

\$1.90

YEAR 20, NUMBER 1

JANUARY 2010

+ GST =

\$2

# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

### INSIDE:

News, Views,  
Reviews,  
Hot Topics,  
Current Events,  
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## The East Shore MAINSTREET

Sponsored By The Kootenay Lake Chamber of Commerce. Vol 1. No 1. July 1991

Welcome to the first edition of the latest East Shore rag, created with more determination than expertise. We hope to make the MAINSTREET a monthly newsletter serving the communities from Riondel to Kuskonook. We have been described as "the community with the 60 - mile mainstreet"; it is our sincere hope that this newsletter will be another thread that ties us with bonds of friendship and commerce. We welcome your notes, announcements, and letters. If you are a visitor to our area, you will find events, services and schedules. Read on!

### Grads 91

Congratulations to our 1991 graduating class: Natasha Bilodeau, Sarah Choquette, Jay Huyton, David McLean, Josh Muise, Mark Simpson, Wade Stocker, Lora Strom, Ryan Wastrodowski, Marty Knox, and Clea McDougall. 6 out of a total of 11 grads have been together since kindergarten!

**The original Mainstreet... A celebration of 20 years of this community paper will be ongoing over this year. Send in your memories!**



### Happy New Year!!

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The East Shore Mainstreet  
Box 140,  
Crawford Bay, BC  
V0B 1E0  
Agreement #: 40718537

Four of the Riondel Fire Department's volunteer fire crew, left to right: Fire Fighter Bryan Matthews, Fire Chief Clive Derbyshire, Deputy Fire Chief Lance Delport and Fire Fighter Dano Cheverie. See the story on page 6 of this issue for more on this group of men and women who donate so much of their time and energy to this community endeavour.



## MS ISSUES

by Ingrid Baetzel, Editor

### 20 Years! (ish)

For anyone who's really paying attention, you will have noticed the exuberant (albeit somewhat premature) exclamation of *20 years of Mainstreet* in the last issue, announcing the anniversary of the paper. Technically, it is just that – twenty years of production... starting this year. The true anniversary of twenty years might be just as easily considered to not occur until July of next year, but who's counting? The first *Mainstreet* came out in July of 1991, so including that year, 2010 marks the twentieth year of printing our local rag.

I hope you enjoyed looking at the cover of that first four-page paper from 1991. The editors at the time were Janet Schwieger, John Smith and Lorna Robin. The issue contained the first Tom's Corner as well as Gray Creek Pass Report, the community calendar, Info Booth News, Chamber News, handibus and ferry schedules, a few classifieds, and exactly fourteen display ads - several of whom (Crawford Bay Store, Riondel Market, North Woven Broom, Kootenay Forge, Kokanee Springs and The Lakeview) continue to be loyal advertisers to this day, doing their part in feeding the local economy.

So, this whole year will mark twenty years of production and it's been a wonderful ride. Starting in July of 1991, the editors counted their copies as such: **July 1991, Vol. 1, No. 1.** For many years, they chose to not produce a January edition. This method of marking the editions continued. In July of 1992, it was Vol. 2, No. 1 and was up to an impressive 16 pages with editorials, an expanded letters section, poetry and cross-

words, and a few new contributions, including Robert Agnew's "Dumpster Musings." Alvin Dunic's "Riondel Clips" continued on their merry way, with help from Colin Turner and well over forty new advertisers emerged from the business community. This year also saw the birth of the *Mainstreet's* most stalwart and reliable column: Gerald Panio's "Seldom Scene." Gerald has submitted well over 200 articles in film review and missed only one single edition (in 2009). Impressive. Thank you so much, Gerald, for really dedicating yourself.

Somewhere in the early '90's (sorry, my archives are missing a chunk of editions between July 1993 and 1996), the *Mainstreet* added one-spot colour to the print and began to implement a price per issue of one dollar. By now, John Edwards and Brenda Panio were on board as well, and the paper was printing as many as 48 pages (booklet style).

In the spring of 1997, the paper went to tabloid style (as it remains today) and Fran Kinder was now in the mix.

This dynamic group of volunteer editors and contributors continued the well-established tradition of information and idea sharing for several years until January of 2002, when I took over ownership and the position of editor with help from Doreen Zaiss. Today, it is a reasonably well-oiled machine in full colour and digitized. I have enjoyed this process of growth very much and am excited to see the changes that the next twenty years will bring. I would like to extend my gratitude to all contributors over the years. To the advertisers who continue to support the paper, I thank you heartily. There is no way I could do this without you. We all need each other and recognizing that is crucial to our economy. Readers, please let the advertisers of the *Mainstreet* know that you see their ads and appreciate them. Thank you readers of the *Mainstreet*; your energy and interest keep this local paper alive.

**Subscribers: Please note subscription rate changes. Due to higher postage fees and changes to publications mail, *Mainstreet* must raise subscription rates. We hope you understand this necessary adjustment.**



## OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0  
 Editor: Ingrid Zaiss Baetzel (since 2002)

### Retail Distribution, Subscriptions, Advertising, Layout:

Ingrid Zaiss Baetzel  
 (Subscriptions: \$40/year within Canada,  
 \$50 to the US, and \$75 internationally)  
 Phone: 250.227.9246  
 Email: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

**Assistance:** Doreen Zaiss, Nancy Galloway  
**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 FEBRUARY 2010 issue items by:

**Next Deadline:**

**Wednesday January 27, 2010**

## LETTERS TO THE EDITOR

### 8 YEARS? 20 YEARS? ALREADY?

Dear Editor:

Eight years? Seems like yesterday I was bidding adieu. How quickly I was settled in here in Michigan. How quickly I landed a job selling groceries, got fired, bought a piece of land, built a home. All the while, the whole eight years, the *Mainstreet* kept me grounded and in touch with what really matters... family, friends, and community.

Guess I was always a radical. The US has given me opportunities to campaign for Obama and now for Organizing for America on health care and peace, and for the last few months giving every spare minute I've got into action on climate change.

Volunteer, it's good for you.

David Zaiss, Interlochen Michigan.

### HIGH PRAISE INDEED

The Editor,

I have been subscribing as a writer to newspapers and magazines for a number of years and free lanced for the *Nelson Daily News* for six years. Having resided in Riondel for twenty-one years it is only natural that my writings have been submitted for publication in the *East Shore Mainstreet*. It is not done for remuneration as a newspaper such as the *Mainstreet* must rely on the generosity of free lance writers in the contribution, gratis, of their work. Advertising revenue is the lifeblood of any newspaper and hard economic times have led to the closure of many periodicals that were financially marginal. Journalism is a tough business and many a well managed newspaper and magazine has gone to the wall through no fault of its own. Changing patterns of communication brought about by new age electronics have changed the patterns of public interest and this is an ongoing trend which has yet to suffer greater changes bringing about the demise of increasing numbers of newspapers and periodicals.

The *East Shore Mainstreet* was taken over eight years ago by the present editor/publisher Ingrid Zaiss Baetzel. Only a person with considerable editorial skills, enormous reserves of boundless energy and the courage of her conviction that she could make the fledgling news sheet a successful venture would have dared to venture where most publishers and editors would have feared to tread.

This eighth anniversary of the completely redesigned and restructured *East Shore Mainstreet* cannot be allowed to pass without the acknowledgement of such a journalistic achievement by the publishing editor of this outstanding newspaper. There is no doubt that success has attended her dedicated efforts in bringing the *Mainstreet* to a new level of publishing excellence. The majority, if not all, the companies, artisans and businesses on the east shore of Kootenay Lake use the *Mainstreet* to advertise their wares. artistic skills or services. In using the *Mainstreet* in the promotion of their wares and services business people are confident that the newspaper will be read the length and breadth of the East Shore and thus promotion of the economic strength and commerce of the whole area is assured as well as the success of their business.

Residents of the East Shore cannot afford to miss an edition of the *Mainstreet* if they wish to keep up with ongoing events, news and matters of local interest. It is not too much to say that the *Mainstreet* represents the life blood of all the communities that line the East Shore of Kootenay Lake. Without the presence of this East Shore tabloid the communities that line the East Shore would present to the rest of the world a much less credible community image than they presently do. It is the way shower for community spirit and cooperation and provides recognition for the volunteers who give their time and efforts selflessly in the service of their fellow beings.

I know of no one who will not join me in congratulating Ingrid Zaiss Baetzel in her incredible achieve-

ment in bringing the *East Shore Mainstreet* from a relatively unknown local news sheet to a fully fledged community newspaper that represents all East Shore residents in the promotion of our best interests in the best possible and most entertaining way.

