

The RDCK is one of 13 regions across BC to receive funding from the Province and the BC Lung Association to administer a local wood stove exchange program. All RDCK electoral areas and municipalities have also committed 'top-up' funding, bringing the total value of each rebate to \$350. Seventy rebates are available on a first-come, first-served basis.

In order to qualify for the rebate, residents must replace an old (pre-1994), uncertified wood stove with a new, locally purchased, EPA- or CSA-certified wood stove, gas stove, pellet stove, or insert. The stove must be in active use for home heating. Old stoves must be dismantled and brought to a local landfill or transfer station for disposal.

Governments across North America have implemented wood stove exchange programs with the goal of improving air quality. In the RDCK, air quality conditions are often the poorest during winter months

when wood stove use is at its peak. Wood smoke contains fine particulate matter, which is associated with respiratory problems and heart disease. New emissions-certified wood stoves burn one-third less wood; and reduce smoke and particulates entering the atmosphere by up to 90%.

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For more information on the program, or for a copy of the rebate application, visit [www.rdck.ca](http://www.rdck.ca)

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# Down These Mean Streets, We Must Chortle - A theatre review of *Kill Me, Deadly*

by Gerald Panio

Wow!!”

That was the first comment I heard as the curtain closed on Friday's Hexagon Theatre presentation of Bill Robens' "noir comedy," *Kill Me, Deadly*. It came from a woman sitting just behind me and pretty much sums up the play's impact on anyone who was fortunate enough to see one of the three performances.

The same woman went on to say that she'd seen professional theatre pieces that weren't as well-staged as *Kill Me, Deadly*. High praise, indeed, for a company that started out rehearsing in director Doreen Zaiss's living room and after several years of hard work and unbridled fun has matured into an astonishingly assured company of players and support crew.

As a longtime fan of both the film noir genre and the hard-boiled private-eye novels on which it's based, I was a bit leery of Robens' parody when I first saw bits of it as a movie trailer on YouTube. I couldn't tell if it was going to be inspired comedy along the lines of Firesign Theatre's classic Nick Danger radio series from the 60s, or a lame rehashing of noir tropes that paled in contrast with the originals. Going up against Humphrey Bogart's dialogue in *The Maltese Falcon* or Lauren Bacall's star-making lines in *To Have and Have Not* is asking for a fall.

No worries. I loved the script for *Kill Me, Deadly*. Robens knows his way around this chiaroscuro world of cheap gun thugs, femme fatales, seedy alleys, jaw-dropping metaphors, and parades of losers, gamblers, dicks, dolls, and delinquents. I never asked Doreen for a copy of the script, but I want one now.

I'm going to get to the stand-out acting in *Kill Me, Deadly* in a moment. First, I want to give a shout-out to the bravura performances on the part of the play's technical staff and first-time Artistic Director Geoffroy Tremblay. Kudos to the lighting design (Will Chapman) that mimicked film noir's omnipresent play of light & shadow, to the obligatory cool jazz score, to the spot-on soundscape & voice-overs (Greg Lostrocco), to the backdrop projection of stills and cars-cruising-in-the-night film clips (Geoffroy Tremblay and Will Chapman), to the splendid costuming (Galadriel Rael, Babs Lucas), to the make-up & hairstyling (Babs Lucas and Kate Page), and to the work of the backstage crew (Tim Miller, Kyle Fite, Michelle Moss) that allowed the actors to make maximal use of minimal-but-perfect sets (Michelle Moss, Mauz Kroker). All of these elements were essential to create the magic that immersed the audience in *Kill Me, Deadly's* twilight world at the crossroads of Theatre, Film, and Television Streets.

A parody such as *Kill Me, Deadly* presents its own special challenges to actors. No matter how well written, there's the risk of lapsing into caricature and stereotype at the expense of character. Do the people in the audience simply laugh at the absurdity of what's said and done, or are they drawn in by the characters themselves? Is there some empathy to go with the mockery? The latter wins an actor applause; the former earns the "Wow!!" with which I began this review. The actors themselves have to be in love with their roles. They have to throw themselves into the characters of hard-luck private eyes, backstabbing babes, and shallow socialites with the same gusto they'd put into

Hamlet or Lady Macbeth. The Hexagon players have taken this lesson to heart.

Ingrid Baetzel's Charlie Nickels was a classic tough guy. Built like a brick wall that's seen better days, he was a bowed-down but undefeated soldier in life's wars. Nickels reminded me a lot of Robert Mitchum's Philip Marlowe in *Farewell My Lovely*. Where Mitchum looked weathered from one-too-many physical beatings, Ingrid's Nickel looked worn down by one-too-many broken hearts. The quality of her performance could best be measured by the fact that one audience member, who's known

Ingrid all her life, later told me she'd spent the first part of the play wondering where Doreen had found the new guy for the lead role. The great Japanese director Akira Kurasawa liked to have his actors identify some kind of a behavioral tick that would capture the essence of their character; Ingrid seems to have taken this advice to heart: Charlie Nickel's fidgeted with his coat and vest and

tie as if by keeping sartorial order he could stop his life from unraveling. He was the classic anti-romantic leading man—not drop-dead gorgeous, but with a kind of overgrown, sad-eyed, shambling puppy dog appeal. Charlie Nickels is a palooka, but if you're a woman you want to take him home with you. He's a long way from the private dicks of the original hard-boiled novels of James M. Cain, Raymond Chandler, Dashiell Hammett, and Mickey Spillane, who had as many illusions about human nature as a cat has scruples.

As the play's flamboyant femme fatale, Mona Livingstone, Galadriel Rael did a wonderful job of channeling her inner Mae West. The perfect foil for Charlie Nickel's paradoxical mass of cynicism and twitchy vulnerability, Mona was a spell-binding chameleon. The ultimate seductress, all things to all people: a victim, a shoulder to cry on, a sex kitten, a torch singer, a blackmailer, a gold-digger, an assassin. She was evil, and loving it. And we, as the audience, loved her for being so true to her own perversity. There are some girls that you just don't bring home to mother.

Carol VanR made a splendidly extravagant and hilariously callous Lady Clairmont. The rich never come off well in noir stories. They're either decadent or ruthless, or some unholy combination of the two. Carol got one of the biggest laughs of the night when she remarked that she couldn't imagine why anyone would want to threaten her life. This just after she'd crushed her son's spirit for what was surely the umpteenth time, and just before she canned her Nicaraguan gardener. When it came time for Lady C to be fitted for her "wooden kimono," I was surprised no audience members rushed onstage to hiss and give her an extra push off the bridge. Carol's second role in the play couldn't have been more of a contrast with the first—self-effacing police inspector Dewey, half of a Mutt & Geoff team (pun intended) trying to close their murder cases before the evidence gets in their way. As Dewey's sidekick, Jonesy, Gef Tremblay added a fine air of physical menace to go with his (and his partner's) spotty devotion to justice.

One character in *Kill Me, Deadly* took a little longer to establish herself. At first glance, Charlie's secretary, Ida, played by Kate Page, just seemed like standard office eye candy, holding down the fort while her boss



bumbled his way into cases he might or might not get paid for. The next thing we know, however, Ida was demonstrating some rather surprising initiatives in the areas of sleuthing, forensics, and B & E. She, too, pined for Charlie, "a bridesmaid but never a bride" as her boss bailed on her for one more losing love affair. I was surprised that the playwright, after opening up Ida's character through the course of the play, abandoned her in the closing act. I expected her to go out with a bang and felt a little cheated when it didn't happen.

