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

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

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This breathtakingly serene photo of a cabin at Yasodhara Ashram's properties was taken by Daniel Seguin, Photographer ([danielseguin.ca](http://danielseguin.ca)). It was taken on the hill above his cabin on Riondel Road and captures the quiet shine of a clear winter evening in the Kootenays.

East Shore 2nd annual

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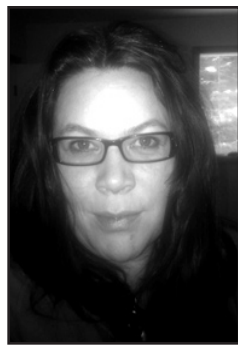
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# MS Issues

by Ingrid Baetzel,  
Editor

A friend recently posted something on Facebook that had me thinking for weeks.

It was a piece of writing by Jeff Brown. I don't know anything about this man except he is an author, filmmaker and spiritualist. The piece he wrote was called "Apologies to the Sacred Masculine" and it is just one of many, many introspective writings by Brown about human existence, relations and spirituality.

This piece is written to the masculine from a feminine perspective (and authored by a man... confusing, I know) as a sort of love song to the space connecting the sexes and also reclamation of male power and fragility. It appreciates the divine marriage of female/male energies and celebrates the righting of social and historical injustices in gender segregation and misunderstanding.

We've lived through a long period of women reclaiming their equal place on this earth, and that unfortunate fight will continue in many circles - and be lost in others. Here, in the part of the world, I personally have never felt the gender divide. I have the fortunate position of living in a place that values the sexes equally and there are neither limits nor expectations imposed upon me because of a chromosomal difference. I was raised in a house that saw both parents working and both parents being homemakers, depending on the time. I was never told that I couldn't do something... nor was I told that I could do something better because I was a girl.

Being raised without gender restrictions has given rise to a person who blanches at any kind of imposed segregation, but mostly (because it's so easy to relate to) to the divisiveness that arises with gender discrimination.

The truth of the matter is - I feel my power as a woman. I always have. But I don't feel it in a way that implies superiority. I feel it in a way that is about being wholly human. I feel the power of the men in my life, too. Not as hugely masculine versus my feminine, not as an obvious separation, but rather as a celebrated, welcome, and whole human experience.

I have some remarkable men in my life. There are those (my father, brother, husband and son) who I have lived my daily life with who have taught me to live very presently and honestly. There are also those who I have become genuinely close to in bonds of friendship - with whom I play sports, do theatre, work alongside and laugh into the wee hours.

There are some miracle men in my life and, although I've never looked too closely at the space between our X and your Y, I celebrate the differences, rejoice in the similarities and bow with respectful gratitude to the sacred in both of us.



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## LETTERS TO THE EDITOR

### THANK-YOU

Dear Editor:

A big hug to all our good friends in Riondel, Crawford Bay, Kootenay Bay and the Mainstreet. Our family would like to express our gratitude to all who sent cards, made donations, phone calls and attended the Celebration of Life for Wayne (Ole). We are blessed by all of the kindness shown and the special people we call friends.

*Dianne Johnson and Family*

### YES TO CHANGE

Dear Editor:

Riondel became our home fourteen years ago. We came here as a family and we loved the small community, the beautiful environment and it was affordable.

Riondel has changed over the years, now it is recognized as Recreational Properties, increasing our home's values but providing fewer full-time residents. The housing market has declined and many houses are for sale. All of our public buildings are owned by RDCK and we have a Commission of Management run by volunteers to allocate our tax dollars. Our tax base is small and our needs are great.

Unfortunately the Community Center is in great need and many, because of health concerns, do not use this facility. There are currently two reports available and can be sent to an email if requested. The roof has been leaking for 20 years and that is only one of the causes for much of this building being uninhabitable and the rest questionable.

It seems that the Commission has ignored the health concerns of residents and workers (an example is opening up the women's bathroom for over a week). We need to take the reports seriously and respect that some areas are restricted for health reasons. For many people, we would like to have all of Riondel's buildings inspected, and we would like accessibility for

everyone, including people with pre-existing health issues.

I believe that the Commission and the RDCK has shown over these past 20 years that they are unable to care for this building. We have options like Dr. Savory's Medical Clinic (what an amazing view), the Rec Center (after a full inspection), or perhaps even something brand new...?

We need to be creative, live within our means, and keep our taxes low so people can afford to stay and move here. Most importantly, a Community Center must be based on inclusion of all.

If you have any suggestions or recommendations or would like to read the reports please email: [jdaj@bluebell.ca](mailto:jdaj@bluebell.ca) or come to the Commission meetings first Tuesday of the month. Thank you and let's say "yes" to change, "yes" to living within our means, and "yes" to mold standards on public buildings.

*Danielle Linn, Riondel*

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## OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Retail Distribution, Subscriptions, Advertising, Layout:

Ingrid Zaiss Baetzel

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\$50 to the US, and \$75 Internationally)

Phone: 250.227.9246

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

**REPORTING: Galadriel Rael**

Email: [lagala@theeastshore.net](mailto:lagala@theeastshore.net)

**Proof Editor: Doreen Zaiss**

**Writers: Community**

**Article? Letter? Etc?** Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0

**or Best Yet, Email to:** [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

*The opinions expressed in this paper are not necessarily the opinions of staff or advertisers. We reserve the right to edit for clarity or brevity and acceptance of submissions is completely at the discretion of the editor.*

**Copies every issue: 1000**

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 2013 issue items by:

**Next Deadline: Wed, Feb 20, 2012**

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### AREA "A" EDC Economic Development Commission

**\$15,000 is available** for projects for Area A (East Shore) relevant to the promotion of economic development. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

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

email [skootenaylakeccs@gmail.com](mailto:skootenaylakeccs@gmail.com)  
or phone 250-354-2951

**2013 application deadlines:  
Feb 28, May 31, Oct 31**

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

[http://www.rdck.bc.ca/corporate/grants/electoral\\_area\\_a\\_economic\\_development\\_grant.html](http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html)

For more information and assistance, email EDC Chair [lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca)  
Or call 250-225-3333. All meetings are open to the public, call for meeting dates.

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## RDCK Area "A" Update

by Garry Jackman,  
Director, Area "A"

**Budget:** Our board level budget meeting scheduled for January 18 was deferred but we have had a number of sub regional meetings to discuss shared services such as waste, recreation, library, etc. Our main round is still scheduled for January 31 and February 1. Since my submission in January where I asked for comments or requests regarding public information sessions I have not received any feedback so I will leave it to RDCK staff to schedule public presentations, likely to be held in a number of larger communities. Last year the closest presentations for Area A residents were held in Nelson and Creston. I can relay specific information or answer questions from community groups or individuals on request. At this time I plan to give a preliminary budget synopsis to the residents of Riondel at their regularly scheduled Commission meeting on February 5.

**Kootenay Lake Partnership:** Over the past few years I have been giving updates on this initiative. Recently at a Chamber of Commerce meeting the representative for the newly formed Friends of Kootenay Lake gave an overview of their objectives and how they tie into a larger process with the Partnership. During the discussions that evening and based on comments which I received following another presentation in the Nelson area I thought I should try to recap some of the purpose and history of the Kootenay Lake Partnership.

The topic as a whole is widely regarded as lake stewardship. There are organizations on many levels (provincial, regional, etc) both within and outside of

government which strive to maintain a clean environment and preserve other values within their water systems. I have received comments from some which suggest they perceive lake stewardship as a guise for environmental protectionism which would/could adversely impact development and enjoyment of personal property. I have a more broad view. Lake stewardship is not just an environmental issue to me. It is a social issue which recognizes the reality of existing laws which both permit and limit development and land use in various situations. We need a more cohesive, coordinated approach to ensure reasonable actions or uses are not unduly hindered by a cloud of uncertainty while damaging or illegal activities are identified and dealt with through education, adaptation and as needed enforcement. The end result should be a cleaner, healthier and more productive environment with well executed development to permit us to enjoy this beautiful area without degrading it.

Within the realm of government fall the obvious responsibilities and issues such as protection of fisheries (and/or habitat, depending on how current legislative changes evolve), the protection of clean water for uses other than the protection of fisheries (such as for drinking water), the protection of cultural or archeological values, the orderly development of foreshore, maintaining public access, provisions for or development of recreational access, etc. These objectives often conflict. Governments spend a good deal of our money studying and reporting on the environment but the values identified by these studies are not always readily available for use or interpretation. Governments have also established a "referral" system which entails considerable resources to pass information on development proposals or applications for various initiatives from one desk to another to determine what, if any, interests of that organization are affected by the proposal. Then the information, at times along with public input, is reviewed and evaluated with the endpoint being a decision in favour of or rejecting an application. A rejected application may be resubmitted with

amendments, keeping the cycle well populated with documents to review. The application cycles through federal, provincial, regional and first nations offices. The sheer volume of applications is at times an impediment to properly addressing some of the key concerns. It can also be an impediment to orderly development, whether for individual interests or for public facilities such as a revamped boat dock or park.

The concept of a partnership with all levels of government including first nations looking for efficiencies and priorities together would be sensible and perhaps more productive. This partnership could pool resources to "do the science" on environmental issues, comprehensively map the foreshore, include cultural and archeological values in this database, assign levels of sensitivity (high to low) which might exclude some proposals or developments from the most rigorous scrutiny while focusing limited resources (on your tax supported payroll) on the more critical issues. This partnership could operate on a cooperative, consensus basis. This would be necessary considering the legislation supporting the roles of each partner is so diverse there would be no effective way to "vote" on an issue. This partnership could have a written terms of reference which senior management of each organization could use as a reference to justify and/or limit their staff participation, demonstrating that the common goals of the partnership are within the various mandated jurisdictions of each signatory. The partnership could also be open and inclusive, welcoming input from and in fact assisting in the formation of groups such as the Friends of Kootenay Lake to provide much needed public outreach. The partnership could be based on a proven and successful model which exists in the East Kootenays. The partnership could also recognize its value will be based on its effectiveness and will be willing and able to evolve as needed.

We have such a partnership. You may have sensed I have more to say on the topic, but that is for another day, unless you want to give me a call.

**CBT Community Initiatives Funding:** I remind you again that each year the CBT has allocated funds to be granted through local government in the spring. This year, applications will be accepted from 14 January through 04 March 2013. Forms are available at [rdck.bc.ca/corporate/grants/cbt](http://rdck.bc.ca/corporate/grants/cbt). If you have questions, please contact me or go to the website for an e-mail link to the program coordinator.

*If you have other questions or concerns please contact me by calling 250-223-8463 or e-mail [gjackman@kootenay.com](mailto:gjackman@kootenay.com).*

## Local Resident & Businessman Announces Intent to Run for MLA

press release

**January 30, 2013 (Crawford Bay):** It's official. Crawford Bay and Nelson resident Greg Garbula has announced his intention to run as a Liberal candidate in the next election. He hopes to become the Creston/Nelson/East Shore and Kaslo Member of Legislative Assembly (MLA).

Garbula says that he has completed the application process and is now going through the vetting stage through the Liberal Riding office. He also stated that, should there be any other potential candidates, there would be a candidate selection vote within the regional Liberal party that would decide on the final nomination.

When asked why he has decided to run for office, Garbula said that many people have been curious about why he made this decision.

"I have done much soul searching as to the motivation for this ambition. As many people know, I have been in the hospitality industry for over 30 years and have been in the Crawford Bay area for the last 15 years. The combination of these two factors have given me a background in helping and serving my customers as well as created a heartfelt love for this area. In seeing the struggles and tribulations that come with living in a rural area it is frustrating to see that the residents have to put up with the many challenges and processes that would not be the same in an urban environment. Many of these are not unsolvable but simply

require an understanding of the area and some diligent work and tenacity."

When asked about these challenges, Garbula went on to say, "Over the last few years we have seen a downturn of the economy of our region and some real challenges in our area in the way of providing employment for our young people as well as drawing families into our area. Tourism is down, forestry is struggling and even our local mining operation, after 35 years, has shut down, so we need to find some ways to create an economy and increase the interest and draw to our community. This is not an anomaly to the region; however, it seems to be magnified on the East Shore (and Kaslo as well). This is definitely a challenge but not insurmountable, we need to work and fight and shout from the rooftops to let everyone know what our area is about and what great attributes and qualities we have here.

When asked what he intends to do should he acquire this office, Garbula stated, "We need the province to know what we need, to make this area viable, and what obstacles we need to overcome, to be able to attract new industries and tourists. We need someone to make them listen. I don't disagree that fighting for Jumbo is an honourable task and disputing the Glacier Howser river power projects is important, but the MLA needs to also be working for all of the people, not just Wildsight and Sierra Club. We must support existing business and find new industries to improve our economy and create employment so that our existing citizens can find viable employment and bring new people to our area so that our communities can grow. And these are the things that I believe I can bring to the position through hard work and tenacity so that things will get accomplished, not just talked about, as in the past."

Garbula said, when asked for a final message, "I am willing to commit to the work and effort that is needed to make a difference and for that reason I have submitted my name to represent the region as the Liberal candidate. I hope that the people will look to the individual as they vote and not just the party."

*Next Deadline:  
February 20, 2013*



*Crawford Bay and Nelson resident,  
Greg Garbula - intends to run for  
(Liberal Party) MLA.*

February 2013 Mainstreet 3



# Word on the Mainstreet

Tell us about your greatest love...