Colin Turner, Riondel

### RE: FLUSH AND FORGET IT

Dear Editor:

Thanks Michelle for bringing up this smelly topic. As a registered practitioner held to a high standard of sewage disposal options I too am appalled by the practice of discharging effluent to any body of water. I know about these Type 3 systems and while in theory they produce an effluent low in fecal coli forms and with a low biological oxygen demand they still remain high in nitrates, phosphates and all manner of things flushed. My main concern is that they rely on constant monitoring and maintenance and while a municipality might be relied upon to do this with dedicated staff I worry about private developments. Pumps fail, disinfection units malfunction and records can be fudged.

I like your proposal to adopt the OCP but there are other things that can be done. For instance; the Columbia Shuswap Regional District has obtained, by an order in council of the provincial government, a PERMANENT ban on the discharge of treated effluent into lakes under its control. According to the *Sycamous Eagle Valley News*, Nov 17/09 those systems already in place are able to continue under Grandfathering rules but no new developments will be able to pipe "treated" effluent into the lakes. I think this is a necessary step because there all sorts of ways to deal with effluent such as sand mounds, subsurface drip irrigation, constructed wetlands and evapotranspiration beds to name a few. In one development I know of the apartments facing the constructed wet land command a greater price because of this water feature. So come on you developers, get creative, and go green.



## RDCK Area "A" Update

by Garry Jackman, Director, Area "A"

Happy new year to you all. I receive a number of e-mails every day regarding RDCK business but since my request for volunteers to participate in the Rec 9 commission I have not received any along that line. I am repeating a few lines from my prior submission outlining what the recreation and regional parks commission does:

**"The regional district has a need for new volunteers for the Rec 9 and Regional Parks Commission.** Appointments are usually for two year terms (though many are coerced into longer periods) and start in the New Year. Rec 9 has existed for many years and was established to provide a balanced assessment of requests for funding, generally twice a year, to get your recreation tax dollars out into the community. The commission bylaw calls for 4 meetings a year, so two of the meetings are usually general discussion and the other two are mostly devoted to reviewing applications. The other function which was added to the Commission through bylaw amendment is to guide the use of our regional parks funds. We have a regional park in Riondel (at the ball field) and have updated our submission to highways to designate a beach stretch across from the Kootenay Kampsites (south of the Glass House) as a second Area A regional park. Discussion on other possible locations has been ongoing. If you want to help guide your community funds for recreation and regional park activities please

send me an e-mail to gjackman@kootenay.com. I will try to ensure that the representation is fairly uniformly distributed along the East Shore."

**Please let me know if you are interested in volunteering.**

A few of my colleagues and I have met with our local **Department of Fisheries and Oceans representative to discuss issues surrounding the lake habitat.** We are proposing to support a study similar to that performed along the west arm of the lake in 2008 to identify sensitive habitat and produce foreshore inventory mapping for the north and south arms. Concurrently, DFO is coordinating a January meeting with reps from local government, various provincial ministries and first nations to discuss issues of common interest. It is my hope that these discussions can lead to the formation of a Kootenay Lake stakeholders group. You may recall some years ago that when changes to flood control protocols were proposed for the Kootenay River system the assumptions of those proposing the changes were that they would have no impact (social, economic or environmental) on Kootenay Lake. This of course was not the case and with some struggle the potential impacts on the lake were recognized. At that time a stakeholders group would have greatly simplified the process of obtaining and coordinating input. We will continue to see pressures on the lake from population increases, variations in weather patterns and more. At times we may take the lake for granted, considering its size and relative purity. Performing detailed habitat assessments while the lake is in such pristine condition is necessary if it is to remain so. The 2008 assessment on the west arm was compared to a less detailed assessment performed just a few years earlier and the contrast was quite notable.

On another note, this spring the RDCK will examine the concept of a **sub-regional fire service** centered

around Creston. This concept was reviewed before, but this time the potential area of coverage will include the lake. Developing enough fire halls to provide complete coverage along the lake would be costly and require many volunteers, possibly more than we could muster. However, there are some scenarios which could make sense in the short term.

The recent fire in Boswell highlighted one such scenario again. The Riondel road rescue vehicle was able to come to the site to provide assistance as required to people in advance of the ambulance arriving, but the chief **COULD NOT** bring his pumper truck. People on the scene were very concerned about the trees above the house starting a forest fire. I know the feeling. It was exactly the same as when I stood watching the Heidelberg Inn fully engulfed in flames a few years ago and the surrounding trees smoked. Luckily, in both cases the forest was damp and cold that time of year and the damage was limited. A very different result would have occurred a few months earlier. **This is where the option of paying a fire service for interface (house/forest) fire protection may have some merit.** The equipment might be too far away to help save the house and would not provide the coverage required permitting savings in insurance, but the larger disaster might be averted.

Given the intensity of letters to the editor on this topic in past months I do expect to receive feedback on the above paragraph. Before you all fire up your laptops, let me state that the request for this review is from the fire chiefs who are concerned about long term, large scale issues that are quite real. I will support the process without any presumption of the outcome. I hope you will all give your input when it comes time.

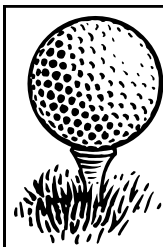
As always, e-mail me at gjackman@kootenay.com or call 250-223-8463.

## LETTERS...

Also the Ministry Of Environment under the guidance of contractor Cindy Bertram is reviewing the Municipal Sewage Regulation and receiving submissions until January 29, 2010. That's pretty soon but take action. Check the website under the BC government's [www.livingwatersmart.ca](http://www.livingwatersmart.ca) to view the intention paper or contact Cindy; cindybertram@shaw.ca. Let them know that this practice must cease.

Our lake is not a sewer!

Dave Hough, Crawford Bay



## Riondel Golf Club AGM

Riondel Golf Club will hold its AGM on Wednesday, January 27 at the Riondel Curling Club at 2 PM.

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


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\*february 15, 2010\*



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small turkeys (10-14.9 lbs): deposit \$20/turkey  
medium turkeys (12-19.9 lbs): deposit \$30/ turkey  
large turkeys (20-25 lbs): deposit \$40/turkey

Yes, I would like to purchase the following turkeys:

for Thanksgiving:	<input type="checkbox"/> small <input type="checkbox"/> medium <input type="checkbox"/> large	for Christmas:	<input type="checkbox"/> small <input type="checkbox"/> medium <input type="checkbox"/> large
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I have enclosed a payment of \_\_\_\_\_ to secure my order.

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

Turkeys will arrive at the school 7-14 days prior to Thanksgiving and Christmas.  
You will be notified when to pick up your order and pay the balance due.  
Please make cheques payable to: "CBAY LUNCH CAFÉ." Thank you for your support.  
**Questions? Call Gina at 227-6896 or Terry, 227-9510.**

# The Heart of Giving Discovered on the Path to Uganda

by Galadriel Rael

With the Christmas season just past us, I would like to pose a question: what inspires you to give? Give to charity or to a busker? Give to the food hamper or to your family? Do you give out of obligation, inspiration, out of pity, or on a whim? Maybe a place of love and passion?

This is something I've been contemplating every day for the past year, having taken on the challenge of raising \$20,000 for children in Uganda, Africa. I know for myself at different moments in time, I am probably moved to give by any of the above. I have also found many reasons not to be generous. But something I have discovered, is that it just takes a small shift in perspective to change your mind sometimes.

From the time I was around 4-5 years old, I remember watching World Vision on Sunday mornings and being emotionally pulled to "do something for those starving kids in Africa", and that has stayed with me throughout my life. As a teen, contemplating what I wanted to be when I grew up, there was always a desire to combine making a living with helping those less fortunate. I've continued to question myself throughout my adult life, what can I do? All the terrible things in this world are just so many and so overwhelming, where do you start?

Well, at the risk of sounding cheesy, you start with yourself. Or, at least that's what I did. I finally asked myself, if I care so passionately, why am I still not doing anything? I realized it was because I was afraid, afraid of not having the time or money, afraid that what I had to offer wasn't as much as others could give, afraid to open up my heart and say I care deeply for

these people who I know are suffering things beyond my comprehension, and even though it hurts me, I will not continue to turn a blind eye and be an accomplice through inaction.

Now, time and money are very real and legitimate reasons to feel you can't afford to give. And in some cases, this is undeniably true (Mom can't take care of the family if she doesn't take care of herself first). But let me ask you this; do you have a television, or a car, or a computer, or food in your fridge, or all of the above? If you said yes to any of these things, that puts you in the highest percentile of the richest people in the world! Do you know what peace looks like? Do you feel your children are safe? Do your daughters have the opportunity to get an education? As a Canadian, I can say yes to all of these things, and that alone makes me very rich and very lucky.