Yet another woman who managed to throw herself at Charlie Nickel's battered bulk

was Lady Clairmont's daughter, Veronica. Lea Belcourt was in her element as the "poor little rich girl" who gets to play the seductress in a couple of scenes (delivering lines with enough sexual innuendo to get this play banned in several states and in P.E.I., and who then regained her innocence just in time to have her bright hopes crushed like a cockroach by a gratuitously cruel but very funny plot twist.

One of my favorite characters was Paul Hindson's apologetic gun thug, Louie. The idea of a lowlife who feels bad about doing bad things, but does them anyway, is quite endearing. I guess you'd call him conflicted. I could see him visiting his therapist between sessions of leg-breaking and cement-shoeing. Paul also did a fine job as the unfortunately-named Shirley, the very picture of passive-aggressive disgruntlement. Loved the hair.

A play such as this one needs a lot of victims. At one point, the voice-over informs the audience that in stories such as this it's de rigueur that lots of people die just before they can pass on vital information. Tim Miller (along with being this production's Production Manager) plays another of Mona's hapless saps, Adrian Wilson, a servant of Lady Clairmont whose complicated back story was guaranteed to get him killed.

Sandra Bernier was back in a less harrowing role as comic cannon fodder for both despicable Lady Clairmont and unspeakable Mona Livingstone. In the cruel noir universe, not even bookworms get out alive.

Old-time actor Lon Chaney was known as the Man with a Thousand Faces. It's possible that the junior member of the Hexagon Players, Ries Fowler, is aiming to become the Man with a Thousand Voices. I don't know if Ries is planning on making a career out of acting, but he'll have a lot of East Shore fans if he does. In this production, Ries managed to play Dapper Dan mob-boss Bugsy Siegel, world's all-time loser and puppy drowner Fists, trowel-wielding Nicaraguan petunia thief Jaime, and Henry the cheap hood. The Bugsy Siegel character struck me as cool enough to walk out of this play and into a solo act.

Finally, into all this madness steps newbie Pam Spiers-Newcomen in a couple of cameo roles. What an initiation that must have been! Not for the faint of heart, so way to go, girl! There really is no business like show business, eh?

With *Kill Me, Deadly* the Hexagon Players have once again set the bar very, very high. Doreen Zaiss has done a phenomenal job with shepherding this company along. She unfailingly brings out the best in those with whom she works. Her choice of plays, whether the work of others or her own creations, is flawless. How much do I look forward to the next year's production? In Charlie Nickel's words, I'll be on it like a wolverine on a moose.

Or was that like a fly on a bowl of tomato soup?



# World Class Soprano Noemi Kiss at Crawford Bay School

Sunday, February 22  
by Zora Doval

I am very glad to invite all music lovers in our community to a concert of classical music that promises to be a very special occasion. When an offer came to host a concert with Noemi Kiss at my house I knew that this kind of voice needs to be heard in a much bigger space. Thanks to a welcoming offer from Dan Rude and Sandy Watson from Crawford Bay School to do the concert in the performance area of the school.

The concert is scheduled for Sunday, February 22, at 3 pm. Noemi will be accompanied by Rita Deane, a classical guitar player who now lives and teaches music in Nelson. Rita studied guitar at the University of Victoria, then abroad in Cordoba, Spain as well as at the International Music Academy in Salzburg, Austria. She taught at the Victoria Conservatory of Music. She also performed at Starbely at least once and has roots on the East Shore (with the Deane family).

Noemi Kiss herself grew up in Hungary in a musical family and her studies took her Academy of Music in Budapest to Guildball School of Music and Drama in London. She specializes in early music and has performed in many of Europe's concert halls and festivals. She contributed to many recordings of classical music and her recent recording of Pergolesi's Marian Vespers with the New College Choir and the Academy of Ancient Music was nominated for both the Gramophone Award and the Classical Grammy Award. Her repertoire ranges from earliest to contemporary classical music, and may include some jazz, if I am not mistaken.

During our February concert the duo will perform a wide range repertoire of mostly love songs for voice and guitar, including works of Dowland, Sor, Giuliani, Rodrigo, Sieber, Villa-Lobos, Britten and others. I got a reaction from a friend who I talked to about the possibility of this concert and it was something like "I would come, but then...I hate opera..." To this concern I would like to reassure that this will not be opera. Mostly just beautiful songs, quite a few adapted folk songs, even Irish.....I feel it will be a very nice concert .....and everyone is cordially welcome.

Tickets will be on sale at the Crawford Bay Store and the East Shore Learning Hub at the Crawford Bay School. If you would like to come but cannot afford a ticket, come anyway and donate what you can.



## It's A Small World After All

by Anna Rose

**Book of the Month:** "Anil's Ghost" by Michael Ondaatje. 2000, Vintage Canada, 311 pages, fiction.

This column is back because there are just so many good books out there that can get us thinking of our brothers and sisters across the world who do not enjoy the rights and freedoms we often take for granted. The ones that linger with me the most are true accounts of individuals who stay hopeful despite outward conditions of ethnic discrimination, imprisonment, laws against free speech, or other hardships. Well-written novels come next for me, especially those written by an author with strong connections to the country or human rights issue involved. This month's choice is one of the latter group. It was November/December's selection in the Amnesty International Book Club.

Michael Ondaatje is a prize-winning Canadian author who was born in Sri Lanka. This book, which earned him several coveted prizes, is set in that country in modern times. It follows the experiences of a woman forensic pathologist brought in to work with a local archeologist. Anil suspects that some of the skeletons at a dig site are not the remains of ancients but victims of government-sponsored killings in the protracted, three-sided civil war. She is determined to find out the truth, despite the risks involved and despite wondering what the point might be of solving the mystery of one death among thousands. A quote that helps keep her going is from a teacher of hers (in the story), an actual professor of forensic anthropology in the US (in real life), named Clyde Snow:

*One village can speak for many villages. One victim can speak for many victims.*

The Sri Lankan setting is richly drawn, with respect for its cultural heritage and natural beauty. Characters are three-dimensional, not just robots serving the plot. There is the archeologist Sarath who appears to be going along with her to some degree, but he has secrets, and connections to the government that could bring retaliation. There is the statue carver Ananda, tracked down to help recreate the face of the skeleton Anil is focusing her work on. He has been an alcoholic since his wife was killed by rebel forces some years earlier, but will his reputed skill enable the victim to be identified?

Fear, compassion, righteous anger, despair, and yes, hope are evoked by Ondaatje to a degree worth your own investigation. It should be easy to locate a copy of this book. Then check out [bookclub@amnesty.ca](mailto:bookclub@amnesty.ca) to find questions for reflection, a background of the civil war in Sri Lanka, and a letter-writing action on behalf of the family of an innocent student shot dead there by government forces in 2006. No proper investigation was ever done and no one was charged in connection with the shooting. Instead, the boy's father received death threats for raising questions, and was forced to leave the country.

## Book Review

by Tom Lymbery

*MINES of the EAGLE COUNTRY, Nickel Plate and Mascot, a Century of Gold Mining in the Historic Similkameen* by Doug Cox, Skookum Publications, 192 pages, \$24.95

High above Hedley (and I do mean high – 4500 feet up) the extra hard rock produced a great volume of gold between 1894 and 1996. The ore came down a steep cable rail line to stamp mills that pulverized the rock before going through many more processes.