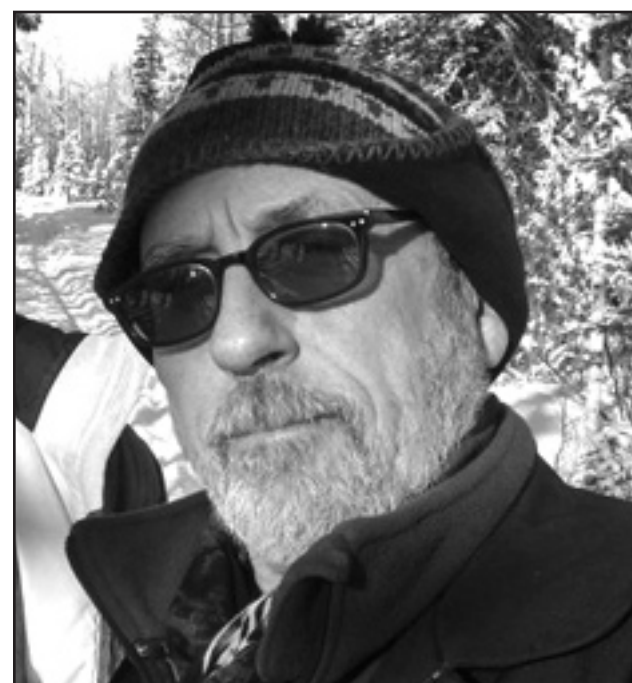
Oh, it was a looong time ago... but it was the sweetest love. I wish I had known that then. I was young, 19 or so, and we were together for a few years. I decided that I was too young to be in a serious relationship so I broke up with him and broke his dear heart. He died a couple of years later and sadly I have never found the kind of love that he and I had. It's a shame we were so stupid when we were young!

*Jennifer Ball, Cranbrook*



Oh such an easy one...my partner and fellow adventurer Shpriken, of course! As for the details, well let me tell ya... Every day with him is like being at my most fun birthday party ever! (I'm talking fireworks, clowns, carnival rides..the whole deal!) Often I go to bed with a sore tummy from laughing so much. His unconditional love makes me strong and way more courageous than I would be without him in my life. And the best thing is that with every year that goes by, there is no dulling of this overwhelming feeling of love..it just keeps on growing. I truly could go on and on, but suffice it to say that seriously, I feel like the luckiest ducky alive!

*Pixie (Victoria Henriksen), Boswell*



I don't think in terms of "greatest love". I have to stretch to find something comparable. How about big likes? The experience of being in the flow is something like it. Not pushing the river, dancing with synchronicity, nowhere to go, nothing to do. It takes paying attention and trust. I love that state. Everything works better there.

*Allan Hughes, Riondel Road*

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**EAST SHORE 2<sup>nd</sup> annual  
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**February 21**

- Riondel 2-4 pm (location TBA)
  - Crawford Bay 6:30 - 8:30 pm (location TBA)
- Phone 250-225-3333 for info



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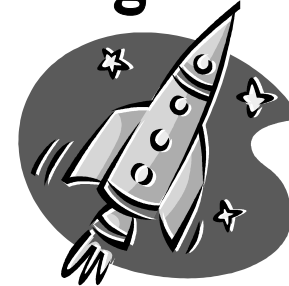
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- ◆ [www.nelsonelderabuseprevention.org](http://www.nelsonelderabuseprevention.org)
- ◆ Drop-in Wednesdays 12-2pm

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# Getting to Know You

## Mainstreet's Proust Questionnaire

**Reuben Johnson (DJ Blynde)**



**What is your fondest memory?**

My best memory would have to be hiking to Plaid Lake with Graham Richard Keeping and my mother, Margaret Johnson, when I was just a young boy. The views up there are breathtaking - not to mention the beautiful lake.

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

I couldn't live without music, friends and family.

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

Happiness

**When and where were/are you happiest?**

I feel I am happiest either when I'm with my family for a dinner function or when I'm on the turntables mixing a set for all the beautiful people in the crowd.

**Who, living or dead, would you most love to have to yourself for one hour?**

My grandfather. I feel like there was so much more we could have shared and talked about.

**What natural talent would you like to be gifted with?**

I would love to be naturally gifted at playing the violin. I think a violin has a sound that gets right into your soul and makes you feel alive.

**What is your best feature?**

My eyes and my bum.

**What is your greatest fear?**

My greatest fear would have to be spiders - not small ones but big ones that jump.

**What was/is your greatest vice?**

My biggest vice is probably drinking a little too much.

**What is your greatest regret?**

I don't DJ as much as I should.

**What do you dislike about your appearance?**

I don't dislike anything about my appearance. I'm me and that's all there is too it.

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

If I died and came back I would be a kitten. Everybody loves kittens.

**What is your most treasured possession?**

My most treasured possessions are my speakers and my cat, Frequency.

# This Month in Meetings

A look back at this month in meetings on the East Shore. For the casual drop-in attendee or the weathered committee executive member, this feature capsulates the highlights of board/committee/organization meetings that occurred in the past month. If you are part of an organization and would like to take part, please email [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net) every month with your brief summary of the highlights of your last meeting.

**Kootenay Lake Chamber of Commerce (KLCC):**

*Meets on the third Tuesday every month at 7pm in the Corner Meeting Room at the School. Contact Gina Medhurst for more info: [info@kootenaylake.bc.ca](mailto:info@kootenaylake.bc.ca) or 250.227.9466*

- Claire de la Salle from Friends of Kootenay Lake gave presentation on groups' intentions for a lake-wide stewardship plan. Info: [www.friendsofkootenaylake.coa](http://www.friendsofkootenaylake.coa)
- Laverne Booth presented a Community Education Plan to offer select courses to community.
- 3rd Annual KLCC Variety Show will be on Feb 17. Funds will go towards the permanent stage in CB Park.

**Parent's Advisory Council (PAC):**

*Meets (generally) on the second Monday (February meeting will be Tuesday, February 12) of every month at 7pm in the school library. Contact Ingrid Baetzel for more info: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net) or 250.227.9246*

**FoodRoots:**

*Meeting times vary... Contact Jacqueline Wedge at [moonrakings@theeastshore.net](mailto:moonrakings@theeastshore.net) or 250.227.6803*

- Next community dinner on February 17 at Crawford Bay Hall is a SPAGHETTI dinner and talent show to raise money for the permanent stage at the park.
- If you are interested in learning about grafting fruit trees this spring please contact Branca at 250-225-3282
- Delicious chutney for sale made by local high school students to support their Humanitarian service trip to Mexico at spring break- contact Lee at the school.
- Mark your calendar. The second annual Seed Exchange on March 8. Location TBA

**East Shore Alliance Supporting the Early Years (EASEY):**

*Next meeting on Feb 21, 3:15 at the school. Child care available.*

*Call or email [laverne@theeastshore.net](mailto:laverne@theeastshore.net) or 250-227-9552*

- St. John's Community Care First Aid Course-May 11. Includes child and adult CPR (level B). Call Laverne at 250-227-9552 for more information
- Ready Set Learn musical events for young children and their families at the school: Slava Doval and young dancers on March 8, Dufflebag Theatre April 11 and Lee and Sandy Paley duo on May 17. The Armstrong Family Band (TBA) Thanks to Nicolle Plouffe for organizing these events.
- Dads and Moms wellness events coming up to get on the email list contact [laverne@theeastshore.net](mailto:laverne@theeastshore.net)
- Get on a playground committee!

**South Kootenay Lake Community Services Society (Community Connections):**

*Meets (generally) on the third Monday of every month, 7pm upstairs to Barefoot Handweaving. Contact Janet Wallace for more info: [info@barefoothandweaving.com](mailto:info@barefoothandweaving.com) or 250.227.9655*

**Crawford Bay Hall and Parks Board:**

*Meets (generally) on the first or second Tuesday of every month, 7:30pm, CB Hall or Community Corner. Contact John Edwards for more info: [johnandjoan@theeastshore.net](mailto:johnandjoan@theeastshore.net) or 250.227.9065.*

**Boswell Hall Board:**

- first meeting of the year welcomed two new members: Shelly Baron and Dave Blair.
- 13 events and/or dinners for the next year,

- the next one is February .9- 6 pm - Valentines Dinner (Roast Beef) Tickets at Boswell Post Office.
- offering Food Safe Course April 6, 8:30 - 4:30. Costs covered by hall, Reg: Mar 17. Contact Shelly Baron 250-223-8612.
- working on renovations to the hall (storage area).
- water system is brought up to health standards
- looking for financial help to of set some of the cost of participation.
- AGM Boswell & District Farmers' Institute is Feb. 13, 7pm.
- thank you to all of the people who make the "Ladies Club" annual bazaar a great success
- all insurance has been paid and we are in a good financial position.
- For more information please see our list of activities on the bulletin board of *Mainstreet* and for further information please email Verna Mayers; [vmayers@theeastshore.net](mailto:vmayers@theeastshore.net)

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

**Congratulations! These are common traits found among successful entrepreneurs. If you want to find out if you have what it takes to be an entrepreneur call Community Futures for more information. Unemployed? Ask about the self-employment program.**

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**February 2013 HOURS:**  
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**Sat: 8:30 - 10:30am & SUN: 6-8pm**

**Note: No 6:30 am shift for Feb. Elevator access available.**

**Remember to wear clean indoor shoes and bring a water bottle & towel.**



# Riondel Community Centre Task Force

submitted by Shirley Wyngaard  
(Chair First Phase)

**Crisis Gives Rise to Opportunity:** It is common knowledge that the Riondel Community Centre has faced an on-going leaking roof problem which became a crisis resulting in partial closure of the facility due to health and safety concerns. The RDCK engaged Kootenay HazMat Services to conduct a survey of water and mould damage and asbestos status. The need for a feasibility study was addressed. An architect, Chris Fairbank was contracted for consultant services in three phases:

1) Conduct research and data gathering.  
2) Assess the existing building in all respects which resulted in an "order of magnitude" cost to potential renovations and upgrading of the existing facilities. This would be carried out in collaboration with other consultants.

3) Draft subsequent building designs: i.) Renovation of existing RCC to meet code. ii) Renovation of existing RCC with 1/2 new construction. iii) New building design

This is a lengthy, involved process that needs to be undertaken one step at a time. With each phase comes more information and insight allowing for informed decisions about the next step to be made.

This crisis was a call for community involvement. It created the opportunity for community members to identify what they value as community activities and programs and to have a say in what sort of facilities(s) are required; then to call for a cost effective facility and sustainable operation.



This process had begun in 2006 - 07 with a Needs Assessment conducted by a community group which resulted in a written report. This report was presented to the community and passed on to the Commission of Management. Very little action resulted. However, it has shown to have value in the existing crisis as the architect considers it a good resource for the current project.

**Who are we and what are we doing?** In the fall of 2012 a group of volunteers was asked to form a committee. They met and established a guideline for operating and brought it to the Commission. In November of 2012 the Riondel Community Centre Task Force was ratified by the Commission of Management and given authorization to act and access information as required.

Members: Shirley Wyngaard (Chair), Sylvia Horwood, Kathy Smith, Sherrie Sutcliffe, Jon Wyngaard, Nils Anderson, Shirley Enger, Sharon Webster, Christy Gillespie, Wendy Miller, Allan Hughes (construction consultant) with Muriel Crow and Fran O'Rourke Commission of Management Liaison

**Vision Statement:** Riondel will have a safe and healthy facility which will meet and nurture changing community programs and activities in an affordable, efficient, cost effective manner for the long term.

**Purpose or Mandate of the Committee:** The committee is responsible for the coordination and development of the feasibility study(s) relating to the community facilities of Riondel. The Committee operates with authority from the Commission of Management but operates independently of the Commission. The committee is accountable to residents and stakeholders (users, Commission, RDCK).

**Goals (These will continue to develop as we receive reports etc.):**

Act as community liaison and work with the architect(s), engineers and consultants to express community concerns, considerations and needs of a community centre for Riondel.

Assist in the evaluation of the current space and its utilization to meet community programs, activities and needs. This would include a review and update the community Needs Assessment done in 2007. (This could be done in group discussions with a cross section of residents. There may be a need to expand the scope to include other facilities.)

Assist in providing the history of the building and renovations, mechanical system overview and general history. (This goal was suggested by RDCK. The committee questioned its ability to carry out this task beyond a minimal degree.)

Develop a strategic plan for community facility(s). It is the aim of the committee to develop good recommendations and plan proposals through study and consultation of professional consultants and the residents of the community.

Develop a business plan for Riondel community facility(s). This will contribute to the financial soundness of the plan, and target cost effective, efficient use of resources.

**To Date:**

- The Needs Assessment has been updated through surveys of user groups., including staff
- A Master Program Plan (the identification of spaces needed to accommodate the activities and programs identified in the needs assessment) has reached a stage of completion. Two productive meetings have taken place with the Architect. He will be looking at

two to three possible proposals for creating a community centre to meet these needs.

- We have studied demographics to identify the catchment area for use, and the area for tax based funding and granting. The RDCK will assist in identifying resources for granting assistance and some funding for the processes undertaken. We have met with some existing user groups and toured other facilities. This process will continue.

- We are in ongoing communication and consultation with RDCK Representative Garry Jackman, and RDCK Management Staff, and the Architect.

- We are seeking solutions for all of the community centre and recreational needs in our community asking for information and making authorities aware of our limited resources but many responsibilities.