So even though I am struggling to pay my bills, and life seems consumed by my business, my son, renovations, and keeping the house clean, I'm sure I must be able to give something! If you still don't feel like you have something to offer, at least try giving yourself some love, because every little bit of kindness counts.

As I mentioned earlier, through working with an organization called OffThe Mat Into The World (OTM), I was given the opportunity to fundraise money during the 2009 year. Anybody who takes on this challenge is in turn, invited to go on a humanitarian tour to Uganda if you reach the \$20,000 goal.

**Around 150 people from the USA and Canada signed up to take on the challenge, and I am overwhelmingly proud to announce**

**I was the fifteenth person to reach the goal! I will be going to Uganda at the beginning of February for two weeks.**

During my time there, I and the other participants will be working building a school and an all green birthing facility, and working to improve the sleeping facility of an orphanage with children who have been

orphaned by HIV/AIDS, plus so much more.

But at this moment I would like to stop and thank each and everyone who donated, and made this happen! I have spent day after day racking my brain trying to figure out how to let absolutely every single person know that there was no donation of either time or money that has gone unappreciated! From large one-time donations, to time volunteered helping wash the dishes after my fundraising events, there was no action, or penny that was received without a huge amount of gratitude! There really are no words to express how thankful I am for everything. I wanted to list all the names of all the individuals who gave something, but I'm afraid I will miss someone, so this is my sincere, heartfelt thanks that I send out to all of you!

Of course, a big thank you to all of the local businesses, the Ashram, and the Credit Union who continue to support over and over and over again so many things in our community. Please think about supporting our local businesses, because they sure support us. Ahhhh, this feels like an Academy Awards speech, and the music is starting to play, but I have tears in my eyes with overwhelming gratitude. THANK YOU!

P.S. I am currently collecting school supplies (books, paper, pens, pencils), baby blankets, onesies, newborn socks and hats, headlamps, flashlights and batteries (for women who go into labor at night), books on midwifery and childbirth, and soccer balls (deflated) and one hand held pump, to take to Uganda with me.

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Closed February.

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**PUBLIC NOTIFICATION**

**Floodplain Setback on Kootenay Lake and Slokan Lake Increases**

Floodplain Management Bylaw 2080, 2009 has now been adopted. Please note that the setback for construction for the purposes of flood protection on **Kootenay** and **Slokan** lakes has increased from 7.5 meters from the natural boundary to 15.0 meters from the natural boundary to meet Provincial Guidelines and requirements under the *Local Government Act*. All other requirements have remained the same. For further information and to review Bylaw 2080, please visit our website at:

[www.rdck.bc.ca/floodplain](http://www.rdck.bc.ca/floodplain)

or contact the Planning or Building Department at (250) 352-8165 or 1-800-268-7325



*Curious about progress toward supportive senior housing on the East Shore?*

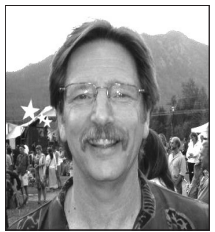
*Looking for a solid long-term investment?*

**Come to informational meetings of the Kootenay Lake East Shore Eldercare Association (KLEECA):**

- Boswell Hall: Monday, January 11 at 2pm
- Riondel Community Center (Senior's Room): Tuesday, January 12 at 2pm
- Crawford Bay School (Community Room: Wednesday, January 12, 2pm

*There will be plenty of opportunity for questions and suggestions! Refreshments will be served.*

**Massage Therapy**  
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Tuesday - Riondel  
Wednesday - Riondel/Creston  
Thursday - Yasodhara Ashram  
Friday - Crawford Bay Medical Clinic

For appointments, call 227-6877/505-6166

**Opinion Editorial****Keep on Squeaking**by **Gabriel Dinim**

Like all squeaky wheels I like to make sure that I am heard by anyone who may have the grease, so I sent a number of emails to supposedly influential people about the sewage outflow from Mountain Shores Development Corp. Occasionally I do get polite and informative replies. However polite and informative is a poor substitute for grease and so the squeaks go on. I got one of those polite and informative replies from the office of Michelle Mungall and if one wonders why Canadians are cynical about politicians, all it takes is to read one of those fence sitting letters to realise that the bread of today's politicians is buttered on all sides and even on the edges.

Essentially the letter said that since residents of the East Shore are not interested in any kind of zoning we really have no say in what happens around us. The letter also said that "to be fair there were also supporters of the projects." Naturally there are supporters, the people who have invested in that project and the Albertans who have reconciled themselves with the wholesale poisoning of their waters. By contrast a little hormones and assorted pollutants make Kootenay Lake look and taste like distilled water.

The letter from Michelle Mungall's office also detailed the marvels of technology that will prevent feces, toilet paper, E coli and other garburated garbage from making their way into the lake (as long as there is electricity to make them work) but failed completely to mention all the stuff that will not be stopped by the sewage treatment plant. The letter also mentioned the 115 or so households that will take advantage of these technological marvels to dump all their unmentioned and unmetered pollutants into the lake. Since these nasties are the ones that take more than a week to kill you, and since your death will not happen on the watch of the bureaucrats who issue the permits, or on the watch of the politicians who send these polite and informative letters, you will have to satisfy yourself with the fact that Kootenay Lake is not nearly as badly polluted as the Athabasca and its tributaries, and so that should be good enough for you. And since the solution to pollution is so obviously dilution, there is

**KLEECA 2009 Raffle Winners**by **Susan Hulland**

The tickets for KLEECA's 2009 raffle were drawn at the Crawford Bay School Concert. The winner of the queen sized appliqué quilt donated by Nancy Galloway, was Rhonda Boorman of Riondel Road.

The scarves donated by weaver, Stevie Jukes of Gray Creek were won by Dave Rokeby-Thomas and Winnie Fung.

Thanks to the following volunteers who made this raffle a success by helping with ticket sales etc.: Marie Wells, Wai Yin Fung, Johannes Van der Krabben, Leslie Hamblin-Cobb, Annora Clapp, Bet Millard and the helpful staff at the Eastshore Branch of the Nelson & District Credit Union.

**East Shore Community Health Centre Update**by **Dr. Brian Moulson**

It has now been two years since the relocation of the Clinic to our premises in Crawford Bay, from our previous location in Riondel. Whether it's the more central location, the reliable weekly visitations, or other factors, the two physician clinical days per week are increasingly busy and fully booked. Gone are the days of phoning the morning of a doctor day and easily securing a same day appointment, although we do try to be accommodating to urgent problems, and even some genuine emergencies. Over the two years, in addition to medical office appointments and procedures, and minor surgery, we have repaired lacerations, treated MVA victims, and even stabilized and transported heart attack patients. No babies delivered yet, nor any brain surgery.

**IHA... (is) cancelling the physicians support arrangement, effective September 2009.**

Physician visitation for the past six years has been supported by the IHA, guaranteeing parity with the Rural General Practice Locum Program available throughout the province. As the practice builds, the amount of support required each week has become less and less. This support has enabled a reliable weekly

schedule of doctor visits, which is key to securing the trust of the community. As well, a provincial program has also provided some support for the physicians travel time and expenses, in my three and a half hours per trip, for approximately half of each year.

We have just received notice from the IHA that although the travel support program funded from Victoria will be continuing, they are cancelling the physicians support arrangement, effective September 2009. As a result, although I will strive to continue my current reliable and predictable weekly schedule of outreach clinical days at ESCHC, there may be a need to re-evaluate some dates, resulting in service reduction. Please understand that this occurs reluctantly, and only at times of historical decreased demand for medical service. Should this become necessary, my medical office in Nelson will likely then be open an additional day, that I would otherwise have been in Crawford Bay, and available to my ESCHC patients, however unfortunately requiring considerable patient travel.

The IHA has funded and supported this for the past several years, but apparently is feeling that they cannot continue to do so. Reasons for this change in policy were not provided in their correspondence. A request for reconsideration has been submitted. **Those wishing to submit their opinions could communicate to the IHA office in Castlegar, or to your RDCK director.**

Our goal has been to expand the medical services available at ESCHC, with the support of the community and the local health authority. Hopefully we can continue to experience both into the future.

Riondel Market has...  
**New Owners**

Scott, Susan, James and Maya Miller would like to thank everyone for the support & friendship over the past 10 years. This truly is the "best" shore!

Also, we want to welcome Brian and April Romeo to the East Shore community.

May the store bring to you as much joy as it has to us!

Come on in and say hi!