At the age of 14, I was off by Greyhound to boarding school in Vancouver. Page 50 of this book illustrates the Hedley Imperial Garage where the bus driver and mechanics struggled for two hours to replace an inner rear flat tire all the while to the steady rumbling of the stamp mills just up the hill above. I wandered around a bit in what seemed to me to be quite a town, listening to the mill and wondering what it was. Finally they got the lug nuts undone that a 250 lb Penticton mechanic had used his weight to tighten.

This book has much historical record as well as detail for those of us interested in hard rock mining. The Mascot was a "fraction" an area missed by surveys and the owner absolutely refused to sell to adjoining Nickel Plate so it was developed as a separate underground mine, even though some of the tunnels intersected.

Sharon's eldest brother Art McClure worked at Hedley later when both mines were turned into an open pit operation. Before this could be done Connors Diamond Drilling had to do very extensive probing to prove that an open pit would recover sufficient gold. (Connors also worked for CM&S at the Bluebell Mine) For the actual open pit operation very heavy duty specialized drills went down 56 feet into the tunnels of the older workings. This was finalized with a *Heap Leach* process which was visible next to Highway 3. This involves drizzling a cyanide solution through a pile of pelletized ore for the cyanide to dissolve the gold so that it can be gathered from drains under the pile. The book also shows the remediation after mining finished, with the mined out area covered with soil and replanted to grass and trees.

Since this is about mining the book doesn't mention the infamous Hedley Music Festival that lasted for a few years. Today the primary attraction in Hedley is a cliff hanging tour of the rebuilt Hedley Mascot buildings thousands of feet above the town. These buildings were initially constructed and rebuilt for today's tours by the Upper Similkameen Band. If a carpenter dropped a hammer it could not be retrieved as it fell at least 2000 feet straight down.

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pebbles  
by Wendy Scott  
**Kind Faces  
and Raspberry  
Muffins**

Kelowna is a large city and Kelowna Hospital can be daunting, especially for a person with uncertain health. The staff and volunteers at the hospital alleviate much of the worry. These are the greeters who offer an arm to lead you through the strange and sometimes bewildering hallways and around the corner to the correct desk. But they don't leave you there; they make sure you find your way past the paperwork to whatever is next on your list.

The Southern Interior Rotary Lodge, a short walk from the hospital, is a remarkable place staffed again by volunteers – including a nurse who is always available at the front desk. The fee at the lodge – \$55.00 daily per person, includes three meals a day, free long-distance telephone and internet, transportation if needed, two comfortable lounges and a library on each of two floors – all this along with those kind, informative, and helpful volunteers.

But the lodge is more than that – much more. Quilts are displayed on walls and over chairs; paintings donated by current and former patients hang in hallways and rooms; a large, completed jigsaw – framed and varnished – decorates another wall, in fact the lounge areas resemble someone's comfy den – a place to be warm and well cared for. The furnishings are arranged so that a person may chat, if so inclined, or sit quietly and read.

As you can imagine, these amenities are invaluable for patients who must come to Kelowna for treatment that can involve only a few minutes a day over a period of several weeks. This sort of assurance reveals a latent need in some to give back: one man said he had a dream, and emphasized this was an actual, re-occurring dream of reading stories to small children in remote northern communities: a kind and somehow, hopeful, wish.

An unexpected happening, I think, might include a presentation in the lounge from a member of the Royal Astronomical Society of Canada's Okanagan Centre. The observatory on the edge of town offers Dark Sky events organized and filmed by volunteers. Interior Savings Credit Union has provided funding to allow direct on-site visual observance by persons restricted to wheelchairs.

On our way to Kelowna we stopped overnight in Greenwood and discovered The Motherlode, or the Noshery, as the proprietor likes to call it. This large restaurant could also be classified as an historical site, and the owner, Dave Edmonson, admits that antiques are really his first love and his passion.

A person might tend to believe this since his Noshery is filled with many items that even I recognize as valuable. It takes only a quick glance at the coins in your hand for Dave to verify their true value and confirm your own suspicion that no matter what combination of loose change you hand over to him – some is bound to end up on eBay. The Motherlode is truly Greenwood's Antique Roadshow.

To add to his varied talents, Dave Edmonson is a script writer as well as being recognized as casting

director for many films shot in and around Vancouver and elsewhere in BC. Dave is the expert to call when a film requires the ideal location for those critical few minutes outside on a rainy street – in a steamy bathroom, or on a long empty beach with the perfect horizon and the required sand/pebbles/rocks underfoot.

And the movie industry did come to Greenwood – remember *Snow Falling on Cedars*? The brightly coloured store fronts in Greenwood, which are suspiciously like a movie set, remain as they were created; you might catch a hint of the same atmosphere in Kaslo, Nelson, New Denver or Vancouver – as well as a few spots to the south in Washington, Maine and California – quite a few as they were all part of the same film. And of course, the “cedars” of the title – right here in the Kootenays – albeit with imported, artificial snow. Perhaps a re-run could have been shot this year – without the imports.

But really the best reason for a stop in Greenwood would be a bowl of wonderful beet borscht with a serving of chili on the side, and to finish off the meal, an irresistible home made muffin. Could there be any ridiculous reason not to take time for a lunch/tea/coffee break at Dave's Noshery/Motherlode in Greenwood.

We touched the past in Greenwood, as well as exploring the scattered nuts and bolts that – spinning in random chaos, somehow collect into remarkably seamless presentations on screen. We were invited to release our minds into the vastness, the glory, and, yes, the uncertainty of our universe and whatever lies in the unknown void beyond our comprehension.

We have to be grateful that somewhere in that mess of stardust at the beginning of time and space there were all the ingredients for a perfect muffin.

At the Motherlode, they are assembled in the right order – worth the excursion, just to bring home one or two (I'd recommend a bag of six – or so...)

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## Riondel Reading Centre

by Muriel Crowe

We are at that halfway point with winter – still time to snuggle in with a pile of good books, ignore the rain (it doesn't need to be shovelled), fortify yourself with a lovely hot or cold beverage, a delectable snack and enjoy. There are lots of good books on the racks and many, many more in the stacks. Not in the mood for a pile of books then check out our DVD's or listen while someone reads you a wonderful tale on a CD. We don't have a music resource as such but would be willing to start a music CD section if people have some they would be willing to donate. Thank you but NO vinyl, NO cassettes and NO 8 tracks.

Do you know that the Riondel Community Library will lend you copies of the architects assessment of the community Centre and the Hazmat report of all the buildings and the Asbestos assessment of the Community Centre.

We also have information about advanced care planning and as well there is information from East Shore Hospice you can access too. There is a copy of the BC Building code and all the recent Ombudspersons reports. We are archiving all garden magazines as well as all Canadian History volumes, these seem to be the most sought after long term magazines. The others we will keep for a few years and then recycle. There are many other wonderful information packages in the library and if asked we can mention more.

The library is here for you to enjoy, please take advantage of that fact. If you do enjoy us please let your neighbours know and they can let their neighbours know and so on and on and...