*The Commission of Management maintains the responsibility to monitor work progress and receive reports from consultants which are kept on file.*

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**CALL FOR PROJECT PROPOSALS**

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

Application guidelines and forms are available at:

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

For information on preparing your proposal, contact Judy Madelung at 1.250.352.8170, 1.800.268.7325 or [jmadelung@rdck.bc.ca](mailto:jmadelung@rdck.bc.ca)

**Deadline for proposals is 4:30pm, Monday, March 4, 2013.**  
**Late applications are not eligible for consideration.**

Administered and Managed by:  
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## LOCAL INTEREST



### FoodRoots Update

by Jacqueline Wedge

It's seed swap time again! Join us on Friday March 8, from 1 to 4 pm in Crawford Bay, for the 2nd annual East Shore SEED SWAP. Details can be obtained from kootenayfoodroots.com or by calling me at 227-6803. We will be making seedbombs, planting beans in pots for the "bean keeper project", distributing lots of seeds and information on saving your own seeds, and hopefully (weather permitting) starting a permaculture bed or two. Also of importance are our grafting workshops coming up early spring: if you want to participate, the seed swap is the place to sign up and get data on preparedness for fruit and nut tree propagation. Other wondrousness to behold at the seed swap includes mingling with local food producers, bartering goods and sharing insights, free literature on seeds and growing, tool-share sign-up, and painting a food mandala. Peas, lettuce hops to seed you there!

Don't miss the 3rd annual VARIETY SHOW dinner & fundraiser at the Crawford Bay Hall on Sunday February 17. In lieu of our usual potluck, we are co-hosting this Chamber of Commerce event with a pasta dinner starting at 5:30 pm, with an assortment of talent beginning at 7. See ad in this Mainstreet for details. (For those still wanting to schmooze and potluck, ponder each other's seed catalogues, trade gardening secrets,... we can still do so from 4:00 to 5:30, we will be at the hall most of the afternoon cooking.) All funds raised at the dinner and show go toward building our permanent outdoor stage at the Crawford Bay Park, which is something we can all appreciate and use.

Please remember, when ordering seeds and considering your garden this year, that the 102nd Kootenay Lake Fall Fair is happening in September, and we are looking forward to many entries, contests, competitions, and displays to make it the best one yet. Plan to grow big, beautiful, delicious things for your community to ogle-over, and for you to be proud to show off. In these days of so much fake food and artificiality all around, isn't it amazing how much bounty and glorious healthy food we can produce here?

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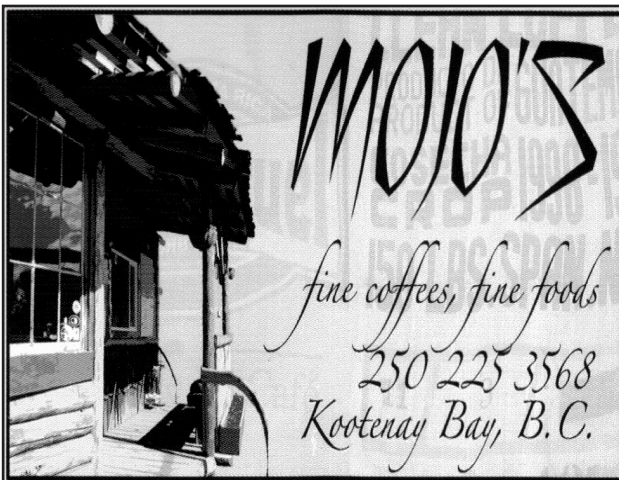
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**Note: No 6:30 am shift for Feb.**  
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and bring a water bottle & towel.

## TOM SEZ

by Tom Lymbery

When I heard of Patti Page passing at the age of 85, it immediately brought back memories of a concert at Crawford Bay Hall when five year old Teddy Piete brought down the house singing "How Much is that Doggy in the Window."

KIOTAC (Kimberley Old Time Accordion Contest) is apparently no more after 30 years of success. Too bad. Is it partly because the Gray Creek Pass doesn't open early enough for West Kootenay people to attend? The website lists the dates of July 8 - July 13, 2013, so perhaps it can be salvaged. Did the large fire at the Platzl affect this?

Dr. Keith Marling passed away December 12, 2012 age 80. When he came to Creston in 1958 he was the first and only vet in West Kootenay. I well remember the miracle that he performed on our cow, unconscious with milk fever. He injected a calcium solution into her jugular and within 15 minutes she was up and eating hay!

Jamie at the new Crawford Bay Market asks in his *Mainstreet* ad if people are interested in home delivery. This was a service offered by Sonny McGregor's dad, Roy when he ran the Crawford Bay Co-op Store, delivering groceries even to Gray Creek over the torturous 8 foot wide road in the 1930's and 1940's.

Christmas - what other time of year do you sit in front of a dead tree and eat candy out of your socks?

Re: the above reference to Creston being in the West Kootenay. Don't let Telus' division confuse you. West is everywhere west of Yahk, while the East Kootenay and the Rocky Mountain trench is entirely east of Yahk. (That's why the spring time change is at Yahk).

The book, *Pissing in the Snow* has its lead story explain the title - a man is complaining that his daughter's boyfriend has left her name in yellow outside in the snow. He is particularly infuriated that it is in her handwriting.

Before electric light came to the Best Shore in 1952 we looked to the longer, brighter days of late February for the chickens to resume laying eggs. During the dark days from November through to February they would lay only very occasional eggs. Once there was a light bulb in our chicken house it all changed.

A recent survey claims that forty per cent of people in England are counting on winning a lottery to support their retirement years.

Those recent earthquakes on the West Coast may be a warning. Two precautions you should take: keep a pair of hard soled shoes under your bed (your floor may be covered with broken glass) and secure your hot water tank to the wall with metal strapping (or that broken glass may be full of hot water)

Thanks to Dennis Randall for his photos of M V Anscomb about 1950 at Kootenay Bay. The one of the Moyie pushing a barge with cars and a Greyhound on board was 1951, when the Anscomb had to be taken out of the water for her inspection as she had completed four years of service since 1947. Some extra pilings remain as the barge was loaded at a gravel ramp close to the existing pleasure boat ramp. By the time the Anscomb's next four-year inspection came up in 1954 the Balfour had been launched.

A recent house fire in Whistler was caused by people putting hot ashes in a plastic pail and leaving it on their deck. Ashes MUST be put in a metal container with a lid.



# Interior Health A Play of Robust Proportions

Theatre Review by Gerald Panio

If the state of B.C.'s actual Interior Health system can best be described as ailing (overcentralization, understaffing, dubious hospital food policies, lack of hospital beds, etc.), that of our local theatre company, the **Hexagon Players** under the direction of **Doreen Zaiss**, can only be described as robust. The recent production of Doreen's original play, *Interior Health*, was a marvel, stretching both the inner resources of the acting company & the technical resources of the Crawford Bay School drama space to their limits.

Let's first credit the playwright. Doreen's direct inspiration were conditions experienced during a brief stay in the hospital in Kelowna, including sharing a hospital room with a Bible-thumping refugee from the Trailer Park Boys (complete with matching amigos). Eavesdropping on "Milt" provided some irresistible dialogue that Doreen subsequently wove in with the lives and personalities of thirteen other characters drawn from her imagination. It's a large cast, and seamlessly interlinked. The real magic is in the way Doreen has humanized each and every one of them, so that characters who in real life we might be tempted to strangle in their beds (I'm talking about you, Milt, and you, Britt) start to grow on you. More proof, if any were needed, that it's impossible to hate people you've made the effort to understand.

I'd also like to commend Doreen for choosing people over polemics. *Interior Health* casts a spotlight on flaws in our health system, but the play's main focus is on those problems only as they're revealed through the personal challenges of the people we meet in that hospital room, be they staff or patients. Because we care about them, we also care about the system that holds their health and their lives in its hands. I remember seeing my mother on a make-shift bed in a hospital corridor, and the memory still disturbs me.

As a director, Doreen knows how to orchestrate movement onstage to keep a scene dynamic—not so easy when you've got four beds on the stage, and two characters who almost never leave them.

I'd like to commend **Will Chapman** and **Allan Hughes** for their technical work with sound & lighting. Having spent some time with stage crews in the theatre at Simon Fraser University, I'm always in awe of the extra dimensions that creative sound & lighting design can add to a production. Thinking only of the voiceovers and visual effects for Serena's character, I can imagine that Will's and Allan's cue sheets must have looked like operatic scores.

That said, kudos as well to all those cast members who also shouldered the responsibilities for set design, costumes, publicity, props, and so much more. With so much shared responsibility, the Hexagon Players operate the way I imagine travelling theatre companies would have back in Shakespeare's day.

From conversations I've had with cast members, I know how hard everyone worked to find their characters and disappear into them. Mission accomplished, lads & lassies! At this very moment, I'm still hearing Britt using the Lord's name in vain, caterwauling, telling the eighth or ninth different version of how she broke her leg, and bitching at me for getting halfway through my damn review before I pay her any attention. **Kate Page** really, really wanted this role as a chance to play against type, and she nailed it. All that loneliness and desperation and Rock On! energy with nowhere to go. Britt's got the wickedest one-liners in the play, all of them at the expense of other people. At the end, when she finally drags herself out of bed and joins Serena, there's the whiff of hope that she's starting to climb out of the train wreck of her own life. Doreen Zaiss is not a playwright in the tragic or

absurdist mode; there's more than a glimmer of hope for broken systems and broken people.

**Paul Hindson's** Milt reminds me of a guy who's once had a very large trick cigar explode in his face, and is worried that even with Jesus on the mainline it's going to happen again. It's his vulnerability, the vulnerability of the recovering alcoholic, that makes us empathize with him despite his boorishness, his selfishness, his chauvinism, his homophobia, his sanctimoniousness, and his inability to flush a toilet or aim his member in the right direction. Doreen doesn't give up on Milt either. While his faith acts as a shield to protect him from his past and allow him to not think too hard about the present, he's also on a quixotic hunt through his namesake's *Paradise Lost* to find the key to what it is that causes people to do the evil that they do. Of course, he'd have a better chance of finding his answer if he didn't have to work through all those issues of *Guns & Ammo* and *Playboy* first. At the play's end, he responds to fired hospital worker Polly's novel protest with wonder rather than mockery. Progress, it seems.



Impossible to talk about Milt without mentioning his buddies, Swifty and Duwain. As Swifty, **Lea Belcourt** is, to use a French word that would make both Milt and Britt gag, *méconnaissable*. Unrecognizable. Lea's a bit of a chameleon, and here she's taken on the colours of a character who would be right at home knocking back brewskies and sharing flatulence with Bob & Doug McKenzie, or Bubbles & Co. The word "lummo" was tailor-made for **Robert Agnew's** Duwain—a big shaggy dog of man that you can't help wanting to pet. And you know he's the kind of friend who'll be faithful unto death (even if he has to stop for a mocha latte first). Duwain might not be able to spell his own name, and can lay claim to being one of the world's most inept evangelicals ("Lord, shine Your light upon her and make her.....shiny?"), but he's got a childlike sense of wonder and boundless enthusiasm for life's small pleasures. For both Swifty and Duwain, the chance to watch Milt's leech treatment (do those suckers, pun intended, really cost \$300?!) is as entertaining as NASCAR.

At a thousand light years from Milt and his gang is the third of the four characters who share the hospital room. Trapped inside her own mind and body, the comatose Serena (what a terrible irony in that name!) still manages to hold the audience spellbound. **Michelle Moss** gives Serena a disembodied voice that's a marvel of clarity and expressiveness, and does full justice to the poetry that Doreen has written into her lines. With Britt spitting words like bullets, Milt tossing them out like empty chip bags, and Cruz savouring them like chocolate Turtles, I suspect that the poet side of Doreen wanted at least one character who used words like paint brushes. Serena's voice calls us into her personal universe of doubt, confusion, loss, heightened sensation, despair and love. Even Michelle's physical presence in that bed is impressive. Her face captures our attention as a hero of old might have been caught by the sight of the spellbound queen. How Michelle kept her otherworldly calm for the play's full two hours is a mystery to me. A misspent youth in zen monasteries? Years of daily meditation? Because the illusion life suspended is so perfect, the

moment when Serena leaves her bed to dance and sing becomes transcendent.

As Serena's partner, Adrienne, **Galadriel Rael** provides a convincing portrait of survivor guilt. What do we owe to ourselves (and to others close to us), and what do we owe to those whose lives are in limbo? How do you move on, when to do so means some kind of breaking of faith? For some, there is no "moving on"; what's lost will not be searched for again. For Adrienne, it's not so simple. She's drifting into a new relationship of, perhaps, dubious substance. However logical it might be to tell herself that she wants to provide Sophie, their daughter (played by **Addi Fowler**), with a life outside the shadow of Serena's ongoing tragedy, one can't help wondering a little about "Uncle Walt." Or maybe I'm just being paranoid?

I'm curious how much of Galadriel's character came to her during early rehearsals, and how much emerged with the wig and the costume which so transform her. (In the same way, I'm curious whether Ingrid's Irish accent shaped her character from early on, or was adopted to suit the role as it evolved.)

The fourth patient, Cruz, with his gray hair, his fondness for wordgames & sushi, and his SAT-rated conversation liberally sprinkled with literal bons mots like "friable," "obstreperous," and "anomaly," is played with wonderfully offended dignity by **Tim Miller**. Cruz, despite a touch of pedantry, is a decent man, an activist from way back with his heart in the right place. He's still fighting the good fight. Naturally, both Britt and Milt have him in their crosshairs. Cruz holds his own, though, partly through vocabulary, more importantly through regular visits from his wife, Judith.

**Carol Van R.'s** Judith is a totally endearing, schoolmarmish mysophobe who, after umpteen years of marriage, still gets a thrill from stealing a kiss from her husband. Carol and Tim play off one another well enough to recall to us those rare real-world partnerships that actually are "till death do us part."

I enjoyed every minute of Carol's time on stage. As Judith herself might have said, What's not to like? A favourite moment was Judith's covert anti-bacterial midnight creep (complete with night vision goggles) to defend her man against malignant microbes.