**Congratulations!**

**Groceries, Lottery, Liquor Agency, Movie Rentals, Phone Cards and Much More!**

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**9 - 6 Mon-Sat and 10 - 5 Sun**

**Phone: 225-3214 Fax: 225-3226**

# The Greatest Service Recognizing the Riondel Fire Department

by Ingrid Zaiss Baetzel

What greater service in the name of community is there than a volunteer Fire Department? The Riondel Fire Department has been at the heart of the town of Riondel since the 1970's. The earliest records of certification for safety and rescue date back to the '50's for people working in the Bluebell Mine who needed to acquire Mine Safety certificates, but the legacy of volunteering to protect our communities lives on in a group of dedicated and engaged individuals in Riondel.

**These people are:**

**1. Clive Derbyshire: Fire Chief**

**2. Lance Delpont: Deputy Fire Chief**

**3. Bob Fiedler: Assistant Chief** (Bob was the previous chief. When the department asked Clive to come aboard, the position of Assistant Chief was created in order to train him while Bob continued to serve as Chief before he stepped down. The position stuck.)

**4. Peter Larsen: Captain**

**5. Willow Johnston: Safety Officer (Lieutenant)** – on maternity leave now. The Acting Safety Officer while Willow is on leave is Cory Medhurst.

**6. Robert Boker, Bryan Matthews, Tony Schellhorne, Dano Cheverie and Bob McKnight: Fire Fighters**

**7. Fynn Boker, Quinton Wastrowski: Junior Fire-Fighters**

**8. Cory Medhurst, Peter Larsen, Lance Delpont, Clive Derbyshire, Willow Johnston and Bob McKnight: First Responders**

The Fire Hall was previously in the basement of Community Centre, an establishment with an eight-foot ceiling and insufficient space for the department's equipment.

"It was pretty cramped," said Deputy Fire Chief, Lance Delpont in a Mainstreet interview.

In 2000, the new hall overlooking Galena Bay was built. This building was built 100% with volunteer man hours and is dedicated to fire department activity.

"In the beginning, it was mostly just fire defense. Now we do road rescue and first response call outs," says Delpont. The First Responder and Road Rescue programs started about ten years ago under Chief Bob Fiedler.

"When Clive started as chief, he had developed a ten-year plan which he then promptly accomplished in five. We're in the process of creating another ten-year plan. Talk to me in five," jokes Delpont. Apparently, Derbyshire is pretty effective at getting things done. He has served as an alternate RDCK director at an historically young age. He was into politics as early as high school, serving as president of the student's council and advocating for community issues before most in his age group were considering them. He works as a paramedic with the BC Ambulance Service out of Creston, while making his home in Riondel. He's the go-to guy in town, and certainly knows how to work the system to reap the greatest rewards for the communities he loves. Hats off to Clive.

A little about the certification process for all fire-fighters and first responders: Every volunteer gets his/

her fire fighting ticket first. The department offers an in-house training curriculum in conjunction with the College of Rockies (Cranbrook). Everyone certifies this way and the department gets their NFPA (National Fire Protection Association) rating, similar to CSA ratings – a standardizing board.

Every Thursday there are training sessions. These sessions may come in the form of book training, working with the machines, or in classes with instructors and take a few hours every time (from approximately 7-10 pm). There is other training as well (eg: annual 3-4 day vehicle extraction and rope rescue workshops). There are also First Responder workshops every couple of years, which are comprised of about six days of training. Only a few people in the department don't yet have their first response tickets. Delpont says that they hope to make that happen this year.

This year was a record breaking year for calls. The department went out on fifty-five first response, MVI (motor vehicle incident) and fire calls (Calls for Service). This rate averages just over one call per week. The previous record for Calls for Service was somewhere in the thirties, says Delpont.

When asked about the process for call out, Delpont explained it could look something like this: A bystander, resident or person in the accident dials 911. The 911 dispatch centre is in the Okanagan. Dispatch

of our crew as well as available flow of water from the fire hydrant system in Riondel. The rest of Riondel Road is included without the hydrants because we have a big water tanker and can move the water that distance. The reason that our apparatus can't leave the boundary is that, technically, if it did, the 3B rating would not apply and insurance in the Town of Riondel would be void. Should there be a fire, Riondel houses wouldn't be covered as people outside the boundary don't pay for the service."

When asked about what the fire department can and can't do, Delpont responded that the crew is trained within a set of protocols. With each incident or trauma, the crew has protocol that they can and must follow. Their role is to stabilize the patient and then hand him over to the BCAS. They are not allowed to step outside of this protocol. As far as liability, the department is covered by the "Good Samaritan Act" (protection against liability), but they are only covered if they stay within the protocols and training. No major invasive procedures are allowed.

Regarding recent funding cuts to the program, Delpont had little to say aside from this: "Previously there has been a lot of fundraising done by all firefighters to fill gaps in road rescue and first response funding. No one wants to do it anymore. If people want service, they'll pay the taxation. We volunteer our time and energy and don't want to fundraise beyond that anymore."

In a recent *Mainstreet* article, there was information about the snazzy new First Response truck acquired by the department. The truck is a customized 2005 Ford F550. They are currently finishing wiring and details on the new truck. The last details to be finalized before the truck should be on the road are to have the boxes in the back painted, the lights wired and radio installed and wired.

What does the truck mean to communities? Well, as much as the department appreciated the old truck donated by Fortis, formerly West Kootenay Power, it wasn't big enough. We are remote so we need multi-use apparatus in as many cases as possible. This truck is big and it will have a CAF (Compressed Air Foam) System installed on the back. The tank holds approximately 1000 litres and that 1000 litres, when compressed, has the effect of producing approximately 10,000 litres of foam. It also has a wand, like a pressure washer, which is good for early stages of forest fire rapid response.

It will also be useful for motor vehicle incidents and carry the Jaws of Life, the Spreader, and other apparatus.

Mainstreet asked Delpont why he volunteers on the crew. He says, "There were a couple of reasons for me to join. Firstly, I was approached by a neighbour and told that the department was on its way out. That meant that my insurance was going to go up, significantly. I didn't want that. The second reason is that in my years here, I've been to parties, or at the beach or hiking and seen friends and family get hurt and sit there without being able to help. It seemed a great opportunity to get training to help me reduce my feeling of helplessness at times like that. I plan to stick with them as long as they'll have me."

Let's hope that they will all continue to stick around. In the face of cut-backs, criticism and exhaustion, this group of community-minded people is doing the greatest service out there. Chief Derbyshire is an invaluable asset, and we need to do all we can to keep him on board. Let's start with a gigantic THANK YOU! Please remember to appreciate them at every opportunity and extend your gratitude.

May 2010 be the year of the volunteer, and the year of volunteer appreciation!



**Left to right: Fire Fighter Bryan Matthews, Fire Chief Clive Derbyshire, Deputy Fire Chief Lance Delpont and Fire Fighter Dano Cheverie.**

will ask, "Fire, Ambulance or Police?" Once they've decided what is needed, they pass it on to BCAS, the local RCMP dispatcher or the Trail Regional Fire Dispatch Centre. Trail then raises Riondel on the radio with a specific tone and the department is called to respond to an MVI, structure fire, or first response incident. All available volunteers with a radio respond with their crew number, then scramble to hall and gear up and go out.

The First Response boundary is from 13911 Hwy 3A (Burden's Cut) to the northernmost boundary at the Loki Creek Bridge, north of Riondel. The MVI boundary goes south to Akokli Bridge in Boswell.

The Fire Response boundary goes from Hwy 3A at the beginning of Riondel Road to Loki Creek Bridge north of Riondel. The fire-fighters can only provide medical support beyond these boundaries. The new Rescue 1 (rescue response vehicle) truck purchased in 2009 can be dispatched in the case of injury, smoke inhalation, etc... but no fire apparatus is allowed to leave the fire boundary.

According to Delpont, "The reason for this is that the entire industry is regulated by insurance underwriters, so if you're in the Riondel fire boundary, we have a 3B rating. This rating is achieved through a combination of apparatus the department holds, the training

Community  
**CHR**eaching out to everyone  
**RI**magination  
**IS**hining Faces  
**ST**winkling Eyes  
**M**usic and Song  
**AS**urprises!  
**Anticipating Santa**

by John Edwards

Crawford Bay Hall came alive again on Saturday, December 16 as a host of bright-eyed volunteers descended on the old place and wrapped ribbons in its hair, festooned it with necklaces of lights and set the long tables with white cloths and centerpieces. The furnace chuffed to life and warmed everyone up, the kitchen filled with incredible amounts of roast turkey and dressing and mashed potatoes and gravy and huge green salads and exotic vegetable dishes and tofu extravaganzas. We ladened down our plates with more than we should ever eat and sat shoulder to shoulder with neighbours, friends, and the guy you always see at the post office but don't know his name.