## The MAINSTREET

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## EASEY Does It!

by **Ellie Reynolds, Coordinator**

I'd like to introduce myself to anyone in the community who doesn't know me. My name is Ellie Reynolds and I am thrilled to have been appointed the new Coordinator of EASEY (East Shore Alliance Supporting the Early Years). EASEY is a council made up of service providers and parents who want to work together to make sure all our communities' young children get the start in life they deserve. The early years (0-6) are so key in laying the foundations for social, emotional and physical health for children, we can't afford not to capitalize on these important years to help our young children succeed in life and fulfill their potential.

I myself am the parent of two young children (1 and 4) and I know how joyful and challenging it is to raise young children. Parents of preschool aged children on the East Shore face some unique challenges: we are spread far apart, from Riondel to Boswell, and that can create a feeling of isolation sometimes. We currently lack any kind of formal child care or pre-school, making working outside the home complicated for some. Many of us are living and parenting away from wider family support networks. We are a small yet diverse community of parents, and this is both a strength and a challenge. My hope is that as coordinator I can work to provide young families more opportunities to make meaningful connections and support networks, both within our parent community, and the wider community as well. I want to celebrate the tireless and amazing job parents are doing, and offer support through quality resources, programs and information that makes parenting young children here feel a little easier.

We are hoping to offer very soon, a Parent Breakfast Series, where we all get together for a delicious breakfast, followed by parents gathering with experienced family worker and counselor Laura Douglas (of NKLSS) for support and discussion while the children are cared for in the Family Place. This was offered a while back and was really well attended and received by parents. It felt like self care just to sit in a room with others who were in the same boat, having similar struggles. Just to know you are not alone feels good. Watch this space for details on dates and times for the upcoming series.. Another high priority is upgrading the Crawford Bay Park playground. If you've been there lately you'll know the equipment is dated and there are some safety issues. How wonderful it would be to have a playground we could be proud of, where our children and visitors' children could meet and play. Upgrading the playground will be a community effort, and there will be many ways for anyone interested in helping to get involved: from fundraising to volunteering on the grand day the new equipment arrives and gets installed. Watch this space for more details.

We have been fortunate enough to have had a baby boom here lately, which is so encouraging and awesome! I look forward to meeting and helping support the needs of new families as they begin (or continue) the amazing journey of parenting. This is just the beginning! You can contact me at 'easey01@gmail.com'

- Planning a wedding?
- Holding a meeting?

Consider renting the  
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Booking/info: Judy @ 250-223-8664

## Health & Happiness Fiber—Your Fabulous but Forgotten Friend

by **Dr. Sid Kettner**

Fiber has become the valued, but long-lost friend of the Western diet. It has a dazzling array of amazing health benefits. It is simply the non-digestible carbohydrate found in plants. It makes up the structural component of vegetables, fruits, nuts and grains. The body's enzymes are unable to digest and absorb it and thus it has a unique contribution to our good health. It is not found in meat, poultry, fish or dairy products.

Soluble fiber dissolves in the water of our intestines forming gels. This gives a feeling of fullness, hunger is delayed, cholesterol is lowered plus blood levels of insulin and sugar are much better controlled. Thus they help fight heart disease, diabetes and obesity. Soluble fiber is found in beans, legumes, oats, apples, citrus fruits, nuts, berries and flax seed.

Insoluble fiber absorbs water, adding bulk and speeds up the transit time of food through the intestines. They have anti-inflammatory properties in the bowel, so lower the risk of irritable bowel syndrome constipation, hemorrhoids and diverticulitis. They also decrease the risk of colon cancers, fight diabetes, heart disease and obesity. They too are found in beans, legumes, whole grains, fruits, nuts and seeds.

How much should we get per day? Most of us only take in about 10 grams a day, but 40 grams is recommended for adults and 20 for children. Beans have the most fiber per cup—about 13. Fruits, grains and vegetables have about 7. A typical Canadian breakfast of cornflakes, 1 cup of milk and 12 oz of orange juice has only 2 g of fiber, yet has 480 calories. But a more healthy breakfast of oatmeal, strawberries, grapes and walnuts has 18 g with only 400 calories. It therefore has 9 times the amount of fiber and yet 20% less calories. This is proof that you can eat more food, feel more satisfied, get more health benefits and still lose weight. What a bargain. The same is true of a typical lunch versus healthy options--showing the fiber being 6 versus 21 g and calories being 900 versus 400. Supper values average 2 g of fiber with 1,030 calories versus 10 g of fiber with only 300 cal. No wonder nutritionists claim, "One can eat like a horse and still lose weight!" But that means truly eating like a horse—lots of fiber—hay and oats! Fortunately we humans have more options.

And with those tasty and nutritious options come less hunger, heart disease, diabetes, cancer and obesity. We win all the way around. So fiber up. Resume your friendship with your forgotten food friend—fabulous fiber!

## Healthy News

submitted by **Laverne Booth**

Join the East Shore Health Society for a lunch (Boswell) or evening (Riondel) meeting on March 19 to talk about diabetes and eating balanced diets with some samples and recipes. The meeting is facilitated by third year nursing students of Selkirk College/ University of Victoria program. Call Verna Mayer, (250-227-8474) if you would like to contribute a small dish to sample. Thanks to local clinic staff for their support.

Congratulations to Cynthia Bonnell, Unit Chief BC Ambulance Service in Riondel for organizing an EMR (Emergency Medical Response) course through the Justice Institute with seven local people signed up! Thanks to East Shore Ambulance Auxiliary Society for supporting this training. Thanks also to members of the sub-committee for coordination of health and emergency services: Christy Gillespie, Cynthia Bonnell, Cory Medhurst, Rod Stewart, Kathy Donnison, Laverne Booth.

Looking for members for the new Communications sub-committee to inform part-time and fulltime residents about our existing health and emergency services. Thanks to Amy Exner and Carly O'Day, fourth year students in the Selkirk College/ University of Victoria program, we now have an East Shore Services Inventory that can be communicated widely. The Final Report of Recommendations and Findings: Innovative Health Care and Home Care Nursing Students, produced by Exner and O'Day is available at the Selkirk College Learning Hub at Crawford Bay School and can be emailed to you- please email eastshorece@selkirk.ca to get your copy.

Many thanks to valuable community volunteers Verna Mayers (Chair), Tom Wishart, Margaret Crossely, Carol Johnson, Larry Brierley, and Bill Bannister who have logged many hours overseeing the Selkirk students and meeting with local representatives, along with Garry Jackman, to improve our nursing and home care services. Thanks also to Gregg Neelin, Manager of Community Education and Workforce Training (CEWT) of Selkirk College for his constant collaboration with the East Shore Health Society and the nursing program.

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## Notice of Passing

**John Soriat**  
**Aug 1928 - Jan 2015**

It is with great sadness that we announce the passing of John Soriat on January 17, 2014. John was born to the late Johann and Anna Soriat in Radegund, Austria on August 14, 1928. He was raised and trained as an electrician in Austria and then immigrated to Canada with a friend in 1951 when he was 23 years old. John married Elisabeth, his wife of more than 58 years in 1955 and settled in Riondel where he worked at the Blue Bell Mine until it closed.

In 1972 he started work at Cominco's Trail Operations and the family moved to Rossland. One year later, in 1973, they moved to Salmo where they bought and managed the Reno Motel while John continued to work at Cominco as an electrician.

The 80's brought the sale of the motel and retirement. John enjoyed skiing, hiking, and walking with his dog. He belonged to a mountain rescue team in Austria as well as the volunteer fire department in Riondel. He helped install the lighting on the Salmo ski hill, was an active member of his church, and stayed busy helping elderly members of the community throughout his retirement years. He spent many hours in his workshop, putting together or building furniture and other things.