Apart from his wife, Cruz's next best ally is Polly, a Doukhorbor staffer who remembers when times were kinder and hospital food didn't look like something that would make H.P. Lovecraft nervous. Polly does her job as it should be done, rather than as the bureaucrats order it done. Naturally, she's fired. **Janet Wallace** plays her as gentle rebel, close to the earth, caring, knowing where she stands, and, in the end, knowing how to take a stand. Polly's the catalyst that, for however brief a moment, pulls the whole motley crew together.

*Interior Health* is a bit of a four-bed circus, and every circus needs a ringmaster. The ringmaster here is the head nurse, played with just the right mix of authority and empathy by **Ingrid Zaiss Baezel**. Ingrid's character could be the twin sister of an old friend of mine who's an actual RN, with the same no-nonsense demeanor and bracing sense of humour. We once worked together in a facility that had its own share of eccentrics. I learned that it takes a lot more than a Milt or a Britt to faze a good nurse. They afford everyone the same professional respect and quality of service, oftentimes unappreciated, and in despite of the financial straitjackets imposed by the powers-that-be.

Final thanks to the remaining players: **Allan Hughes & Virginia Holman** as the long-suffering custodians, **Mauz Kroker** as the voices of authority (Doc and Inspector), and **Addi Fowler** as a young girl in a complicated world.

Take a few days off, everyone. We won't ask you about the next play for at least a week or so.

**Next Deadline:**  
**February 20, 2013**



## Double Treat Local Art Displays

submitted by Val van der Poel

Residents and visitors to the valley are in for a double treat during the early months of 2013. The Community of Creston Arts Council in cooperation with the Creston Public Library and the Chamber of Commerce are starting the new year off with two great art displays.

**The Art in the Library** exhibit is a Mixed Media display featuring Win Dinn, Shelly Lamb, Merilyn Arms and Val van der Poel. A vibrant and colorful display, it includes fabric, canvas and so much more. The library show runs from Jan. 12 through to Mar.9. and you can see the art on display throughout the library during business hours.

**The Art in the Chamber** exhibit gives two types of artwork for your enjoyment. Wonderful Photography from Jim and Howard Smith will be on display in the hall (you can check them out at [www.phototide.com](http://www.phototide.com)) and in the glass cabinets you will find the unique artworks of Lori Wikdah. The Chamber show runs from Jan. 14 through Mar. 11 and can be seen during business hours.

The Creston Valley is lucky to have so many talented artists and such great places to showcase their work. There are still spaces in these community art displays for more artists to share their art: just contact Val at 250-866-5772.

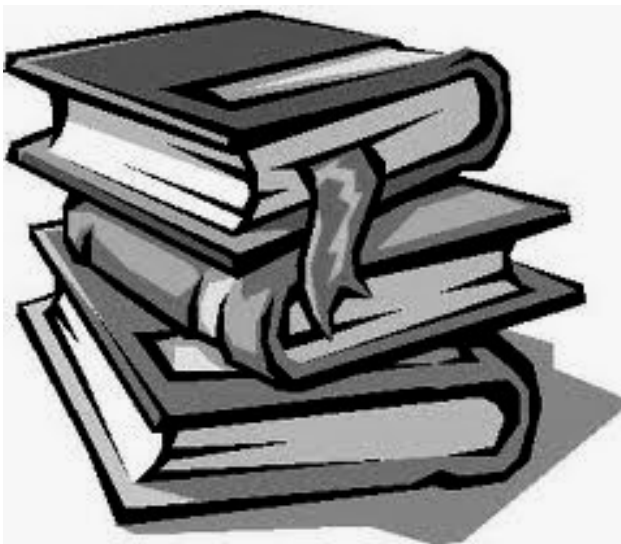
## Riondel Community Library

by Muriel Crowe

We are once again planning a spring open house for all those who would like to attend. We will discuss the party at our AGM and try to come up with some new ideas – we always welcome suggestions or requests for repeat activities. Watch for posters telling all about it.

I'm still hoping that all who enjoy the BBC videos will ask for more that they would like to see or think would be a good addition to the library. I have looked at buying some PBS DVD's but must order them through a Canadian company who charge about four times the cost of buying them in the USA. However they do have a huge annual sale and I will watch for that and see what they have to offer.

We do have some new young children's books and also more adult fiction as well as several by local authors. Do come in, browse and borrow. Enjoy the winter weather from the comfort of a cozy room with the company of a wonderful book.



## Crawford Bay Reading Centre

by Cathy Poch

Volunteers, what would we do without them? The Reading Center, for one, would have an extremely difficult time functioning without their many hours of help. We have front desk personnel, who help with the circulation of items, people who come in and help prepare the items for circulation, and we have persons who help with the maintenance of the library space. An appreciation luncheon is a nice get-together and often the only time we can gather all our helpers in one spot...Thanks to ALL who volunteer their time and efforts to the Reading Center-Library.

New books are continually appearing on our shelves, but they only stay on those shelves for six months before they are placed on the regular shelves. So if you have a book that you have put off reading and can't find, ask the desk worker to look it up and see where it was moved to. We are in the process of re-classifying some of our books, so again please ask the volunteer to see if your 'must read' has been moved to a new location.

A new book that is proving very interesting, and time worthy is *Cold Matters: The State and Fate of Canada's Fresh Water* by Canadian author Robert William Sandford. With information gathered in Canada, this is a very approachable work on the complexities and global implications of snow, ice, water and climate research on our ever-changing environment. Heavy stuff, not really, but we also have the newest Clive Cussler, Jude Deveraux and Robert Crais books in for those who would like just a good read.

Hope to see you soon at the Reading Center.

## BOOK REVIEWS

by Tom Lymbery

*THE DOC'S SIDE* - Tales of a Sunshine Coast Doctor, Eric J. Paetkau, Harbour Publishing, 223 pages, \$19.95

Garden Bay may only be familiar to readers of the classic *Fishing with John* but in this book we find that it was the site of St. Mary's Hospital that the author, a young doctor came to in 1959. He had come a long way, born to Mennonite parents in Rosthern, Saskatchewan, interned at San Diego, Cal. and decided to come to the Sunshine Coast of BC, after applying by phone to Dr. Swan for a position.

This is a great book, entailing a doctor's life in a rural area, becoming a partner with four others, he was determined to move ahead as a surgeon. His ingenious idea was to have a four year rotation, so that one could then take a year at a much larger, far away hospital, to upgrade and improve his skills.

When the hippy movement came to the Sunshine Coast he found that an expectant mother wanted to give birth as naturally as possible, even to the extent of wanting to eat her placenta! And that's not the only hard to believe story in this book – definitely truth is stranger than fiction.

*CANADIAN CON ARTISTS* by Lisa Wojna, Publisher Quagmire Press, 255 pages. \$18.95.

Perhaps you have never been taken in by a con artist, but please remember the many residents of the New Denver area, several of whom lost most of their life savings a few years ago. The perpetrator became trusted by a man who was a respected figure in the community, and this meant that nearly everyone could be taken in by the scam. This is the type of system that appears in several of the stories in this book, though the Kootenay story is not, but beware.

I wasn't familiar with most of the fraud artists the author describes in detail, except for Ferdinand Waldo Demara, who served with distinction as a doctor in the Canadian Navy, even though he had no medical qualifications. He usurped those from Dr. Joseph C. Cyr, and answered to that name while serving as a remarkably competent physician, even to the point that he was discharged from the Navy with full pay.

How about a bank manager in Edmonton who designed fake loans at the Bank of Montreal where he had worked for over 25 years? In six years, by 2002 he had taken 16 million, using the funds to buy 17 homes and 40 vehicles.

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# The East Shore MAINSTREET

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*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	<b>N/A</b>	2:10 pm	<b>N/A</b>	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



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**Junction Creek Hub Specials**

- Monday: Closed Mondays for February
- Thursdays: Authentic Russian Food
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- Sundays: (Closed)
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*Call to make a reservation.*

The Hub is now open for lunch  
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**\*\*Staff Accommodation is Available\*\***

KOOTENAY LAKE CHAMBER OF COMMERCE  
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**The 3rd Annual**

**VARIETY SHOW  
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**Feb 17, 2013**

**Crawford Bay Hall - 7pm**

Proceeds towards the fund for a new stage  
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Spaghetti dinner starts at 5:30 pm, w/ a great  
line up of talent for the show at 7pm

Entry fee (dinner & show): \$10 adults, \$5 kids

Info: Paul Hindson 551-5005  
Jacqueline Wedge - 227-6803







## Astrological Update

by Susan Snead

*It's a challenge for an astrologer to offer a general reading for each sign and have it speak*

*to each person. Some folk will resonate with what is written and some not. That could depend on whether you are born at the beginning, middle or end of a sign. I decided to look at the transits of the outer planets from this vantage point. It's surprising how a general look can give so much information if read at the right time. By reading the interpretation for your Sun sign or rising sign, Astrology can help clarify or answer some questions you might have been wondering about.*

*Even though each of us is dealt a different hand for this life's experience I am a firm believer that thought creates and life is born anew at every moment. Always reach for a higher thought. Life is divine! Enjoy, and happy 2013.*



**Aries:** Aries people born in March and early April have been going through a bit of a wakeup call to new and exciting possibilities. The planet Uranus plays with your individuality giving you ingenious new ideas shaking up your persona and perhaps connecting you to a new way of looking at life. The key words are freedom and originality. All Aries born will eventually experience Uranus as he makes his way through your sign over the next few years. Best not to throw the baby out with the bath water, so to speak, as rebellion and originality can have its consequences.

Relationships have gone through a testing ground over the past few years as Saturn made his way first through your house of marriage and now travels in the house of death and rebirth. If your marriage didn't breakup and you committed to work out the rough edges with your partner then you have worked well with the energy of Saturn. Some Aries may have married during this time or made a deeper commitment to a partnership. Saturn is currently transiting your solar 8th house of death and rebirth. This is a time for deep soul searching and letting go. Saturn in the 8th can bring death close to home either literally or metaphorically. It's a time of replenishment right down to the cellular level and searching for a spiritual connection to source. Some may seek a form of therapy for deep emotional healing. Breath work, body work and release are the key. Have some patience with yourself. Now is the time to write, talk and make connections with your community.



**Taurus:** The area of health and service is the focus for later born Taurus folks as you are learning how to care for your body's health requirements. Routine, exercise and a balanced diet can prove helpful now. You may have gone through a trying time with your health lately as the balance of work and service has taken your focus. Any new businesses started now will be significant if commitment is there. At the same time your energy level has been good and the need to travel and network is there. It's likely that you have gained weight as Jupiter transits your first house of self. You may feel optimistic and generous. The public might see you as a healer now or as spiritual advisor, while you may feel unsure of your place in the public eye. Early born Taurus may want to "tie the knot" with a loved one as Saturn transits your solar 7th house of marriage and partnership. Intensity and deep emotions challenges you to either renew your commitment with your partner or call it quits. Emotions not expressed can lead to problems later on. It's good to delve deep while having patience and understanding of your loved

ones especially spouses. Your friends might be going through a time of healing and confusion or spiritual awakening. It's good for you to be there as a counselor or healer. It looks like your finances and self worth are in good order. Abundance comes as you share your values and generosity with others. Travel, going back to school or delving into a spiritual or philosophical practise can awaken new insights and understanding.



**Gemini:** For early born Gemini expansion comes in many forms as Jupiter transits your solar 1st house. It's time to grow bigger and express yourself with confidence by exploring the boundaries of your persona. Weight gain is possible but since Jupiter is in Gemini you will want to talk, write, connect, study and act on new expanded ideas and philosophies as well as being more generous and playful. Jupiter brings out the teacher archetype and others are ready for your wisdom. Travel is possible. Saturn has moved into your solar 6th house asking you to look closely at your health needs and where you wish to be of service. Perhaps it's time to create a new routine and exercise more awareness of how to maintain good health. If working with others in a healing way is the service you are attracted to then this is the time to move forward for the benefit of all. Whatever business idea, now is the time to create the structure. Later born Gemini may experience a deep transformation through relationships while the area of love affairs, creativity and children focuses your attention. An older or more mature person may enter your love life offering you a chance to share in creation together. It's important to work through any fears that get in the way of birthing something new. You seek the meaning of life from deep within and have the ability to be optimistic. Keep up the good work!



**Cancer:** Early born Cancer folk are experiencing deep transformation within the area of relationships and your passions may run wild. With the planet Saturn and the moon's node transiting your solar 5th house in Scorpio it's time to develop your creative self image and express your talents in a more structured way. The 5th house rules children, creativity and love affairs. An older or more mature person may enter your love/creative life and you may feel challenged to move through any inhibitions that restrict your creativity and sexuality. Cancer parents may need to develop "tough love" with children who require more discipline or structure. Others may be expecting a new addition to the family. You have an optimistic view of life and feel inwardly guided. For mid to later born Cancer the home and "inner foundations" are taking your focus. Early roots, family heritage and psychological patterns are pondered. Projects at home may need attention. During this time you are laying down a new foundation both literally and metaphorically as appliances or the roof needs mending. Daily routine is important now as health issues surface. Exercise programs for maintaining good health are essential. Breathe deeply and move your body. Pondering the relationship between mind and body is your challenge. Friendships groups and associations prove beneficial and help you to lighten up and have more fun while the inner foundation grows in depth and understanding.