The kids finished first and resumed their racing around the Hall, back and forth to the crafts tables, building imaginative pasteboard whatchimacallitts with plenty of sparkle thrown in for good measure. Back and forth, front to back and back to front they raced, all in their best Christmas finery. Girls resplendent in dresses of glistening brightness, fur hems and collars and billowy skirts. Boys in white shirts, blue shirts, mostly pretty new shirts to complement their best pairs of jeans. They rough-necked out the front door, tussling in the snow and doing fancy jumps off the top step, twirling and twisting in the air and imagining the sick monster half-pipe that the sidewalk had become beneath them.

**Burn Wood?  
 Burn Wise!**  
*Increase the heat and  
 reduce the smoke from  
 your woodstove*

by Craig Gutowski,  
 submitted by Tom Lymbery

Everyone wants to save some money on their heating bills, while maintaining a "green" lifestyle. But we can't all afford the more expensive, occasionally less convenient, options of geothermal, solar, or wind power.

Hundreds of thousands of Canadians use woodstoves, but many of those are outdated models that lack clean burning technology. Efficient wood-burning is as environmentally friendly as other renewable energy sources, and a fraction of the price. Many of the best, cleanest-burning appliances are manufactured right here in Canada, so you can support a home-grown industry at the same time.

But not all woodstoves are created equal. If you own an older model, you should consider upgrading to the latest clean-burning technology. Here's why:

**Time to upgrade your woodstove**

Think about purchasing an advanced combustion EPA woodstove, insert or fireplace.

Clean glass technology allows you to enjoy a beautiful fire and uses one third less wood than a traditional woodstove. By burning the smoke in the stove, chimney emissions and creosote deposits are both substantially reduced.

Older models emit 40-80 grams of smoke per hour; the new EPA approved CSAB415 woodstove emits only 2-5 grams of smoke per hour. That's a 90% reduction. Rebates are now available through the

Egged on by each other's excitement they brandished snow as weaponry and waged mock assaults on one another as the odd dad looked out the open door to make sure that no one was really being torn limb from limb.

Inside, moms fanned themselves and looked for the thermostat as the temperature passed 25 heading upward and the bring-your-own-bottles poured glass after glass of Christmas cheer. Dads talked hockey and skiing and frozen pipes and possible Mexico destinations.

A cluster of musical leaders took to the stage and struck up a medley of Christmas standards - the perennial favourites *Rudolph the Red-Nosed Reindeer*, *Santa Claus is Coming To Town*, and *Must Be Santa* were belted out lustily by young and old alike.

Just as the dessert was hitting the tables, rows upon rows of wonderful pies, cakes, cookies and tarts, chocolate mousse and ginger bread, more than even this crowd could possibly eat, a "HO, HO, HO" filled the Hall and Santa made his grand entrance. Clad he was in a shiny new red suit that looked like one of his elves must have just finished sewing, his beard and hair as white as a baby beluga's fur, his eyes - how they twinkled, his dimples - how merry! He made his way to the stage and joined the singers for a few of his favourite songs, then made his way to his throne to hold court. First child up was only born this year, Vera Hulland, looking a cherubic princess as she sat brightly on Santa's knee and looked out at the assembled throng. Santa's heart was immediately smitten and the thought crossed his mind of perhaps whisking this princess back to the North Pole with him and Mrs. Claus, but a quick glance into the loving parental eyes of Mom and Dad chased that thought away. The princess didn't utter a sound to Santa but he got the message that she wanted a wonderful life growing up here on the East Shore, and it's a certainty that she'll get it.

Province of BC and the Regional District of \$350 plus \$40 to cover the dump fee. (Retain the door before you dump or someone else may re-use your old stove and defeat the program's purpose.)

**What to burn**

Ideally, you want to burn only clean, seasoned wood (split and stored a year ahead). If you cut your own firewood, split it into pieces that are 4 - 6 inches in diameter (10-15 cm). This will expose more surface area to the flame, and ensure a cleaner burn.

Your wood should be stored outside, not in the home where it could contribute to excess moisture and mold. Keep the wood off the ground and covered to protect it from the elements. A ventilated wood shed is preferable. Stack the logs - this allows air to move through and keep them dry.

Finally, avoid burning wet or green wood. Wet wood is difficult to burn and produces cooler fires; it also leads to creosote in your chimney, which is a fire hazard.

**Don't burn garbage - put it in the trash!**

Your woodstove is NOT a garbage incinerator - you can't use it to dispose of plastic, cardboard, magazines, plywood or pressure-treated wood. You may avoid filling the local dump, but when you'll send persistent toxic chemicals into the air. These substances don't break down and will settle into soil, vegetation and water.

According to Environment Canada, burning garbage is the fifth largest contributor to airborne toxins in the country.

These are just a few tips to remember as you gear up for another winter season. For more suggestions on how to use your woodstove responsibly, please visit [www.hpbackanada.org](http://www.hpbackanada.org).

*Craig Gutowski is President of The Foundry, a one-stop supplier to hearth shops across Ontario.*

One by one in ascending order of age the children were guided to the front of the line by the watchful Mrs. Claus and stood at or sat upon the big red knee. Santa listened carefully to whatever nuggets of wisdom came his way and then bade each of them a "Merry Christmas!" and guided them back to Mrs. Claus who gave each one an authentic North Pole Elf Cap with Christmas goodies inside.

By the time the last teen had climbed off Santa's knee, hundreds of photos had been taken and dozens of movies made, and the dessert table had grown lighter by 77 pounds, while the assembled crowd had grown heavier by exactly the same amount! Christmas Math Magic!

To all who had a hand in the preparation and accomplishment of this festive and heart-warming party, "Congratulations!" It was a triumph of community and Christmas spirit.

Please do it again next year.



SCHOOL DISTRICT NO. 8  
 (KOOTENAY LAKE)

**NOTICE OF  
 PUBLIC MEETING**

- **Date:** January 12, 2010
- **Time:** 1:30pm - 2:30pm (m.s.t.)  
 ~Special Public Meeting~  
 5:00pm - 7:00pm (m.s.t.)  
 ~Regular Board Meeting~
- **Location:** Crawford Bay Elem-Sec. School,  
 16159 Walkley Road,  
 Crawford Bay, BC

The purpose of the meeting is to invite input from the public concerning the disposition of the old Crawford Bay School, which is deemed surplus to the needs of the School District due to the recent opening of the new school.

**The Fitness  
 Place**

**January Hours**

**Mon - Fri**

6:30 am - 10:30 am

**Mon-Thurs Nights**

6 pm - 8 pm

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



**\$30 for a month-long  
 membership or  
 \$5 drop-in fee.**



**\*CLOSED Jan 1\***

# REVOLUTION! Are You On Board?

by Dan Rude, Principal of CBESS

Some say that secondary education is in the midst of a revolution.

From my perspective, three of the key ideas central to this revolution are that:

1. **Learning experiences should be relevant, meaningful, and engaging.** When we develop passions, we care, and when we care, we get actively involved.

2. **Deep learning occurs in relationships - and through experiences - with mentors.** The teacher as a depositor of information gives way to the facilitator who is actively involved in the learning process with students. The mentor asks open-ended questions, connects students to new sources and people, and helps the students learn to assess their progress and determine areas for improvement. The students are required to be active participants in their learning, through listening to the ideas of their mentors, and through sustained effort in overcoming challenges.

3. **We have serious, complex, and fascinating modern issues to deal with as a species, which go beyond the traditional separation of subjects.** These issues connect subjects, live between subjects, and/or have created entirely new subjects.

I would like you - as individuals and networks of caring community members - to commit to joining the school community in navigating these revolutionary times. As a small, highly creative, rural community, we have the opportunity to build a unique, locally-developed graduation program that is meaningful, appreciative of mentoring relationships, and based in solving relevant issues.

## Education or Day-Care?

by Clements Verhoeven

Recently a CBC interviewer asked a newly-minted environmentalist: What fueled his quest for sustainable forestry? His experience of beetle-ravaged forests jolted him into consciousness. Until then he had believed in unlimited forests and logging. Now he saw that expensive machines and infrastructure had led to a loss of employment despite the ever expanding harvest of evermore trees in our dwindling forests as operators sought to repay their bank loans.

As with trees, so with buffalo, cod, oil, water, air - as any high school student in Canada should be able to tell you. Critical thinking is the objective of all our school curricula. But apparently the links between foolish economic, social and individual habits and practices and disappearing resources are not evident until, like the newly-minted environmentalist, work and the responsibilities of adult living reveal those links to us. Sadly enough, most of us learn our critical thinking on the job, well after we are committed to mortgages, payments on lines of credit, financial support of loved ones and even divorced ones, and retirement savings plans. When we see an end to the cod, the salmon and the trees, it often seems too late to change our ways.