John is survived by his wife Elisabeth, daughter Linda Stensrud and her husband Barry, son John Soriat and his wife Lynn, Grandchildren Mark (Alana), Patty (Jason), Leah (Jesse), Tara, and Jacy, great grandchildren Mason and Carter as well as sister-in-law Helene and Garry Skelton, brother-in-law Fred and Debbie Wacheck, niece Breanna, and nephew Les and family. He is predeceased by his parents, brother Leopold, sisters Annerl and Hedwig and daughter Christine.

A service was held at the Sacred Heart Catholic Church, 402 4th Street, Salmo, BC on Friday January 24 at 11:00 am. Following the service, was an open reception at the home of John and Lynn Soriat, 416 Cady Road, Salmo, BC. As an expression of sympathy, family and friends may make a donation to The Kootenay Lake District Hospital or the Canadian Cancer Society

### In Memorium :

*John Soriat - 1928-2014*  
*It broke my heart to lose you,*  
*You did not go alone*  
*For part of me went with you,*  
*The day God called you home.*  
*With much love Elisabeth*



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## Notice of Passing

**Kenneth Charles Schaub**  
**Oct 1923 - Dec 2014**

Kenneth Charles Schaub (October 3, 1923 – December 21, 2014) passed away peacefully on Sunday December 21, at the age of 91 years. Ken was born to parents Charles and Hattie Schaub on October 3, 1923 at Vulcan, Alta.

In 1962 Ken married the love of his life, Diane Webb at the United Church in Creston, BC. Ken served on the Royal Canadian Auxiliary as an aero mechanic and on the Community Hall Board in Boswell BC. He was a big game hunter and fly fisher. In his spare time he really enjoyed fly tying, photography and carpentry., building several house in Boswell.

Ken was pre-deceased by his grandson, Cody Grimm. He will be dearly missed by Diane of Boswell, son David of Winnipeg, Man, daughter Laurie of Grimshaw, Alta, son in law Miles Grimm and granddaughter Chenoa Jade Grimm.

A Celebration of Life will be held at a later date. Any friends wishing to make a memorial donation may do so to the Boswell Harbour Fund c/o Bob Arms (Farmers Institute, Boswell) 11977 Hwy 3A, Boswell BC, V0B 1A0.



## Remembrance Garden

by Wendy Scott

The garden is surviving nicely under its winter blanket. The engraver of all those plaques, however, is not as well as he would like to be. An engraver needs healthy hands and arms and I'm hoping that a winter reprieve will allow him the rest needed for complete recovery by spring.

Enjoy the rest of this quiet time of year and come and say, Hello, to the memories.

Here's a reminder from February, 2002 ....

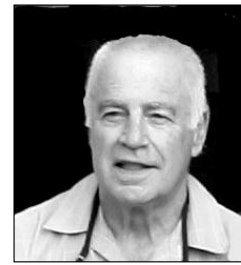
### Remembering Doctor Savory:

*It's snowing here today, in Riondel. And because there are memories crowding the snowflakes, all over the East Shore, it's possible you can hear the crunch of her footsteps in the snow. She walks slowly, watching, listening, feeling the touch of flakes on her face. She will catch sight of her beloved coyotes, returned at last to their mine shaft after being roused by progress and Cominco. She will watch for the two Canada Geese as they survey real estate in the meadow behind the Clinic.*

*As always, they will reject all options and build elsewhere. Perhaps the field is not barren and flat but grassy and well treed. Maybe the scotch broom is still around the edges, more accommodating for the hesitant deer. It will be the way she wished to remember it. The way it was when the mother cat arrived at the Clinic and demanded accommodation for herself and her kittens. As always, there was room.*

## Notice of Passing

**Colin Horwood**  
**Mar 1941 - Dec 2014**



It is with great sadness that we announce the passing of Colin Horwood on December 21, 2014 after a brief illness. Colin was born in England in 1941 in the midst of WW2. Seeking safety, his mother fled from London to Carlisle in northern England where Colin was born.

Ten years later, and after the arrival of two sisters, the family immigrated to Canada in 1951. They lived in Lethbridge for two years, then moved to Nelson where Colin's father worked for the CPR. Colin met his love and soul mate Sylvia while attending high school in Nelson. They were married in 1959 embarking on a 55 year adventure. In 1960, with baby Colene, the family moved to Vancouver where they lived in student housing, while Colin studied chemistry and mathematics at UBC. Four years later in 1964, after graduating with a degree in Science, and two more children coming along (Alison and Neil), the family moved to Nanaimo, where Colin began a 22 year career with MacMillan Bloedel in the pulp and paper industry.

During Colin's career, the family lived in Nanaimo, Port Alberni, Powell River and Vancouver where he worked in research, environmental control and lastly as a fibre utilization analyst. This introduced him to computers which proved to be a new fascination and lifelong interest. Corporate downsizing in late 1985 created the opportunity for Colin and Sylvia to follow their dream of extensively sailing the Pacific coast which they had already been exploring for a few years in their 36' sail boat, the "Osprey". They sold everything and the boat became their home during a three year sabbatical. During this time they spent their winters at the family cabin on Kootenay Lake and sailed the Pacific coast in the summer which included two trips to Alaska. In 1988 they decided it was time to put down roots again, and looking for a quieter lifestyle, they sold their boat and bought a home in Riondel. Colin quickly became involved with the Riondel Cable Society where he worked as a volunteer for 25 years. He loved a technical challenge and spent hours learning cable system technology. He was a "go ahead" guy and was always looking for ways to improve the system by adding more channels and services. The introduction of broadband to the area in 2006 was one of his greatest contributions to the community.

During his 26 years in Riondel he was also employed as the town maintenance man and the manager of the Riondel Golf Course. His family was very important to him and he enjoyed having his parents close by when they moved to Riondel in 2003. Colin loved alpine meadows, spending time at the family cabin, fishing from the rocks, cooking pancakes for family on Sunday mornings, huckleberry picking and taking his beloved dog Charlie for a walk.

Colin is sadly missed by his parents Peggy and Clive, his wife and soulmate Sylvia, his children Colene (Brent), Alison (Barry), Neil (Janice), his grandchildren Garrett and Everan as well as his faithful companion Charlie. Also sadly missed by sisters Meg (Max), Sharman and sisters in law Jane Mounce (Larry), Sally MacLean (Bruce) and Pauline Butling (Fred Wah) along with extended family and friends.

The family would like to thank the community for their kindness and support, the welcome meals and baking and especially Susan Tesoriere (acting ambulance lead), the first responders and Kootenay Lake ferry crew who all went beyond the call of duty to help Colin obtain medical assistance.

A celebration of Colin's life will be held in the Spring.



## COLIN

by Wendy Scott

You might see him in the Cable truck, or in the bucket high above the street; he could be at the top of a ladder, or at a commission meeting in the Community Centre; you might meet him on the street with his small, exuberant, very friendly dog, Charlie, taking Colin for a fast walk – in fact Colin Horwood could be anywhere in town – or out of town, for that matter, on a hillside trail at precisely the right time for huckleberries to be ripe for picking – keeping a watchful eye, of course, for large four legged black pickers.