**Leo:** Early born people with the Sun in Leo or Leo rising have been involved in a balancing act with one side being called into the public lime-light while the other side just wants to be quiet at home. The need for public recognition is going to happen whether you want it or not and the area of work and profession may call you to be the teacher or public "vocal" person. On the other hand the home is calling you to work more on your inner foundation,

and home repairs may need your attention. Relocation or building a new structure is not uncommon judging from the transits you are going through now and in the next couple of years. It's a time for deep emotional processing and the home is the place to do that. For later Leo you may be experiencing a few years where communication has been an effort and connecting with your immediate surroundings a challenge. Commitment to a study or teaching or simply connecting with siblings prove beneficial. In the area of partnerships there is a new vitality moving in. Your partner has been going through his or her own inner emotional processing and healing over the past few years. For some the area of children may continue to be intense but the key is to channel your own energies creatively rather than being the explosive parent. The area of health requires rejuvenation right down to the cellular level. Exercise, routine, proper diet, fresh air and deep breaths are the ticket. There is a lot of growth in the area of friends, groups and associations as expansion calls you to join with others.



**Virgo:** You mutable earth Sun or rising signs have probably felt the need to break free and travel or study. Some have been on a search for Life's meaning either spiritually or philosophically. Perhaps you decided to go back to school or learn or teach another language. For those early born Virgos you have moved on into the public awareness and could be on "stage" literally or off travelling with your job. If you want that important work position, now is the time to prove yourself. People are watching and the opportunity is there. In the area of communication you may have found it hard work to express yourself over the past while. With some effort and focus this is a great time for writing or teaching, studying or connecting with siblings. There is now an opening to express yourself in a deeper and more meaningful way. Uranus the planet of "freedom" may have brought you a number of unconventional relationships over the past few years. Healing old wounds is a sign of the times and the Virgo is or has been learning how to heal their own wounds and become the healer for others. You may find that your spouse or partner has become more sensitive and needs support in their healing process. You may have experienced dramatic changes at home over the past few years and building a new structure essential. Perhaps a move into a deeper feeling place is bringing up emotional fears for clearing. This is still in effect for a while yet.



**Libra:** For Libra suns or Libra rising it's time to build up your personal resources either through hard work or by delving deeply into the wellspring of your personal resources and find out what your talents, gifts and values are. You may feel fear or worry in the area of money and finances while on the other hand there is an opening to discover strengths and talents you didn't even know you possessed. You may be learning how to acquire what you need in life by starting something new or seeing your own self-worth from a different vantage point. The past few years probably found you working on yourself and personal boundaries. This will continue for later born Libra. Currently or soon you may be on a search for the meaning of life either spiritually or philosophically. It's a good time to study, publish, go back to school, learn a new language or travel. Your children may have been going through a painful or difficult few years as Chiron and Neptune and possibly Uranus are transiting your 5th house of children, love and creativity. Doing art, drama or anything creative may help them express their individuality, fears and deep emotional needs. The home continues to be a place where intensity and drama are played out although for late Libra the intensity is yet to come. Inheritance or working with other people's money is likely.





**Scorpio:** Watch out Scorpio this is the time you've been waiting for. With transiting Saturn and the moon's North Node making their way through your sign, a new yet challenging period is upon you. If you've been wondering and waiting for something to awaken in you, now is the time to shed the old out worn aspects of yourself and be reborn! Your sign contains the metaphor for the world as rejuvenation right down to the cellular level is required. It is interesting that the year of the snake is also upon us. The snake shedding its skin is one of the symbols of Scorpio; along with the scorpion, the eagle and the dove of peace. The eagle sees the bigger picture and is able to let go and rise above the stings of the past. This is a relationship time for Scorpio born or Scorpio rising. It's time to have fun again. It's time to be creative and let love flow. It's time to learn about other peoples' values and beliefs. It's a time of death in many forms yet it's a time of life too. Inheritance is a possibility or the opportunity to work with other peoples' money. With patience you are moving into a new level of responsibility for yourself and your loved ones. Look to November when the beginning of a new job or focus may present itself. Move forward without fear. Deep love and healing is available for you as you let go and let life in.



**Sagittarius:** Sagittarius is the sign most connected to Law and the Education Systems. Your ruling planet Jupiter is moving back and forth within the sign Gemini from your 6th house of health and service into the 7th house of partnership. An interest in health and welfare within the workplace may have been the topic of your attention as well as a renewed interest in your body and health matters. It's time to take your new ideas and put them into action, or at least write them down for that future proposal. Creating a routine will focus you, while exercise that enhances flexibility and strength is of great benefit. A time of intimate relationship is upon Sagittarius, inviting in someone who excites the sense of adventure in many ways. It could be a joining of minds or like a muse, someone who inspires and expands your vision. Friendships need your attention now. Some may fall away while new ones form. Group energy may invite you to join and if you work through fears and inhibitions in this area and/or control the Ego's need to lead and dominate, you will grow and flourish. Any new group, community connection or friendship cultivated now contains a purposeful direction. Your persona has gone through a metamorphosis over the past few years deepening and guiding you to be a more powerful person. Honour yourself.



**Capricorn:** Capricorn Sun and rising sign people provide a responsible role in all areas of life. They shine in the professional and work related realms by going the extra mile and taking on the task that gets the job done well. These days your ruling planet Saturn is found in the upper areas of your Solar chart either in the 10th house of profession and public persona or in the 11th house of groups, community associations and friendships. You may feel a restriction as limits in these areas present themselves. Early born Capricorn are learning about group dynamics. Drama might play a part in relation to interests groups, organizations and your friendships. It's best to work out any issues that may come up by trying to lead or control the group. Commitment to the process offers a deepening quality to all relationships. Old friendships may change and fall away while new ones formed. If you work through fears related to group involvement or being in the public eye you are learning the lesson well. The later born Capricorn are gaining maturity and leadership in the work/professional areas. People are looking at you

with respect. Integrity, responsibility and leadership will open new doors. Be prepared to shed a few layers as Pluto challenges your persona to grow and deepen. With Jupiter in your 5th house it's time to play, be creative and enjoy life in an expansive new way. Dance, sing, have fun with children and enjoy your emerging creative self. Love is available for you now as you fine tune your vibration to attract what you want in life.



**Aquarius:** Aquarius Sun and rising signs are ruled by the two planets Saturn and Uranus. Saturn deals with limits and creates structure. It is patient and reserved. Uranus breaks down the structures and makes room for the new. It's unexpected and original. What a complex sign an Aquarius can be; serious, scientific and retiring as well as rebellious, free and inventive. Early born Aquarius are restless with new ideas and inventions wanting to burst forth right now. The area of communication, computers, teaching is calling you. You could "blaze new trails" in writing or journaling as the future urges you to express something new. The muse calls you to write, to act, paint and become creation itself. Love affairs and children fit into this backdrop as well. At the same time your professional area is asking for more commitment and serious attention. Perhaps it's time to begin that business idea or start a new job. Therapies, counseling, and anything that focuses your attention on renewable resources, the environment or emotional release work are attractive now as you seek the meaning of life from a place deep within. The later born Aquarius would benefit from studying a new subject and going to school. It's time to broaden your perspectives. You might move into a larger home or add on to your existing one. Home is a place of much learning and expansion. Groups, politics and friendships offer profound experiences that enhance depth and inner power.



**Pisces:** Deep inner focus is the theme for later born Pisces folk as Saturn and the moon's north node travel through your 8th house of death, rebirth and the resources of others. If you find yourself pondering life and death issues, understand that this journey into the "underworld" is timely for your inner growth. You are learning about power and the balance between power-over and power-with. At the same time Uranus is asking you to free yourself up by presenting a more authentic and original persona. You have a lot of ideas and writing, journaling and connecting to your immediate environment is expanding. Deep spiritual connection is available. Early born Pisces now have Saturn in the 9th house suggesting a need to embark on a timely new study, travel for a purpose or ponder the meaning of life. Powerful interactions with friends and groups encourage you to get involved and grow. A move to a larger home, adding on to the existing structure, or home schooling are themes for you right now. With Neptune and Chiron in your 1st house healing is available as addictions can be faced and wounds healed. You are becoming the "wounded healer". You have the imagination to manifest whatever you want. Keep the dream alive, focus your intention and surrender to the flow and process. Always reach for a higher thought.

*Note: To contact Susan Snead's, her services are listed in the Mainstreet, in the Services Directory.*

**Next Deadline:  
Feb 20, 2013**

## Health & Happiness

by Dr. Sid Kettner

### Healthy Eating Tips Part II

Last month I shared a summary of an article by noted medical author, Dr. John Whyte. He gave excellent advice of losing weight by thinking about food in a new way, and not using the word "diet" which has a nasty connotation. He mentioned having breakfast every day, drinking more water, eating fish instead of red or processed meat, embracing whole grains, filling up on fruits and veggies, being wary of "diet" foods, not eating out for two weeks, inspecting food labels, snacking twice a day and chewing gum. Abbreviated medical reasons were given for each of these.

But now I would like to share a few more short and practical tips—some of which are repeats:

- Drink more water, avoiding caffeine, juice or sodas.
- Eat breakfast every day using whole grain breads and cereals plus fruit.
- Sleep at least seven hours a night.
- Eat smaller meals with two small snacks (like fresh fruit) and nothing after 6pm.
- Eat fish 2-3 times a week if you are not a vegetarian yet. Avoid red & processed meat.
- Spend at least 30 minutes on a meal.
- Eat a bit of dark chocolate daily.
- Count steps—at least 10,000 per day.
- Add heart-healthy nuts & olive oil to your diet.
- Eat lots of veg & fruits, especially berries.
- Weigh yourself once per week (not daily or monthly).
- Eat at the table with your food on a small plate.

Simple, right? And medically sound. So . . . "eat less, move more" and then enjoy the good health you have earned.

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

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

**Next Deadline:**

**Feb 20, 2013**

## Remembrance Garden

by Wendy Scott

The snow has caught up with us. A reminder, perhaps, that winter is really here. But three days ago a flock of geese cruised over our house -- heading north. If we ignore the fact that on that day the temperature in Prince George was higher -- by 7 degrees -- than it was in Riondel, we might assume that spring is on the way.

There are many bare patches in the garden and I can't help but examine them daily for hints of crocus -- even if it's only mid-January and we're still pushing snow off the benches.

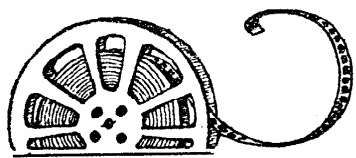
Soon it will be warm enough to re-place the missing benches. Then you will be able to see several new memorial plaques and we will be looking forward to a completely new memorial bench.

Till then, come and walk in the snowy garden. It's a peaceful place.

[Wendy.wmescott@gmail.com](mailto:Wendy.wmescott@gmail.com)  
[Muriel.mcrowe@bluebell.ca](mailto:Muriel.mcrowe@bluebell.ca)

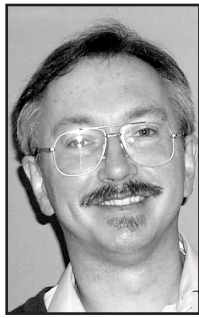
February 2013 Mainstreet 13





## Seldom Scene

by Gerald Panio



"I'm a little piece of a big big universe."

-Hushpuppy

Luanne Armstrong's daughter, Dorothy Woodend, has been the film critic for the online *Tyee* newspaper since 2004. She writes passionate reviews, and I've read almost all of them over the years. Usually we're of a similar mind on things, with only the occasional point of contention. So I was more than a little surprised to find Ms. Woodend, in her latest review, savaging the film I'd chosen for this month's column. To use an old cliché, it's as if we'd both watched different pictures.

The work in question is 29-year-old Ben Zeitlin's debut film *Beasts of the Southern Wild* (2012). Ms. Woodend dismisses *Beasts* in about three sentences, claiming its main message seems to be that it's actually fun to be poor. She references a quote about "anthropological voyeurism," which sounds like a dreadful thing indeed.

Except she's wrong. *Beasts of the Southern Wild* is like a cross between *Alice in Wonderland* and *Mad Max*, and it's a little difficult for me to associate a booze-fueled, post-apocalyptic watery wasteland, complete with resurrected giant primeval aurochs, with "fun." If there's anything voyeuristic here, it can only be in the sense that the viewer is captivated by this young filmmaker's strikingly original vision. According to Peter Travers in *Rolling Stone*, Zeitlin himself said he wanted to merge "the poetics of an art film with something that feels like *Die Hard*."

Let's backtrack. *Beasts of the Southern Wild* is set in a remote, entirely mythical parish nicknamed The Bathtub, somewhere near New Orleans. The Bathtub, as befits its name, is the kind of place that's going to disappear first as global warming kicks in. Its inhabitants are hard-living Cajuns and Creoles living so far off the grid that they don't even know that the grid exists. Houses are shacks and gerrymandered trailers stuck up on pylons like a bunch of arks built by drunken Noahs. If you stuck 'em in Hieronymus Bosch's *The Garden of Earthly Delights* or Pieter Breughel's *Netherlandish Proverbs*, no one would notice.

*Beasts'* setting is unforgiving in its poverty, yet abundant in its endless supply of the basic necessities of life—water and chickens and enough seafood for all the gumbos in the world. Totally at home in this environment that would probably scare the hell out of most of us, calling it "the prettiest place on earth," is one of the swampland's fiercest creatures—a six-year-old girl named Hushpuppy. In her first acting role, Quvenzhané Wallis, five years old when she started working on the film, knocks the ball so far out of the park that even Babe Ruth's jaw would drop. I can understand Dorothy Woodend having objections to thematic issues raised by *Beasts*, but I'm stunned that she wouldn't acknowledge Wallis's performance. Even if the film were a stinker, this kid would deserve a standing ovation. We believe everything she tells us, because we're scared she'll come after us if we

don't. She the Man.