Today we are called upon as never before to face the incredible challenges of realistically adjusting our needs and desires to what Earth can provide. As never before, to transform our relationship with Earth, critical thought is needed.

Our schools have never had a clearer mandate: critical thinking is the key to both quantity and qual-

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To the details... Through conversations, school visits, and involvements online, I have been investigating a few secondary education models that could help us with a framework. Central to this project are 'Board-Authorized' courses, which essentially allow us to build courses based on student and community interest - and need. An example from our district is Mount Sentinel Secondary School's 'Quest for Community' program, which has students researching and participating in communities such as the Ashram, Vancouver's Downtown Eastside, and a building project in Haiti. J.L. Crowe Secondary School, in Trail, has the 'Navigator' program in which students develop learning projects that are personal interest-based and must meet certain requirements for self-evaluation and presentation. Lucerne Elementary-Secondary School in New Denver shuts down their regular timetable for one week in the fall and one week in the spring for their 'Into Learning' projects in which secondary students join in four or five groups, based on an immersive learning experiences offered by teachers. Examples have included cooking, quilting, backpacking, canoeing, Marshall Arts, and web-design.

I would love to see these possibilities applied to our East Shore context.

- What if each of our secondary students was involved in a personal interest-based project, such as photography, woodwork, art, cooking, textiles, digital animation, web design, movie making, mechanics, robotics, an instrument, a second language, etc.

- What if there were celebrations at various points in the year for students to demonstrate their projects and express their challenges?

- What if teachers and community members

ity of life on this planet. Critical thinking cannot avoid self-evaluation. It would be unrealistic to say our schools are succeeding in turning out large numbers of critical thinkers, youth capable of setting goals, youth capable of modifying destructive behaviours. But our schools never will unless we as communities commit to them as never before.

Education should be grounded in the love of what will develop in the future. A community survives and evolves by valuing and encouraging its children. When a community does the best in can by trusting its members to do the best they can, the influence is exponential.

More than anything, my experience as a member of various musical groups has taught me the power of a shared vision. When and where every member does the best she or he can, then and there the magic of evolution is multiplied.

When I as an individual member restrain myself from imposing my views on the development of other members and simply love and support what is developing, growth happens. Why? Probably because deep within each of us is the desire to be the best

we can. And that process of becoming better cannot proceed without critical thinking.

Everywhere schools and communities are in crisis. Communities fail - - fade, shrivel and die - when they neglect to call upon their children to be the best they can. Disenchanted, disenfranchised, disengaged youth are everywhere. Endless hours of soul-crushing, mind-numbing activity have never before been so readily available. Endless evasions by the adults in our world to call upon youth to be the best they can are everywhere.

Here, on the East Shore, because of size, location and the resources our size and location afford, it can be different. Let us dare to make it so. The future and love are at stake.

both worked with students as mentors?

- What if we adapted our timetable so that we could join with Lucerne students twice a year?

- What if each student was also involved in a community-based project, such as a drama production, a local food growing and distribution initiative, fundraising for local needs, peer mediation & conflict resolution, recreation and health promotion, etc.?

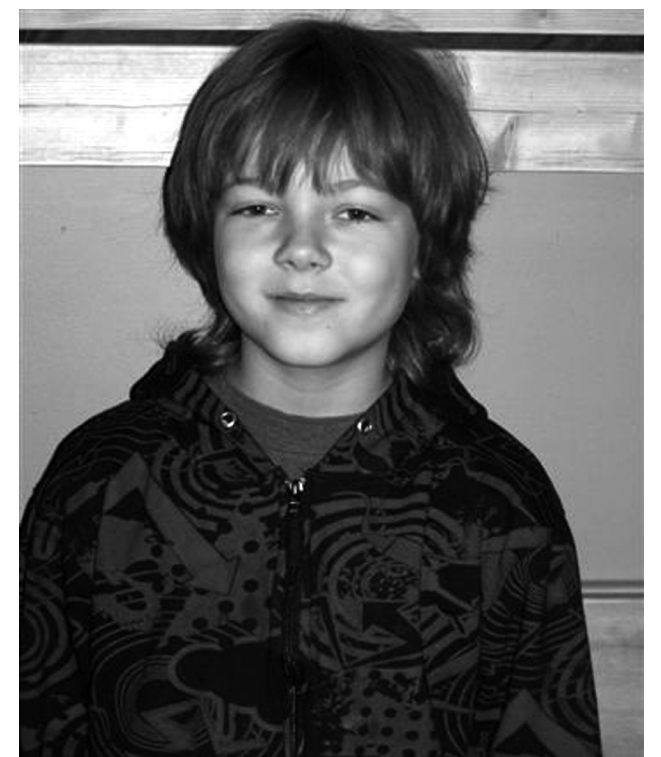
- What if a community project in social development could lead to a school trip to work on a housing project in Cuba?

On their homepage (<http://www.21learn.org/>), The 21st Century Learning Initiative points out the current "crisis in society's commitment to young people". I would like

to personally thank all of you who support our young ones - through tutoring, leading drama productions, starting clubs, singing, playing instruments, nourishing, developing language and numeracy, coaching, creating art projects, playing, caring for our school grounds, and yes...checking for lice.

*Did you know that Crawford Bay School serves one of the best and healthiest lunches on the planet? With a HUGE thank you to Terry Fiddick and her dedicated crew of volunteers, our 'Farm to School Salad Bar' lunch program serves our community most weeks from Monday to Thursday. The lunch program begins again on Monday, January 11, 2010. Please call the school at 227.9218 for more details....*

## CBESS Student of the Month Daelin Peel-Smith



Crawford Bay School's student of the month for December is Daelin Peel-Smith. Daelin is a kind and thoughtful student, with a keen interest in learning. He is always respectful, listens well, and is considerate of others. He is able and willing to think about how his actions affect others and has been overheard doing conflict resolution with his classmates in a very mature and respectful manner. Daelin is actively involved in physical activities and is known for his great sense of humour. As one teacher says, "Daelin can always be counted on for a fair perspective." Congratulations, Daelin, and thank you for your positive contributions.



## EASEY News for Parents

by Laverne Booth

Thanks to Simone Stanley for an outstanding drop in program for young children and their families and caretakers at the East Shore Family Place. Simone and her partner Craig are relatively new to the community and we really appreciate their presence.

"Interacting and playing with my child at the Strong Start program is the highlight of my week", says a young parent. The hours are flexible and the cost is free. Library and gym time are included. **The Strong Start program will start up again after Christmas on Monday, January 4 at the Eastshore Family Place and January 5 in Riondel at the Community Centre.**

The inspection of the Huckleberry Patch Children Centre went well, with the space at the Eastshore Family Place receiving high marks for the wonderful facility. Some technical details are being worked out at the present. Parents have been contacted and accepted into the program. Unfortunately it is not yet clear what the exact opening date will be. If you have not been contacted, or have any questions please contact : aanytaf@kootenaykids.ca.

Warm greetings and congratulations to Kootenay Kids Executive Director Stephanie Fischer, and staff members Rebecca Wheeler, Simone Stanley, Ray Ann Miller, Aaynta Fehrenbach, Arla Bennett, and Lorinda English for a spectacular start to the centre. Thanks also to Crawford Bay School principal Dan Rude, Early Learning Liaison Nancy Devuono, School Trustee Leonora Trenaman and Superintendent of School District #8 Pat Dooley for your support of programs to benefit our youngest community mem-

bers and the families who support them.

Parents may want to get on the email list and phone tree to hear about upcoming events. In January, Lana Smallwood (our Infant Development worker out of Creston) will offer infant massage at the Eastshore Family Place.

If you have ideas for events that can bring parents and caregivers together in different locations on the Eastshore or would like to organize an event- please contact coordinator Laverne Booth at laverne@theeastshore.net or leave a message at 250-227-9552.

**EASEY (Eastshore Alliance Supporting the Early Years) meets again on Tuesday, January 14 at Crawford Bay School Library at 4 pm.** All those interested in supporting young children and their families are invited to attend. For more information, or to get an agenda please contact EASEY chairperson Simone Stanley at simones@kootenaykids.ca

## Cozy Fridays in January Series

by Laverne Booth

Visit your friends and neighbours, help yourself to a hearty bowl of soup, and relax into some interesting community participation processes. For three Friday evenings in January, the multi-purpose (drama) room at the new Crawford Bay School will come alive with creative learning. Donations for food will go to the Crawford Bay School Hot Lunch program.