About twenty years ago Colin travelled all the way from Keremeos in the Okanagan to Jaffray east of Cranbrook to research the use of internet connections and servers in small towns. Then, with the help of Bruce Scott, a conference in Vancouver, and a lucky find of used equipment in Grand Forks, Riondel's internet service was established. And, partly due to Colin's insistence on the most current up-dates and improvements, it is still the envy of surrounding areas.

Neither Colin nor Sylvia was ever daunted by corporations and their disdain and ignorance of outlying areas. Sylvia was successful in convincing Telus of the need in Riondel (and at that time in particular, Riondel Medical Clinic) for frequent communication with the Nelson area. Up to that point every call from Riondel to Nelson involved a long-distance charge.

By August, 2006, Riondel became the first of BC's rural and remote communities to receive Broadband internet through the Connecting Communities Agreement (and, briefly, for some quirky reason RCMP radios received Much Music while visiting Riondel.)

But long before his interest in small towns and internet connections, Colin's family emigrated from England to Canada, and quickly to Nelson with Colin's young feet firmly planted in his mother's kitchen.

Years later, from these memories – or perhaps his own culinary research – he was able to waft the aroma of freshly baked bread from his kitchen in Riondel. And anyone lucky enough to have sampled the results will attest to his expertise in that department – including several family members who are now in Riondel.

Colin and Sylvia were one of those remarkable couples whose marriage continued over fifty years and included sailing their 36 foot sailboat, the Osprey, which predated by more than two decades the considerably larger Osprey plying Kootenay Lake now from Balfour to Kootenay Bay.

But what could be more magical than a ten minute walk (fifteen, at least, in the snow) through the woods to a delightful cottage (with a full basement) perched on cliffs looking down on Kootenay Lake, with water and beach along a short path between boulders – a place to cast a line on a lazy afternoon, a place for grandchildren to collect pebbles, and – after three years sailing the Pacific Coast – home for Colin and Sylvia.

During this idyllic time they became involved in the community of Riondel, and a twenty minute hike down the highway seemed a bit much just to return a library book, so deciding on a more permanent commitment, they purchased a house in Riondel.

Colin Horwood; husband, chemist, baker, technician, father, grandfather, and even at some point in his varied life – a thespian on stage behind very different lights.

Thank you, Colin, for setting aside twenty-five years to be with us in Riondel; we are happy to have been a part of your life.

**Colin Horwood**

**March 5, 1941 – December 21, 2014**

Unearthly, we say, of the loon's call  
echoing through the dark,  
its deep dive in black water, its low float,  
red eye, ringed neck,  
diamonds of light like the lake in sun  
glittering along its back.

*Robin Chapman*

## Ode to the Chicken Man

by Mary Donald

John Reid, affectionately known here as “the Chicken Man”, died June 2014 of chronic illness at close to 80 years of age.

He served our community for years bringing his delicious huge free-range chickens, so sought after, along with other delightful foods from his Alberta farm. He was always so kind and pleasant and a pleasure to buy from.

I had a conversation this month with his cousin, Myrna Seefeldt, of Riondel as I had spoken to her earlier this year wondering what had happened to our dear Chicken Man. I wanted to know more about him and she was pleased to comply. Evelyn Green of Riondel was also a cousin of his.

He lived his whole life on his farm in Cowley, near Pincher Creek in southern Alberta, below the windmills on the ridge. Myrna loved going to his two storey farm house with its beautiful hardwood floors.

His chickens were raised on his farm and he hired local Hutterite women to help on “kill day” to butcher and dress them. Besides chickens, he sold eggs, sausage (famous Mennonite one), honey and cheese. The cheese was made by the Hutterites and coloured with carrot juice. At Christmas he sold ducks, geese and turkeys that he had raised as well.

Myrna said John was of Irish origin (not a Hutterite as we all thought!) and he spoke several languages including French, German, Russian and Yiddish, learned just from dealing with customers over the years. Myrna said, “It was his business and his entertainment, selling chickens and meeting people.”

A faithful longtime employee, Janet Mason, worked for John on his farm for seventeen years and she has now taken over the farm and the business. She will not do any runs but she is very keen and pleased to sell from the farm, including all the usual tasty chickens, eggs, cheese, sausage, and honey. The food is as organic as possible (as before) and Alberta Government inspected. She is carrying on his legacy.

To find the farm, ask anyone in Cowley where the old John Reid farm is (sounds like the East Shore). One can also stop in at the Ridge View Cafe in Cowley right on the highway heading east towards Ft MacLeod and ask for directions. One can see the farm from the cafe. You can call Janet Mason at 403-628-2249 after 6:00 PM or leave a message. It is probably best to call ahead of time if possible and she prefers cash sales.

Incidentally, Myrna has a down-filled quilt, handmade by John from his own birds, for sale. It is ‘oversized’ king size and you can call her at 250-225-3412.

Many here found John Reid to be a lovely kind man, and we were the lucky recipients to have the fruits of his labour that he so loved doing. May he rest in peace.

## Riondel Family Continues to Raise Funds to Provide a Memorial Scholarship in Honour of Son Brandon

submitted by Ted Hutchinson, CDCF

Enzo and Laurel Salviulo dropped in at a meeting of the Creston-Kootenay Foundation to present a cheque for \$4,500. The Salviulo's have been raising money since the tragic loss of their son. Brandon Salviulo, an aspiring firefighter, was only 20 years old when he was killed in an ATV rollover while volunteering during a fundraiser for the Riondel Fire Department. His mother, Laurel Salviulo admits that while she had no choice but to come to terms with her son's tragic death, she could not accept that his hopes and dreams for the future were also gone. In 2009, to keep Brandon's dreams alive, if not for himself but for others, his parents established the Brandon Salviulo Memorial Scholarship.



*Pictured from left to right: Ted Hutchinson and Heather Suttie of CKF, Laurel and Enzo Salviulo (Brandon's parents), Lon Main and Vern Ronmark of CKF.*

The Salviulo's have created and grown a fund, administratively and financially managed by the Creston Kootenay Foundation, which offers financial aid to entrants into the College of the Rockies Fire Certificate Training Course. So far there have been three recipients of this scholarship, and the fund is in a position to help many more in the future.

Each year, the Salviulo family hosts the Brandon Salviulo Memorial Fundraiser weekend in Riondel which can be best described as a family style sports weekend. In the past, it has included numerous events including a two – person best ball golf tournament, mixed slo-pitch, prize bingo and poker, a pancake breakfast and a silent auction. The Salviulo family wishes to express their heartfelt gratitude to all the individuals, businesses and corporations that have volunteered their time and made donations to keeping Brandon's dream alive. For more information about the scholarship fund, visit “Brandon Salviulo Memorial Fundraiser” on Facebook. If you wish to learn more about the Creston-Kootenay Foundation or to make an inquiry about creating a memorial fund for your loved one, please contact the Creston- Kootenay Foundation at ckfoundation@gmail.com and visit www.ckfoundation.com.

### THINKING OF SELLING YOUR PROPERTY?

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- Provide you with a prelisting info package, outlining what we will do to help sell your home. **NO OBLIGATION**
- Provide information on how to prepare your home for sale.
- Show you how a **VIDEO TOUR** is an open house that is available all day every day.