Hushpuppy lives with her dad, Wink (another superb first-time performance from Dwight Henry, who took time off his job as baker to make the film), a violent boozier whose only saving grace is his burning desire to teach his daughter the survival skills he knows she's going to need when he ultimately drinks himself into oblivion and the blood disease he's contracted kills him. Father-daughter bonding consists of fishing the bayous in a truck box converted into a motorized raft, and hanging out at crawfish bacchanalia. Wink's an explosive tinderbox. Like father like daughter.

We never doubt the ragged glory of their love for each other. We never doubt that Hushpuppy could become a modern-day version of Francois Truffaut's *Wild Child*. We never doubt that her explosiveness is more than a figure of speech.



*Beasts of the Southern Wild* has potent elements of magical realism. I've already described the setting. There are also eerie segues to melting polar ice-caps within which are preserved the aforementioned aurochs—massive boar-like creatures dreaming the millennia away until their moment comes to once again roam upon the land. Alice had to deal with the Red Queen, and you just know that at some point there's going to be the coolest scene ever where Hushpuppy



comes face to snout with these nightmares from prehistory. And you know who's going to back down, don't you? Hell, I have no idea what it all really means, but I know a hero when I see one.

And speaking of heroes, every hero needs a quest. Hushpuppy's is for her lost mother. Her quest takes on a desperate new urgency as rising waters and collapsing levees threaten to wipe The Bathtub off the map and her father's body decides it has had all the abuse it's going to take. Her questing journey leads her out into the ocean where she finds an ancient mariner in a rustbucket boat instead of the *Lady in the Lake*, a mysterious light signaling on the horizon, and a floating brothel to take the place of Perceval's castle. I'm not sure exactly what, or who, Hushpuppy finds at the end of her quest, but whatever it is is enough to armour her

for what's yet to come.

This story is not a tragedy. I think Ms. Woodend was disappointed by that. When she accuses the film of trivializing poverty, I think she's saying that it's cheating on its obligations to prove to us that this kind of lifestyle has brutal consequences. Yea, it does. Wink is not a backwoods saint. He pays the price. But if life in the midst of crushing poverty offered no opportunities for joy, it wouldn't be life at all. Charles Dickens and Charlie Chaplin and every great Blues musician since Robert Johnson have driven that message home. I might feel like I'm fixin' to die, but that don't mean I can't sing.

Ben Zeitlin made this film on a minuscule budget of around \$1,800,000. He wrote the score himself, at moments reminiscent of Michael Nyman's for *The Piano*. He co-wrote the screenplay with his partner Lucy Alibar, based on a play she'd written. Aside from getting superb performances from his actors,

Zeitlin got first-rate cinematography from Ben Richardson. I think this was Richardson's first feature film as well. He shot everything on Super 16-millimetre film. The special effects crew did an amazing job with the resources they had.

Once again, and just to rub it in, I'm going to end with a quote from Roger Ebert: "Sometimes miraculous films come into being, made by people you've never heard of, starring unknown faces, blindsiding you with creative genius. '*Beasts of the Southern Wild*' is one of the year's best films."

## The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264  
Box 140, Crawford Bay, B.C. VOB 1E0

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## From the Principal's Desk

by Dan Rude

I'd like to express my appreciation to some community members who have inspired me recently with insights, commitment to their passions, and willingness to share important messages.

- Reading Alanda Greene's novel *Napi's Dance* was one of the highlights of my Christmas holiday. Through her writing, I was reminded of the importance of story-telling, of how our lives weave together through generations and cultures, and of the many valuable ways there are to experience knowledge – many of which are very different than our current ways of thinking.

- Doreen Zaiss' play, *Interior Health* pointed out the humour and depth that is always around us in any given situation, and ready to be taken in when we pay attention. The Hexagon Players' performance demonstrated incredible commitment and follow-through, and gave a clear example of what can happen when a group of people decides to work together with a common purpose.

- One of the purchases that I made from our recent silent auction fundraiser was an afternoon guitar lesson with Kenji Fukushima. This experience helped kick me out of somewhat of a musical rut, with ideas and tips that I will be continuing to learn from over the upcoming months. It also reminded me of the importance of being generous and warm hearted.

- An idea that is in the works for next year, that involves our lunch program chef, Lee, garden-based learning steward, Dana, and our staff, involves a mentorship program for some students in meaning-

ful food-focused learning projects. With creative conversation, time together, and willingness to think big, great ideas continue to emerge.

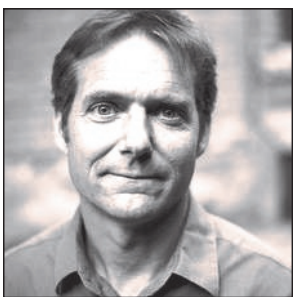
In our January meeting for EASEY (East Shore Alliance Supporting the Early Years), the idea was raised to hold a series of breakfast conversations about parenting, based on some key insightful readings. Two possibilities that came up are *Positive Discipline*, by Jane Nelsen and *The Whole Brain Child* by Daniel J. Siegel. I appreciate this idea, as I find it can be challenging to communicate our philosophies, successes, challenges, and questions without taking enough time, and without developing a space for being open about one of the most challenging jobs - parenting. I think such a project would have a huge benefit to our school and community.

This spring will see the majority our secondary students involved in at least one of three major traveling and learning opportunities. In February, Mr. Panio is leading an exchange trip to Quebec (which will be followed late in the school year by the Quebec students coming here). In March, Don Warthe and I are leading a humanitarian and language adventure to Oaxaca, Mexico. In May, Ms. O'Neill is leading a group of theatre enthusiasts to the Good Will Shakespeare Festival in Summerland, where they will join other youth from across the province. Thank you to all who are supporting these initiatives, as we aim to develop school programming that has our students highly engaged in our world and has the world highly engaged with our students!

Finally, I'd like to thank those who continue to share ideas and events with me that connect with what is emerging in the world of education. See this link <http://thomashaney.eventbrite.ca/> for details of Thomas Haney Secondary School's 'Call to Action' open house, which Ms. Okros and I are fortunate to have attended with other teachers and principals from our district. See this link <http://www.teachingtheway-childrenlearn.com/> for a conference in Halifax in April that has my interest piqued. (Thanks Lenora and Lea for sharing.)

## Peace Activist & Former Iraqi Hostage Speaks in Nelson

submitted by Selkirk College



Friday, Feb. 8, 7 p.m. at the Shambhala Music & Performing Hall, Selkirk College Tenth Street Campus, Nelson

In November 2005, James Loney and three other men were captured by armed

gunmen and held hostage in Iraq. Loney was part of a delegate from Christian Peacemaker Teams – an organization that sends activists trained in nonviolence to conflict zones in order to reduce violence. The four were in Iraq in order to work with local organizations on humanitarian projects, to support local peace and human rights work, and to raise awareness back home about the human rights abuses being perpetrated by the American-backed war in Iraq.

"We are very happy to have James Loney be part of the Mir Centre for Peace Winter Lecture Series. He brings a personal story that is very inspiring" says Randy Janzen, Chair for the Mir Centre for Peace at Selkirk College.

Loney and his three colleagues, fellow Canadian Harmeet Singh Sooden, Norman Kember of Britain and American Tom Fox, were kidnapped and held hostage in Baghdad in a story that made international headlines. Their 118 days of captivity were the ulti-

mate test of personal strength. All four captives were handcuffed together which made basic physical tasks like sleeping and eating extremely challenging. Additionally, the boredom, the scarcity of food and not knowing whether one would make it out alive, challenged their psychological and spiritual well-being. Loney, Kember and Sooden were rescued in a high profile military operation after 118 days in captivity. Tom Fox, however, had been killed two weeks before their release.

Loney's rescue did not end his relationship with his former captors. Loney, Kember and Sooden publicly forgave their captors at a press conference in 2006. In 2007, Loney and his colleagues refused to testify at the trial of their captors, who were being held in U.S. detention, citing that the prospect for a fair trial was minimal.

Loney's story has been captured in his highly acclaimed book, *Captivity: 118 Days in Iraq* and the *Struggle for a World Without War*. Loney will be sharing his personal experience of captivity, his vision of a world without war, and his life-long commitment to pacifism.

The event will be held at the Shambhala Music & Performing Hall, and will feature a special performance by Castlegar's Vision of Peace Youth Choir. Tickets are available at Otter Books, Selkirk College Bookstore (365-1281) and are \$16 adults, \$13 students and seniors. For more information, call 250.365.1234.

## It's a Small World After All



www.dougpyperphoto.com

### In the Country of Men

by Anna Rose

Book of the month: *In the Country of Men*, 2006 Hisham Matar, Viking Canada, 245 pages, fiction.

This novel, written before the Arab Spring of 2011, lets us feel for a moment the emotional legacy of growing up in a country ruled by a repressive regime. The author uses some material from his own childhood in Libya in the 1970's, which alone would be enough to make an interesting story. He tells it in such a way, however, as to make this an incredibly rich, powerful book.

This acclaimed short work, narrated in the simple style of a nine-year-old (but very observant) boy recounting the events of a summer, is actually extremely complex. It has many interwoven themes including loyalty vs. betrayal, courage vs. cowardice, and idealism vs. pragmatism. The main character, Suleiman, discovers his parents have weaknesses and inconsistencies he never suspected before. Happily, he finds his love for them persists anyway. He also begins to realize that the government propaganda he has always heard around him is not true, and that the powerful men whom he used to admire are no different from the backyard bullies, or indeed, from himself when his hurt and confusion lead him to turn on a helpless beggar.

The author uses symbolism skillfully. For example, the father's sunglasses (his deception of his family regarding his underground activity) are mentioned several times as are mulberries (the angels' reminder to people on Earth to have patience). There are references to a narrow bridge over the fires of Hell to Paradise. But black-and-white impressions give way to innumerable shades of gray. Suleiman agonizes over many questions. With so many mixed messages around him, what does it mean to be a man? And, "Can you become a man without becoming your father?"

In the end, Suleiman sheds his expectations that life will unfold as it does in the cowboy films he likes to watch, where something always happens at the last minute to enable the hero to save himself from mortal danger. He feels very insecure without that trust, but his admiration for a character from a much older set of stories grows even stronger. The character happens not to be a man at all, but Scheherazade of the *Thousand and One Nights*, who "kept her nerve", who could even "sing under the sword".

This book has some elements in common with other tales of transitions from childhood to adulthood. But this boy's early ending of innocence is in a country that became a dictatorship before he was born and in a society where male dominance is expected. He witnesses phone tapping, the abduction of a neighbour suspected of opposing "The Great Teacher and Benefactor, Muammar el-Qaddafi", an execution shown on TV, and worse. Snippets of Libyan history and poetry, and vivid descriptions of streets in the bright white heat make the story unique to the country of its setting. This brief review can not do it justice, only perhaps raise your interest so you will read the book for yourself.





## Tom's Corner

by Tom Lymbery  
**SS Nasookin Ferry Years, Part 3**

Last month we mentioned the alterations in 1933, which removed the forepeak over the bow so that Greyhound buses and larger trucks could be carried across the bow. *The Nelson Daily News* of May 7, 1934 reported that A. H. Green and Co. of Nelson had been awarded the contract to complete alterations to the four deck sternwheeler. "The work on the Nasookin," stated A. H. Green Sunday night, "will commence at once, and will be done while the boat is doing ferry duty. Only during the time that the pilot house is being fixed, will the boat have to be tied up. The repairs will take about two months," Mr. Green estimates, "and will involve, besides reconstruction work, painting. The top deck will be taken off completely, and part of the next deck, and there is to be other arrangements in the inner confines."

I well remember seeing carpenters at work during the half hour the boat was docked in front of our store, three times daily. I was five years old and couldn't swim, so was not allowed to go in the water to salvage those attractive chunks that were discarded off the ship. My Dad did, however, and came up with some stair posts and railings, as well as sections about four feet square, which were canvas - covered from the boat's roof. The stair railings became part of an addition to the Auto Camp lodge building, while the roofing sections were used to keep loose hay off the ground in a shed. Nothing went to waste in the 1930s.

*The Daily News* reported on June 11, 1934, "John Armstrong, mechanical superintendent of the provincial public works department, arrived from Victoria Friday night and spent Saturday inspecting the main lake steamer Nasookin, in company with Inspector George Leask, under whose supervision the work is being done."

After the upper cabin deck was removed, the pilot house and funnel were lowered. This made the six daily trips around Cape Horn much safer from the prevailing south wind which placed such force on the boat. Even so I can remember Captain Malcolm MacKinnon having to head south a mile or so, before he could safely make that turn.

The next winter was a very heavy snow year - as the *Daily News* reported on January 23, 1935 with the front page headline, "SNOW CLOSES WEST ARM AND MAIN LAKE ROADS AND FERRY STEAMER BECOMES MAIL-BOAT." "The battle with the latest snow blockades became a battle to salvage the mail service, with its allies, the public works department and the

bus service, losing an opening round, but with better fortune promised today. To help the Greyhound Lines get the bus for Creston, with the mail sacks for main lake points through, the main lake steamer Nasookin, with Acting Captain Norman McLeod at the wheel, came down the West Arm as far as it could, breaking through an ice field at Longbeach, and finally being stopped by ice at Kokanee."

The article goes on to say, "This was after its trip to Gray Creek had been cancelled by the public works department when word of the Boswell blockade was received. But no connection was established, as the Greyhound's two busses, the first plowing the road with its V-plow, and the second, the bus for Creston pushing the first, were stuck at Willow Point, after a three hour battle with the deep snow all the way from Nelson."