On Friday January 15 from 6:30 to 9:00 pm, Blanche and Harrison Tanner are offering a gift of a community constellation process. This is a way to look at our community and see what strengths we have and how we can work together in harmony to accomplish the most with what we have available to us here now, for the future of our community and for future generations.

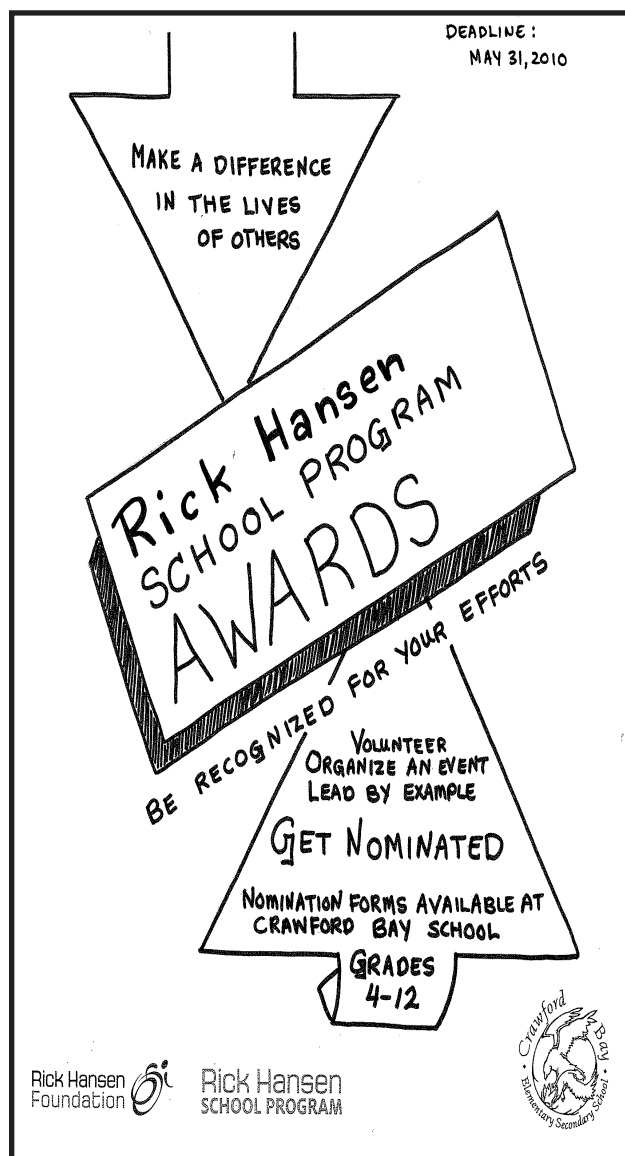
As a starting place to explore the role of community education on the East Shore, some questions have been identified: Who are we as a community on the East Shore? How inclusive are we? How are we connected to nature? How do we "be" a community? The process is a little hard to describe and it is fascinating. People who have participated in previous family constellations are needed as representatives. All ages of people are welcome to explore the wisdom and love that is discovered underneath family or community dynamics.

On January 22, same time, same place, join Leah Wilson for Turning Conflict into Communication and Lea Belcourt for Laughter Yoga. One of the sayings in laughter yoga is "It is never too late to have a happy childhood". Leah is a certified instructor and you are sure to share some laughs.

Leah Wilson, resident of Riondel and administrator for CJLY Coop Radio, when asked what bully proofing is about, said, "We can learn to recognize the power of words, give yourself perspective and tools to hear what others are really trying to say. Take charge of how language can make you feel; help others hear what you need to communicate; and know when it is best to walk away.

On January 29, Robert Agnew, community and cooperative development services facilitator, will lead a discussion on a community skills and services exchange. As the former co-manager of Barter Systems Calgary and a community school coordinator he will offer his perspective on ways to use barter, trade, and cooperation to increase access to educational opportunities and new skills for Eastshore residents.

The program is organized by Columbia Basin Alliance for Literacy (CBAL) programmer Laverne Booth to follow up on the Eastshore Literacy Plan. For further information contact Laverne or Robert at 227-9552 or colearning@theeastshore.net.



## Youth Who Make a Difference

by Lori O'Neill

Crawford Bay School has signed up with the Rick Hansen School Program to recognize community youth who make a difference in the lives of others. Committee members are seeking nominations of grades 4 through 12-aged youth who demonstrate one or more of the qualities of determination, inspiration, courage, leadership, teamwork, and making a difference in the lives of others. Youth need not attend Crawford Bay School to be recognized. Perhaps you know a young person who performs community service in a small but regular fashion, or another that has put a good deal of effort into a significant project, or perhaps an individual who stood up to a social injustice thought it meant personal hardship? Why not put their name forward? Any community member including parents, peers, and even the nominee themselves, may nominate a candidate. Nomination for a Rick Hansen Award is through a simple one-page form available at the Crawford Bay School. Drop by the school or call 250-227-9218. The nomination deadline is May 31, 2010.

## Newkey's Pub & Lounge

Open - Specials Every Day!  
Come in & play Knock Out 21.

250-227-6911  
Hwy 3A, Crawford Bay

## Writing & Computer Classes in Crawford Bay School

by Shauna Clapp

Doreen Zaiss is teaching a Creative Writing class on Thursday nights (7 PM- 9 PM) starting in February. The class is for both beginners and those with some experience in writing, and will involve work shopping each other's writing. The course will run for eight weeks. It will be held at Crawford Bay School.

Gabriella Gundlach is offering three evenings of computer basics in the school on February 23, March 2 and March 9 from 6:30 PM to 9:00 PM. Students are instructed on computer basics including components of a computer, keyboarding basics, using the mouse, creating and printing a simple document and introduction to the internet and basic email functions. The course will get you started in the world of computers.

For more information on either of these courses, contact College of the Rockies: (250-428-5332).

## The PAC Box

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

**Come By For Lunch:** Please note: the Lunch Program will not begin until January 11 - remember to pack a lunch for the first week of school. Drop into the school Mon-Thurs between noon and 12:20 for lunch! \$10/adults, \$5/kids. Hot entrée, soup & a fully stocked salad bar every time!

**Turkeys for Sale:** Check for the ad in this issue to pre-order your 2010 turkeys! All proceeds to the Hot Lunch Program.

**Youth Fitness:** The PAC will pay for students to use the Fitness Centre facilities outside of school hours. Must be over 12 years old. Call 227-8959 for more info or just show up and we'll take care of it.

**Come To A Meeting:** Our next PAC meeting is January 4th at 7 pm in the school library. Please join us!



**2009 - 2010**  
S E R I E S  
presents



**Toronto Consort presents  
the Da Vinci Codex**

Wednesday, January 20th @ 7:30pm  
Prince Charles Auditorium, Creston, BC

The Da Vinci Codex is a fascinating look at the musical world of the supreme genius of Leonardo Da Vinci.

Tickets available at Black Bear Books • Visit [www.crestonconcertsociety.ca](http://www.crestonconcertsociety.ca)

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Adults \$22 (\$25 at the door) • Students \$10 (\$12 at the door)



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**Applications must be received no later than Friday, January 29, 2010.**

Please direct inquiries and submit applications to:

VIRGINIA MAKAROFF  
Executive Assistant  
Nominating Committee  
Nelson & District Credit Union  
PO Box 350, Nelson, BC, V1L 5R2



Photos provided by finalists in the Osprey Community Foundation's Eco-Photo Contest for youth.

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The Gray Creek Christmas Party: Big thanks to the RDCK & Garry Jackman as well as Kerry Reilly and Karin Tesoriere and Santa Claus, as well as the families that attended. We had 19 kids this year!

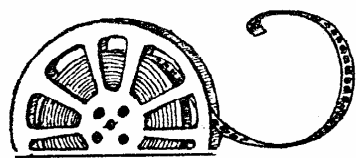


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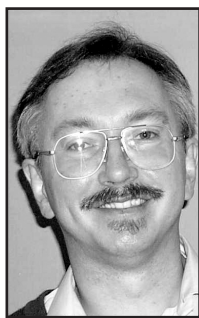
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**Seldom Scene**  
by Gerald Panio



This month's film made me feel really, really dumb. I don't hold that against it; the dumbness was entirely my responsibility. I remember reading about James Marsh's documentary, *Man on Wire*, when it came out in 2008. The reviews were exceptional. Marsh's film was about a man who walked a high wire between the quarter-mile-high roofs of the World Trade Center buildings in August of 1974. At the time, I thought: Wow, pretty cool. And that was about it. Do you see the problem here? Instead of my brain going into overdrive with searching questions like "What could possibly motivate someone to attempt an act like that?" or "How is it possible to rig an illegal 450-pound high wire across a 200-ft gap between two 100-storey, closely-monitored buildings without anyone stopping you?" or "What can happen to your life after you pull off one of the most spectacular gestures of the century?", the only thing in my head was "neat-o." A spectacular failure of imagination. Dumb.