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Managing Broker/Owner  
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svoight@telus.net



[www.teamcreston.ca](http://www.teamcreston.ca)  
250.428.9040



**Wayne Dunbar**  
Personal Real Estate Corporation  
250.428.1400  
waynedunbar@gmail.com

*Next Deadline: Feb 25*

[www.eshore.ca](http://www.eshore.ca)

[mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

**SERVICES DIRECTORY**

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

**AUTOMOTIVE/MARINE**

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

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

**BUSINESS SERVICES**

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

**CONSTRUCTION/CONTRACTORS/TRADES**

**HULLAND AND LARSEN CONSTRUCTION** - experienced residential construction & custom finish work. 250.551.2915 or 250.505.3570. (see ad in contractor section)

**JB (JUERGEN BAETZEL) CONSTRUCTION:** Over 16 years experience, strong work ethic. Foundations to Finish (concrete, framing, roofing, drywall, siding, flooring, finish, carpentry, tile setting, some plumbing & wiring knowledge) 250.227.9246 or 250.551.7697.

**STEEL WHEELS** - Septic systems planned & installed. We dig too, mini hoes for you. Dave or Donovan. 250-227-9646.

**THE GREEN MACHINE** - Excavation, Landscaping, Installation of Waterlines. Ph.: 250.225.3485

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

**PERSONAL CARE/HEALTH**

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

**KOOTENAY SOUND HEALING CENTRE** on Riondel Road, offering sound healing treatments, gong meditations and Acutonics® classes. Theresa Lee, certified Acutonics® teacher and practitioner, 250-225-3518 kootenaysoundhealing.com

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

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

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

**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.

**MASSAGE REBALANCING-SHIATSU** - New in Crawford Bay. Help to re-establish your body's flow of energy and stimulate your inherent ability to heal with a unique combination of deep tissue, joint release and shiatsu. Veronique: 250-777-2471.

**MASSAGES & WELLNESS FOR WOMEN** - Reflexology according to the clock of Chinese medicine, Rebootology: 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

**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 refl req'd. 227-6877/cell: 505-6166.

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

**RESTAURANTS**

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

**MAXX AND NAMBI'S FAMILY RESTAURANT:** Open 7 days a week, 9-noon. (located beside Newkey's)

**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. Please Call James Linn at 250 225 3388

*Creativity, Community, Conscience*

*Creativity, Community, Conscience*

**CLASSIFIED SECTION**

**BIZ ANNOUNCEMENTS**

**Sirdar General Store:** A unique place to shop on Duck Lake. 2015 - 16 Angling & Hunting Licences, Regulations Tags, CVWMA Fishing Permits. Tackle, Groceries, Souvenirs, Seasonal Greeting Cards, Island Farms Dairy Products, Soft Drinks Energy Drinks, Juices, Water, Chocolate Milk, & Bars, Breyers Ice Cream Treats, Locally made crafts, aprons, baby dresses, placemats, wooden cribbage & cutting boards, plain bird-houses that you can paint to match your landscaping. Post Office, Stamps, Fax, 8050 Hwy 3A, 250-866-5570 phone or Fax 250-866-6811. Happy Valentine's Day!  
**Insurance Certification** requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

**-Microsoft Excel 2013 CORE** Certification with Brenda Wiest.

**-Feldendrais: Healing Your Back** with Susan Grimble.

**-Canadian Firearms Safety:** Non Restricted with Dennis Millan.

**-Intro to GPS & Google Earth** with John Addison.

**-Traffic Control/Flagging** with Lynn Publitz.

**-The Singing Soul:** Improvisational ACappella with David Hatfield.

**-Conflict Transformation** with David Hatfield.

*For more info, see the ad in this issue, call Laverne at the Learning Place at 250-227-9218 ext 5518. Cell: 250-551-5827, or drop by the Learning Place at the Crawford Bay School.*

**BUSINESS SERVICES**

**Fax service,** photocopies, (withnoPST/GST) Tom Lymbery - Notary Public, 250-227-9315, fax 227-9449, 250.227.9448 for Notary Public.

**NOTICES/EVENTS**

**Check out East Shore** courses offered over the next couple of months! **Also, see the colour ad in this issue for further details:**

**-Time for your biz to get more social:** Social Media Marketing with Dan Seguin.

**Happy Valentine's Day...**  
if you're into that kind of thing

**The MAINSTREET**

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264

Box 140, Crawford Bay, B.C. VOB 1EO

E-mail: mainstreet@theeastshore.net

**\*\*ADVERTISING RATES**

- \$35.00 - 3<sup>1/4</sup>" wide by 1<sup>3/4</sup>" high
- \$40.00 - 3<sup>1/4</sup>" wide by 2<sup>1/2</sup>" high
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- \$50.00 - 3<sup>1/4</sup>" wide by 4" high
- \$55.00 - 3<sup>1/4</sup>" wide by 4<sup>1/2</sup>" high or 6<sup>3/4</sup>" wide by 2<sup>1/4</sup>" high
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- \$85.00 - 3<sup>1/4</sup>" high by 9" high or 6<sup>3/4</sup>" wide by 4<sup>1/2</sup>" high
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- \$130.00 (quarter page) 5<sup>1/4</sup>" wide by 7<sup>1/2</sup>" tall
- \$150.00 (third page) - 6<sup>3/4</sup>" wide by 7<sup>1/2</sup>" high or 3<sup>1/4</sup>" wide by 14<sup>1/2</sup>" tall or 10<sup>3/8</sup>" wide by 4<sup>1/2</sup>" tall
- \$225.00 (half page) - 10<sup>3/8</sup>" wide by 7<sup>1/2</sup>" tall
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Sample Sizes - more sizes available.

Column Width: 3<sup>1/4</sup> inches - double column width: 6<sup>3/4</sup> inches - full width: 10<sup>3/8</sup> inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

**\*\* 30% MORE FOR COLOUR ADS\*\***

**YOUR HALL IS AVAILABLE...**

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

**Booking info, Kathy Donnison @ 227- 9205**

**CRAWFORD BAY HALL**

"your community hall"

A non-smoking facility.

**EAST SHORE PHYSIOTHERAPY**



**Anna Rose**  
BScPT

- Full Assessments
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Health Center, Crawford Bay

**(250) 227-9155**

- Planning a wedding?
- Holding a meeting?

Consider renting the **BOSWELL HALL**

**Booking/info: Judy @ 250-223-8664**



# 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 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 2015

**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 3: Dr. Grymonpre  
Feb 4: Dr. Moulson  
Feb 5: Dr. Lee  
Feb 10: No Doctor  
Feb 11: Dr. Moulson  
Feb 12: Dr. Grymonpre  
Feb 17: Dr. Grymonpre  
Feb 18: Dr. Moulson  
Feb 19: Dr. Lee  
Feb 24: Dr. Grymonpre  
Feb 25: Dr. Moulson  
Feb 26: Dr. Lee

**Please Note: Lab hours 7:30 - 10:30 am, Weds  
Tues Dec 23 INSTEAD OF Weds Dec 24  
and Dec 30 INSTEAD of 31.**

**Call to make appointments at 227-9006  
on doctor days and Thursday morning.  
Tues, Weds & Thurs (8:30 to 12:30)  
Phone: 250-227-9006 Fax : 250-227-9017**

### 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  
**Vinters** - 2pm, Feb 11  
Jeanne Kay Guelke 250.402.3791  
**Book Club** - Feb 12, 2pm  
Contact Melody Farmer 250-223-8443  
**Quilters Guild** - Feb 17, 1pm  
Contact Jan Brooks 250-223-8667  
**BADEV** - Feb 12, 9am  
Contact Rod Stewart 250-223-8089  
**CARPET BOWLING** - Tuesdays, 7-9pm  
Contact Tom or Linda Sawyer 250.431.8404

### BOSWELL HALL SPECIAL EVENTS

Valentines Dinner  
Sat. Feb. 14th 6:00pm  
Advance tickets at the Boswell Post Office  
Barry or Alma-Lynn Morcom 250-223-8189

### BELLY FULL O' THANKS

The Starbelly Jam Society would like to thank everyone that attended our recent event, Moody Amiri and Gong Meditation featuring Theresa Lee. Many volunteers came together to make this evening a success. As they say, "many hands make light work". We are grateful to the Gray Creek Hall Society for the venue, Samba Lago Profundo for use of their speakers, and Kalibri of Ambrosia Artisan Chocolates for her delicious contribution. See you all in July (if not sooner!) for more music.