We have a photo of Greyhound coach number 22 fitted with that V plow from around that time, courtesy of the late Bert Learmonth, but this is the only mention of trying to push it with a second bus. Keeping snowy roads open in those years mostly consisted of packing the snow down and using chains to drive on top of the packed stuff. Jim Burge had a Model 10 Caterpillar on tracks (smallest model they made), but I don't think the system had him using it as early as 1935. Lawson Hepher, the road foreman in Boswell came up with a wooden V plow pulled by a team of horses, and managed to make a track with it from Boswell as far as the Gray Creek wharf, battling that very heavy January snowfall. This wooden plow couldn't really plow - it only made a track on top of the snow, which you can see in Arthur Lymbery's photo of the road by the store, with the dock just beyond around the corner. Jim Burge's 1928 Essex is snowbound at the foot of the road to Crawford Bay.



*A Greyhound bus boards passengers at the Nelson Greyhound bus depot after clearing the road, ca. 1937. Photo courtesy of the late Bert Learmonth*



*In January 1935, Lawson Hepher and his horse-drawn wooden V plow had cleared the road as far as the Gray Creek Store and the ferry wharf just beyond. In the foreground is the track left by the plow; in the background is Jim Burge's snowbound Essex car and a "Road Closed" sign.*

Photo courtesy of Alice and Janet Bruce collection via Riondel and Area Historical Society

That same edition of the *Daily News* reports that that same snowfall had crippled Vancouver and the Fraser Valley, with 50 power poles down in the Chilliwack district.

On March 2, 1935, the paper listed figures released by the BC Minister of Public Works, Hon. F. M. MacPherson, showing that in 1934, the Nelson cable ferry made 20,811 trips, carrying 79,774 cars and 16,268 passengers. That same year the figures for the Nasookin were 939 trips, with 7,960 cars, 893 trucks, 19 rigs, 13,907 passengers, 784 tons of freight, and 259 animals.

A *Daily News* story on February 12, 1938 reported increasing traffic crossing on the Nasookin in January 1938, - the same number of trips (63) as in January 1937, but 150 more passengers, 61 more cars, and 14 more trucks. That must have been a lighter snowfall year than 1935! Another news report on April 22, 1939 gives a detailed report, listing the provinces and states for cars carried by the Nasookin in 1938. My memory tells me that Saskatchewan cars were in the majority during the Depression with dusted and busted people escaping that province. But not so in 1938 as 349 Saskatchewan cars were outnumbered by 1926 cars from Alberta. However this report only lists cars and there were many old trucks coming through from Saskatchewan.

*Thanks to Earle Cutler of Nelson for his comprehensive file of anything connected with the Nasookin.*

## The PAC Box

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

**PAC MEETING:** Our next PAC meeting will be held on Tuesday, February 12 at 7pm in the school library. All parents & guardians are welcome! Call Erin (227-6848) or email namaskar@theeastshore.net to be put on the agenda.

**HOT LUNCH PROGRAM:** Would you be willing to work one 4-6 hour shift per month in the Hot Lunch kitchen? Your help would be greatly appreciated. Contact Jenn at 250.227.9175 to volunteer.

## CRESTON VETERINARY CLINIC

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

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



**Mobile Clinic Dates:**  
 Feb 12, March 12 and April 9 at the Crawford Bay Castle.



*Kootenay Lake Community Church*

# Something to Ponder

by Pastor Bill Gooding

Well, I have to admit that at the moment I am actually quite sore. I mean physically sore. My doctor has me on this fitness plan to lower my cholesterol and diminish those bad triglyceride's (too much Ben and Jerry's Cherry Chocolate Ice Cream). So twice a week I have my fitness workout. Now, as I used to play competitive rugby and basketball, I just tend to go flat-out and try to workout as I used to many years ago. The real problem is that that was some years ago. I need to get a wee bit real and dial it down a bit so I'm not in pain the next few days. In other words I have to think clearly, or I will deal with the consequences of not doing so,

But, in going to the Fitness Center, I see all kinds of people working out. Some are quite serious and I marvel at their fitness levels. Their effort expended is admirable. Then there are some guys who are there to impress the girls and I might add vice-versa, and some just to impress any who will glance their way for a moment. The center has many mirrors placed strategically and many times I see people in essence admiring the results of their hard work.

In summary, I see many people putting in time and effort on how one looks physically and one's physical well-being. There is nothing glaringly wrong here. Yet we spend this time and energy on our physical health, but it seems very little regarding our spiritual health and well-being.

And of course that becomes a concern for me, for if one cares about people, and we at Kootenay Lake Community Church do care, then we ask you to consider giving some thought to your spiritual well-being.

Last week we talked about the dynamic regarding the truth of the resurrection. And this is the focal point of our Christian faith. Reality – if there was no

resurrection of Jesus Christ then there is no basis for Christianity. None whatsoever. No resurrection? Then this is all a hoax and even more if we have stated that God did something that He didn't... then we are people who should not be trusted. But the resurrection is true and there is overwhelming and historical evidence to prove our claim.

Now admittedly there are times when people just feel uncomfortable in discussing these issues. But I am asking you to consider, to really think about who we are and what we as Christians believe. There have been times when people actually initiate the question of religion, and someone will reply, "Oh, but all religions lead to God. And I am not really a religious person." Well, I would give odds of 20-1 that he or she knows almost nothing about his own religious background, and knows even less about any other. And I would venture that he/she has made little or no investigation whether there really is a religious-type person and just what that would actually look like.

Or, consider this comment from another person, "Jesus was just a marvelous teacher." To the person saying this, I would give even greater odds that he/she has never examined the truths and claims that Jesus made.

I would love to sit with you somewhere and just talk about what each believes and why. We should have a coffee together (I'll even buy - but just the first time). My admitted goal would be to cause one to muse, to think clearly and directly, about the issues of life and death. Please note that to muse is the opposite of amuse, and I say these things because most people, most of the time are content NOT to think about these really important matters.

"I have no time for religion," says someone who has retired out here on the East Shore after making wise and even prudent financial decisions. But what if there really is a God? What if there really is a heaven, and there is forgiveness? Then that attitude is in reality a very short-sighted and even appalling comment. So one who has over time been a shrewd investor may well be naïve and very short-sighted in making an

investment in his or her own life. Or how about, "I do my best in my dealings with other people and often help out when I can." However, if we are for just a moment candid and honest, we would realize that as noble as that thought is, the reality is that it is not true of any of us.

For myself, over many years it seems that people avoid these chats and give answers that are not clearly thought out because they are unwilling to face up to the evidence regarding the reality of Jesus Christ. I, and in all probability you, have heard other people say with confidence that it does not matter what one believes as long as one is sincere. Now when I hear that I admit that I usually pause for a moment and wonder just what life experience they have really had to make that statement. If they thought that out for even a moment or two they would quickly realize that they would not apply that statement to any other portion of their lives. And this kind of thinking (and I am not saying this is done deliberately) means that they are unwilling to investigate the truth of Christianity or any other religion, usually because they do not want to be exposed or challenged or even involved. It at times seems to be an "I'll do my best, no one can do more and I am hoping for the best."

Yet listen to these words spoken by Jesus: "I am the way, the life and the truth and no one comes to the Father but through Me." Now that is a very exclusive claim. I know of no one else who makes that claim. And in the Biblical Greek translation when Jesus says, "I am the way, the life and the truth," He is actually saying these words with an absolute claim.

I love C.S. Lewis' response to this statement. Lewis is the author of the *Chronicles of Narnia*. "Either Jesus is who He says He is, the Son of God, which therefore has consequences for all of us, or he is the worst of demons and as crazy as a man who says he is a 3 yolked-poached egg."

I know what I believe, and what we as a church believe. What do you believe?

## The East Shore Mainstreet: Creativity. Community. Conscience



### pebbles by Wendy Scott Sauntering

*"...from idle people who roved about the country, in the Middle Ages... under pretense of going a la Sainte Terre, to the Holy Land, till the children exclaimed,*

*There goes a Sainte-Terrer. A Saunterer, a Holy-Lander..."* from **Walking: Henry David Thoreau 1862**

There's a Power Walk, which to me is terribly energetic; there's Walk A Mile, if you want to do it all in one room on a Monday morning at Riondel Community Centre, or in a more leisurely manner, try with Susan Corry's Yoga class. Terry Turner will climb any mountain with you, or if you prefer, book on with Sharon Turner to head across England or maybe attempt Spain's Camino de Santiago. All these are fine for the domain of the serious walker, but when it comes to enjoying a leisurely stroll, I'm much more inclined to favour Thoreau's sauntering.

If shopping in Nelson is your plan for the day, then this kind of a stroll is not automatic, but if you find yourself with a few extra minutes before the inevitable dash for the ferry, slow down and use the gift of time for wandering. This type of meandering is fun on Baker Street; there's book stores to survey; thrift shops that harbour surprises; plenty of outside clothing displays, and if you can manage a half hour, pick a book from Packrat Annie's shelves and sit down with a mug of coffee.

If you end up in the mall, do not despair, put your groceries into your car then come back and take a peek into those shops you've never bothered with; buy a magazine you've never read; get that coffee and relax in a faux-leather chair. You'll be in a much better mood to tackle the highway home.

Walking here at home through Riondel's afternoon, I watch the creek at the end of town flow under and around thin patches of ice then vanish under the road. Snow in the campground shows evidence of two and four foot walkers – prints of dogs, deer, and a confused muddle of many children. Cedars stretch above me so tall they seem to bend above the road; the base of their trunks like knuckles clutching for purchase in the ground. The forest is quiet but for one complaining squirrel and I can hear the rhythmic whoosh of Raven's broad wings as he passes overhead.

The lake is all silence until a light breeze moves a gentle ripple across the surface to flow over pebbles and lap against the remaining mid-January snow. At my feet the washed pebbles hold colours from millennia of myth, legend, and geological time. Hill and

mountain guard both shorelines, their colours diminishing from the deep darkness of forest green to fading blues until at the far northern end another more distant grey peak completes the circle of our world.



It's well past December's shortest day, but the nights still linger and there's a chill until morning takes hold. Yesterday, the sky was clear enough and the south wind kind enough for chairs to warm in the sun. Coffee appeared on the deck and we had a few minutes to close our eyes and pretend that spring was about to arrive. This is yet another way to saunter – with eyes closed in the sunshine, a person can be anywhere at all with utmost ease. Choose well. Time is precious: our world is a special place.

*"In both the northern and southern hemispheres of the New World, Nature has not only outlined her works on a larger scale, but has painted the whole picture with brighter and more costly colors than she used in delineating and in beautifying the Old World....*

*The heavens of America appear infinitely higher, the sky is bluer, the air is fresher, the cold is intenser, the moon looks larger, the stars are brighter the thunder is louder, the lightning is vividier, the wind is stronger, the rain is heavier, the mountains are higher, the rivers longer, the forests bigger, the plains broader."*

**Sir Frances Bond Head: Lieutenant-Governor of Upper Canada: 1837**



**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: BF Goodrich, 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 15 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.

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

**MATTHEW SMITH BUILDER** - Trained/Certified Heritage Restoration and Conservation. Carpentry and woodworking services. matthew.smith.builder@gmail.com or 250-505-2305.

**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 an appointment please call 250-505-8130.

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

**ALEXIS PHILLIPS, M.A., R.C.C.** - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 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, SHIATSU - DEEP TISSUE - REIKI**, mobile or in Crawford Bay, call James Wood, 250.227.6849 for an appointment.

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

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

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

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

**WELLNESS AND MASSAGE FOR WOMEN** - Geraldine Alter and Pierre Blanc, European professional therapists, over 15 years of practice. Reflexology, deep tissue (European method), spine massage with specific oil, relaxing massage, Reiki, hot and cold stone therapeutic massage. 250-227-9890

**RESTAURANTS**

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

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

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

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

**YARD/LANDSCAPING/SITE PREP**

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

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

**Save Your Bottles/Cans!**

Crawford Bay School's secondary 'Community & Global Involvement Project'

is doing a **BIG JUMBO** bottle drive

**On February 23/24, 2013**

in support of our spring break humanitarian trip to Oaxaca, Mexico.

Contact Carol Vanr at 250.227.9661

(ccarolynvanr@yahoo.ca)

Dan Rude at 250.227.9218

(drude@sd8.bc.ca) to line up

or Jacqueline Wedge 250.227.6803

(moonrakings@theeastshore.net)



**CLASSIFIED SECTION**

**BUS. ANNOUNCEMENTS**

**Sirdar General Store:**

A unique place to shop on Duck Lake. Fishing & Hunting Licences & Tags--including CVWMA Fishing Permit-Bass & Perch are biting. Local Crafts--mitts, scarves, toques, slippers. Groceries--Island Farms Dairy Products, Creston Valley Bakery--bread, buns, pastries & cookies. Kootenay Coffee Beans. Post Office Services. Faxes, Greeting Cards.(For those who dropped by for a coffee and dropped some change in the Coffee Fund--\$100 was donated to the Creston Valley Hospital's Equipment Fund--my thanks.) Fax 250-866-6811, or phone 250-866-5570 Happy Valentines Day.

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

**BUSINESS SERVICES**

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

**EMPLOYMENT OPPS**

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

**Feb 20, 2013**

**HOME/BUILDING**

**Paint Up** - time for a fresh coat as the days get longer, Benjamin Moore Paint - Please phone to make sure we have a tinting expert on shift before you come - Gray Creek Store 250 227-9315

**Aluminum Waterproofing Membrane** - fix leaky roofs! House, RV, boat.. Peel and stick! Now at the Gray Creek Store 250 227 9315

**Keep those pipes** from freezing -AYR FOIL - Insulation pipe wrap now available at the Gray Creek Store 250 227 9315

**Firewood Alternative** - Energy Logs - 100% pure 68,000 btu per 8lb log. Get 'em by the pallet or try a single. Gray Creek Store 250-227-9315

**Wood Pellets** - 100% Douglas Fir - Superior Quality. Take it from the experts - great performing pellet with less ash. Gray Creek Store 250-227-9315

**Fire extinguisher** and smoke alarm combo pkg \$49.95 - Gray Creek Store  
**16', 20', 24', Industrial** aluminum ladders, plus a 8' to 13' multiway ladder -Gray Creek Store 250 227 9315

**Building Supplies** you may not know we have - Sill gaskets, insulation, waterproofing products and more - please ask our knowledgeable staff - Gray Creek Store 250-227-9315

**MISC FOR SALE**

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

**Winter Gloves** - Keep your hands Warm as Toast! Great Winter Waterproof, Sledding and Work gloves. Get em' while the selection is good! Gray Creek Store - 250 227 9315

**Tis the weather** for a warm set of Stanfields. The only brand name for WINTER WARMTH from the traditional grey long Johns to ladies wool that isn't itchy - get 'em while size selection is good - Gray Creek Store 250-227-9315

**Make sure you have** a jumper - booster cable set in your vehicle - winter is tough on batteries - Gray Creek Store 250-227-9315

**Wool Pants** in two styles, as well as wool jackets. These are hard to find -- we had to go direct to a manufacturer in Quebec, so the price is reasonable. Nothing beats WOOL for outdoor workers - Gray Creek Store 250-227-9315.

**Books make the** longest lasting gifts. Buy them early so that you can read-em before you gift-em. Gray Creek Store 250-227-9315

**Flat Fix** - to seal and inflate tires on cars or light trucks - carry this for back road travel. Last years price \$10.95- Gray Creek Store 250-227-9315

**Green Polysteel**

**Rope:** floating, lighter and much stronger than yellow rope Gray Creek Store 250-227-9315

**No more batteries:** LED FLASHLIGHTS with crank handle - \$9.95- Gray Creek Store 250 227 9315

**NOTICES**

**Community Connections (SKLCSS)** is a registered society that can sponsor grant applications. Office is opening Wednesdays, 1-4 PM, starting Feb 13, at the Community office below the Fitness Place at the Crawford Bay school. email skootenaylakecss@gmail.com or phone 250-354-2951

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

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

**OUTDOORS/REC**

**Jonsered mix oil** for saws / two cycle engines has gas stabilizer included. Save expensive carburetor

cleaning to remove varnish left by lesser mix oils - Gray Creek Store - 250 227 9315

**Echos Snowboards:** Regularly \$115.95, Super Special \$59.95! Gray Creek Store 250.227.9315

**Snowmobile** and ATV Helmets: COMFORTABLE, try one on. Dave couldn't find any in Spokane at our special price - from \$36.95! - Gray Creek Store

**Live Animal Traps** - Squirrels to Raccoons - \$27.35 to \$100.45 - Gray Creek Store 250-227-9315

**RENTALS/REAL EST.**

**For Rent:** We are a Co-op living situation in which 3 creative and responsible individuals are looking for 2 more compatible house mates at Tara Shanti Lodge in Kootenay Bay. It's a shared accommodation with responsibilities and has ample bathrooms for \$400 per tenant/mth, this includes Hydro. Ph: 403-863-6848.

**WORKSHOPS/EVENTS**

**Free Local Workshop:** "Developing and Funding Your Community Project" with Lynda Laffleur of Columbia Basin Trust, sponsored by Area A EDC-RDCK. February 21, Riondel 2-4 PM, Crawford Bay 6:30 - 8:30 PM. Locations TBA. Phone 250-225-3333 for info. Watch for posters and bulletins

**YARD & GARDEN**

**Florescent Driveway Stakes** - guard against hitting objects buried in the snow - or that lawnmower you forgot to put away - Gray Creek Store 250 227 9315

**Bird Feeders** - and the black oil sunflower seeds that bring birds to your window - Gray Creek Store 250-227-9315

**Snow Floats:** don't shovel that white stuff - float it. No lifting. Gray Creek Store 250-227-9315

**Snow pushers** and shovels of all types. Roof Rakes: get yours while we have good stock. Gray Creek Store 250-227-9315

**Plenty of Pulaskis** with fiberglass or wooden handles - great selection. Gray Creek Store 250-227-9315

*Next*

*Deadline:*

*Feb 20, 2013*

*Visit us online:*

*www.eshore.ca*

*250.227.9246*



# BULLETIN BOARD

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

### CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.

For further information, call Creston Health Unit at 250-428-3873.

### EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

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

### PHYSICIAN COVERAGE FOR February 2013

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

Feb 5th. Tuesday: Dr Sharon Lee  
Feb 6th. Wednesday: Dr B Moulson  
Feb 7th. Thursday: Dr I Grymonpre  
Feb 12th. Tuesday: Dr Grymonpre  
Feb 13th. Wednesday: Dr Moulson  
Feb 14th. Thursday: Dr Grymonpre  
Feb 19th. Tuesday: Dr Grymonpre  
Feb 20th. Wednesday: No Doctor  
Feb 21st. Thursday: Dr Sharon Lee  
Feb 26, Tuesday: Dr Grymonpre  
Feb 27th. Wednesday: Dr B Moulson  
Feb 28th. Thursday: Dr Sharon Lee

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

**Call to make appointments at 227-9006  
on doctor days and Thursday morning.**

**Tuesday, Wednesday and Thursday (8:30 to 12:30)  
Phone: 250-227-9006 Fax : 250-227-9017**

### WEEKLY EVENTS AT BOSWELL HALL:

**BADEV:** Meets 2nd Tues. each month, 9am  
Contact Rod Stewart 250-223-8089

**Boswell Book Club:** Meets 2nd Tues each month  
2pm. Contact Melody Farmer 250-233-8443

**Boswell Ladies Club:** Next meeting April 15, 1pm  
Contact Jean Stewart 250-223-8089

**Boswell Nifty Needlers Quilt Guild:** Meets 3rd  
Tues. 1pm. Contact Dianne Schaub 250-223-8273

**Boswell Vintners:** Jan. & Feb. meetings TBD.  
Contact Doreen Nault 250-223-8414

**Bridge Club:** Mondays 1pm Beginning Jan. 14  
Contact Melody 250-223-8443

**Line Dancing :** Saturdays: Beginners 9:30 -10:30  
Advanced 10-11:30am. Cheryl Place 250-223-8694

**Tone & Trim Fitness:** Mon & Fri 9am \$5 /session or  
punchcard of 10 for \$40. Darlene Knudson 250-223-8005

**Yoga with Lea:** Thursdays 9:30-11am \$12/class  
Contact Merily Arms 250-223-8058

**St. Anselm's Anglican Church:** Services on 1st  
Sunday of the month at 1:30

### THANK-YOU

A big hug to all our good friends in Riondel, Crawford Bay, Kootenay Bay and the Mainstreet. Our family would like to express our gratitude to all who sent cards, made donations, phone calls and attended the Celebration of Life for Wayne(Ole). We are blessed by all of the kindness shown and the special people we call friends Dianne Johnson and Family

### TOPS

Take Off Pounds Sensibly is a non-profit, non-commercialized organization whose sole purpose is to help people achieve a sensible weigh loss. Our local chapter will be hosting an OPEN HOUSE on Thursday, Feb 21st from 9:00AM until 10:00 in the basement of the Kootenay Lake Community Church, in Crawford Bay.

### VERY GRATEFUL - THANK YOU

We would like to thank the East Shore Health Society, for the funds to have a custom cabinet built for our treatment room. We have been using a cupboard that was bought and did the job for five years until it started falling apart on us. The new cabinet has already improved our organization of supplies that are needed at a glance. Thank you again!

### EAST SHORE HOSPICE

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

### RIONDEL YOUTH FAMILY FUN NIGHTS

The Riondel Youth Family Fun Nights are awesome and so many people are joining in on the fun. Thanks to everyone for their participation and thank-you to our community for their support, we have raised \$290 between our Christmas cookie sale and private donations. Thanks to Anne Ireland for contributing snacks, Diane Derbyshire for the giant bag of corn chips and Fran O'Rourke for all the treasures (all healthy food donations are appreciated). We love it when community members of all ages join in on the fun. Thanks to all and we hope to see you at the Rec Center in Riondel, Tuesday 4-6 and Friday 4-7. Contact information 250-225-3388.

### WE ARE ALL AT RISK

As two of the leading causes of death in Canada, heart disease and stroke takes one of us every seven minutes - taking thousands of lives before their time. With your help, more investment in research, awareness and education we can give Canadians the longer, fuller lives they were meant to live. Our brothers, sisters, mothers, fathers and children have the right to more years in their lives, and more life in those years. They deserve longer, fuller lives with more experiences and special moments with their loved ones. Make death wait. Please support the Heart & Stroke Foundation campaign this February when a canvasser calls on you. For more information call Judy Bounds, Area Captain: (250) 227-9575

### Nelson & Area Elder Abuse Prevention Resource Centre

◆ 250-352-6008

◆ preventeldRabuse@sbdemail.com

◆ www.nelsonelderabuseprevention.org

◆ Drop-in Wednesdays 12-2pm

719 Vernon Street, Nelson  
Nelson and District Seniors Coordinating Society

### 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		12:30 am		1:20 pm
Osprey 2000	N/A	2:10 pm	N/A	3:00 pm
MV Balfour		3:50 pm		4:40 pm
Osprey 2000		5:30 pm		6:20 pm
MV Balfour		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 2013 SCHEDULE

**Feb 3:** Canon Jim Hearne, Anglican, 10 am  
music - Brenda Panio

**Feb 10:** Brent Mason, 3 pm  
music - Brent Mason

**Feb 17:** Rev. Robin Celiz, Anglican, 1 pm  
Please join us at Harrison Memorial Church

for a combined service

**Feb 24:** Brenda Panio, 11 am  
music - Marie Gale

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

### CHRIST CHURCH & EAST SHORE CONGREGATIONS

#### ST. ANSELM'S CHURCH BOSWELL (Anglican)

For information call Christ Church Creston 428-4248

Feb 3: 1:30 pm, Rev Robin Ruder Celiz

March 3: 1:30 pm, Rev Robin Ruder Celiz

### HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

Feb 17: 1pm, Rev Robin Ruder Celiz. Joint service with  
Riondel at Harrison.

**For information call Karen Gilbert: 227-8914  
or Sue Philp: 227- 9140**

### KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Pastor Bill Gooding

Come & join us Sundays at 10 am. Coffee fellowship after the  
service. 16190 Hwy 3A, Crawford Bay 250.227.9444

### TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2 pm

1st Sunday of the month, Fellowship Sunday.

### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

### CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

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

*Next Deadline:*

*February 20, 2013*

## MEETING PLACES

**LIONS CLUB** - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

or Lion Jim at 250-227-9622.

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

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

ment. Call Marilyn for more info: 227-9129

### PARENT ADVISORY COMMITTEE

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

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

Call Ingrid to be put on the agenda - 250.227.9246

**Next Meeting: TUES, Feb 12, CBESS Library**

**February 2013 Mainstreet 19**



February 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
*Strong Start is every weekday at the Family Place at the school from 10-1		Youth & Family Fun Night, every Tues, Rio Rec Centre, 4-6pm			Youth & Family Fun Night, every Friday, Rio Rec Centre, 4-7pm James Wood, 5 Rhythms Dance Class, CBESS 7pm	
3	4	5	6	7	8	9
Bottle Depot, 10-2	Yoga w/ Lea, CBay, 10am	Dr. Lee	Volleyball, CB School, 7pm Dr. Moulson	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	James Wood, 5 Rhythms Dance Class, CBESS 7pm	
10	11	12	13	14	15	16
Bottle Depot, 10-2	Dump Closed Yoga w/ Lea, CBay, 10am	PAC, CB Library, 7pm Lions Mtng, 7 pm Vet Clinic, CB Castle Chamber Mtng, CBESS, 7pm Dr. Grymonpre	Volleyball, CB School, 7pm Dr. Moulson	Valentines Date Night - Hub EASEY Meeting, School Lib, 1:30 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	James Wood, 5 Rhythms Dance Class, CBESS 7pm	
17	18	19	20	21	22	23
FoodRoots/Chamber Potluck & Variety Show! CB Hall, 4pm Bottle Depot, 10-2	Yoga w/ Lea, CBay, 10am	Dr. Grymonpre	Volleyball, CB School, 7pm Mainstreet Deadline NO DOCTOR	EASEY Meeting, 3:15 Devel & Fund Comm Proj Free Wrkshop, Riondel and CB Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	James Wood, 5 Rhythms Dance Class, CBESS 7pm	
24	25	26	27	28		
Bottle Depot, 10-2	Yoga w/ Lea, CBay, 10am	Lions Mtng, 7 pm Dr. Grymonpre	Volleyball, CB School, 7pm Dr. Moulson	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee		MARCH 8 - Seed Swap

KOOTENAY LAKE CHAMBER OF COMMERCE  
along w/ FoodRoots invite you to:

**The 3rd Annual  
VARIETY SHOW  
& Dinner Fundraiser  
Feb 17, 2013**



**Crawford Bay Hall - 7pm**

Proceeds towards the fund for a new stage  
in the Crawford Bay Park  
Spaghetti dinner starts at 5:30 pm, w/ a great  
line up of talent for the show at 7pm

Entry fee (dinner & show): \$10 adults, \$5 kids

Info: Paul Hindson 551-5005  
Jacqueline Wedge - 227-6803

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Will Chapman	11
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**Transfer  
Station Hours**

**CRAWFORD BAY:**  
(Nov - March)  
Sun & Tues  
10 am - 4 pm

**BOSWELL:**  
Weds/Sat:  
12-4



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