*The East Shore Mainstreet*  
*Creativity, Community, Conscience*

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

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

**Unemployed? Ask about the self-  
employment program.**



Call Alison Bjorkman at  
250-428-6356 to book a free  
appointment in Crawford Bay...  
[www.futures.bc.ca](http://www.futures.bc.ca)

Growing communities one idea at a time.

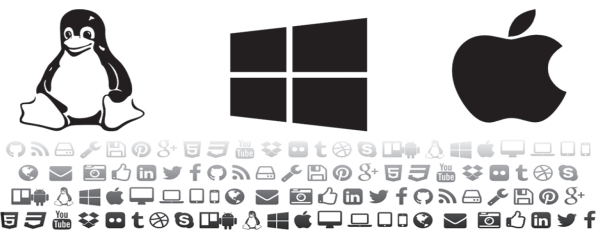
## EAST SHORE TECH SUPPORT

Riondel - Crawford Bay - Gray Creek - Boswell

computer, laptop, ipad, iphone  
MAC+WINDOWS+LINUX  
network, internet, upgrades, repairs

☎ 1.877.782.2843

✉ help@ponnuki.net



## KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

*Winter Schedule in effect*

*All times listed in Mountain "East Shore" Time*

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

## CHURCH CALENDAR

### RIONDEL COMMUNITY CHURCH February 2015 SCHEDULE

**Feb 1:** Canon Jim Hearne, Anglican 10:30am  
Music: Marie Gale

**Feb 8:** Brenda Panio, 11am  
Music: Brenda Panio

**Feb 15:** Ramona Dannhauer, 1pm  
Music: Ramona & Richard

**Feb 22:** Jeff Zak, 12 noon  
Music: Marie Gale

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

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

For information call Christ Church Creston 428-4248

**No services at the present time. Contact Christ  
Church Creston for info - 250.428.4248**

### HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

**No services at present time.**

**For info, please contact 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.

Pastors Richard and Ramona Dannhauer  
16190 Hwy 3A, Crawford Bay 250.227.9444

### YASODHARA ASHRAM

Satsang (non-denominational, "in the company of the wise"),  
each evening 8pm. Everyone welcome, 250.227.9224

### 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:  
February 25, 2015**

## 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 Mike Jeffery - 250-227-6807 or Lion David  
George 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  
on (usually) the second or third Monday of the month. (or Tues)  
Call Ingrid to be put on the agenda - 250.227.9246

**March PAC Meeting:  
March 9, 2015**

**February 2015 Mainstreet 19**

February 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Hatha Yoga w/ Melina, Studio Ponnuki, 2019 Rio Rd N PAC Meeting,	3 Dr. Grymonpre	4 Dr. Moulson	5 Hatha Yoga w/ Melina, Boswell Hall Many Bays Practice, 7pm Dr. Lee	6	7
8	9 Hatha Yoga w/ Melina, Studio Ponnuki, 2019 Rio Rd N	10 Social Media Course, Learning Place, 6:30-9pm Creston Vet Clinic, CB Motel Lions Mtng, 7 pm NO DOCTOR	11 Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	12 Hatha Yoga w/ Melina, Studio Ponnuki, 2019 Rio Rd N Many Bays Practice, 7pm Dr. Grymonpre	13	14
15	16 Hatha Yoga w/ Melina, Studio Ponnuki, 2019 Rio Rd N	17 Social Media Course, Learning Place, 6:30-9pm Dr. Grymonpre	18 KSR Job Fair, 11-3 Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Gueordjev	19 Hatha Yoga w/ Melina, Studio Ponnuki, 2019 Rio Rd N Many Bays Practice, 7pm Dr. Lee	20 Microsoft Excel Course, Learning Place, 9-4	21 Microsoft Excel Course, Learning Place, 9-4
22 World Class Soprano Noemi Kiss, CBESS, 3pm	23 Hatha Yoga w/ Melina, Studio Ponnuki, 2019 Rio Rd N	24 Social Media Course, Learning Place, 6:30-9pm Lions Mtng, 7 pm Dr. Grymonpre	25 Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	26 Hatha Yoga w/ Melina, Studio Ponnuki, 2019 Rio Rd N Many Bays Practice, 7pm Dr. Lee	27	28 EDC Deadline
March 1	March 2 Hatha Yoga w/ Melina, Studio Ponnuki, 2019 Rio Rd N	March 3	March 4 Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm	March 5 Hatha Yoga w/ Melina, Studio Ponnuki, 2019 Rio Rd N Comm. Init. Deadline	March 6	March 7



**the MARKET**

\*DELI MEATS/CHEESES \*LIQUOR AGENCY \*GROCERIES  
\*NATURAL FOODS \*FISHING TACKLE \*GAS

**Treat someone you love to a bouquet of flowers or some delectable chocolates! Shop while supplies last!**

**Store Hours:**  
Mon-Sat: 9-6 Sun: 10-5

**BOTTLE DEPOT: SUNDAYS ONLY, 10-3**

Phone: (250) 227-9322  
Fax: (250) 227-9417  
Email: cbm\_manager@theeastshore.net



**KES**

**We're here to help you find work.**

**Monthly In The Community Rooms at the Crawford Bay School**

**WorkBC**  
Employment Services Centre

**FREE Services include:**

- Employment Counselling
- Resume Development • Job Search
- Career Assessments
- Access To Training & Certification
- Self Employment & Program Options
- Customized Employment & More!

**Book Your Appointment Today!**  
**Call 250-428-5655**

Kootenay Employment Services Society  
119 - 11<sup>th</sup> Ave N, Creston BC

Canada BRITISH COLUMBIA


The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

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Creston Valley Realty	2
Creston Vet Clinic	6
EDC	3
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Gray Creek Store	11
Harreson Tanner	9
Hulland and Larsen	1
KES	11
Kokanee Springs	10
Kootenay Insurance Services	6
PAC Box	8
RDCK Rec 9	3
RDCK TS Hour Fam Day	6
Riondel Market	1
Selkirk/Learning Hub	11
Sapphire Hair Salon	10
Soprano Concert	13
Studio Ponnuki	5
Sunset Seed	14
Turlock Electrical	10

**Transfer Station Hours**

**CRAWFORD BAY:**  
Sun & Tues  
10am - 4pm

**BOSWELL:**  
Weds/Sat  
11 am - 3 pm



**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

**ES Health Centre ~227-9006~**

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