Fortunately James Marsh had a few more neurons firing and understood that Philippe Petit's story had the potential to be one of the best documentaries of the first decade of the new millennium. There are some of the usual talking heads in this movie, but they slip by almost unnoticed because the underlying narrative could have been the one thousand and second of Scheherazade's Arabian Nights Tales. The director also makes seamless, excellent use of archival footage and re-creations. "Follow your bliss" (or "follow your passion") has now become somewhat of a self-help cliché, but there's no denying that the single-minded pursuit of one's obsessions can make impossibility a meaningless term. It can also kill you, of course. The universe likes to maintain a balance between "That's amazing" and "I told you so."

Philippe Petit's fascination with the World Trade Centers began when, sitting in a Paris dentist's office, he came across a magazine article describing the project. Although construction work had not yet begun on the towers, Petit knew that one way or another they would play a key role in his life. In the meantime, that life veered off into a busker's trade of unicycle riding, clowning, juggling, and high wire walking. One thing the film does not explain is why he chose the path he did. Perhaps it was as simple an explanation as the fact that circus life has always been an essential element of French culture—long before Cirque du Soleil conquered the world.

Petit begins to focus more and more on his high wire skills. His girlfriend, Annie Alix, helps him train, in awe of his focus and his mastery of his craft. Then comes the seminal moment when Philippe looks up at the two bell towers that front Notre Dame Cathedral and realizes he's found a new stage for his art. While an elaborate ceremony goes on inside the cathedral, Petit and his friends/accomplices run their wire and the curtain rises on something even almost-mythical Paris has never seen. Philippe doesn't simply walk the wire, he moves upon it with all the grace of a dancer in the Ballets Russes (a comparison also made near the end of the film by a New York cop, individuals not normally given to flights of metaphorical fancy). Of course, the minute he steps off the wire he's arrested by the gendarmes. A slap on the wrist, and all is forgiven.

Success is addicting. Philippe has now found "beautiful stages" for his talent that dwarf the biggest Big Top. He's gathered a band of merry pranksters with the chutzpah and the technical know-how to give his ambition its head. Next up: the towers of the Sydney Harbour Bridge. Another intoxicating success. Mean-

while, in New York, the Trade Center towers are rising into the sky, nearing completion. With retrospective, tragic irony a newsreel of the day trumpets their construction as a way to "promote harmony and communication between the nations of the world."

Philippe hasn't forgotten his earlier sense of destiny. He travels to New York, gazes up at the skyscrapers, realizes that the scale is beyond human, and that any thought of pitting himself against them is utterly impossible. He returns to France and begins planning.

The pranksters aren't quite so merry this time. No one wants to bear the responsibility for Petit's likely death. No one knows how to defeat multiple levels of security at one of the most rigorously guarded commercial sites in America. But at Philippe's urging the gang travels to New York. They pose as journalists doing a story on WTC construction workers and manage to snap dozens of photos of the roof layouts. They carefully monitor all commercial traffic into and out of the buildings.

Philippe endlessly watches American heist & gangster films for inspiration. At one point, Petit steps on a construction nail that goes through his foot—and even this turns out to be a blessing in disguise as no one thinks of challenging the poor guy on crutches.

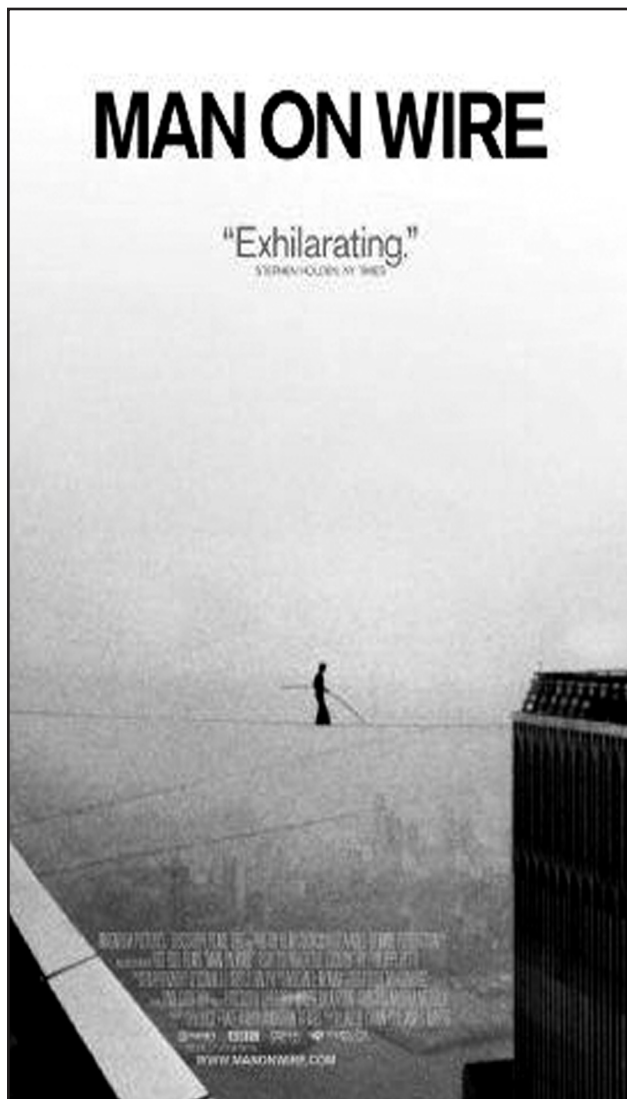
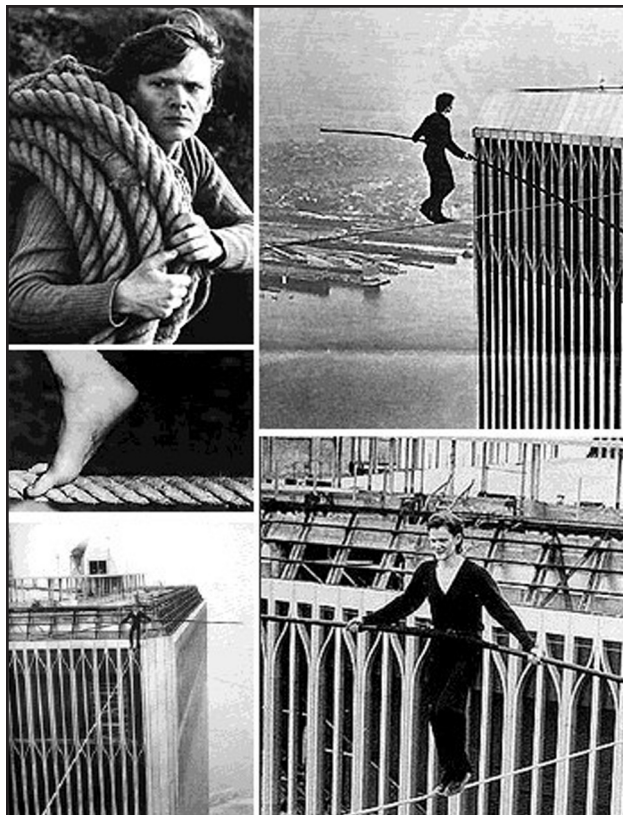
Back in France, the crew lays out a life-sized mock-ups of the two rooftops in a farmer's field, and creates miniaturized tabletop reconstructions. Planning goes on for a year. An initial target date is set for "le coup," but Philippe's accomplices pull the plug at the last minute because they don't yet feel up to the challenge. They don't share his sang-froid: "If I die, what a beautiful death—to die in the exercise of your passion!"

Finally, it's a go. I'm not going to throw in any spoilers here. Trust me, the scenario's as gripping as *Die Hard*—but without a body count. You get to witness a dream unfold, what some have called "the artistic crime of the century." Forty-five minutes. Eight crossings. One stunning black & white photograph shows Petit on the wire, between the two towers, with a plane in the background, seemingly right at his back. It turns out that the title of the film comes from a phrase entered on one of the police forms documenting Petit's arrest. The understatement of the century.

Success does come with a price. Friendships collapse. Relationships move on. "Once upon a time..." becomes "There was a love story..." Instead of immediately celebrating his triumph with Annie and his co-conspirators, Philippe winds up in a hotel room with a groupie. They'd all do it again in a heartbeat, I think, but the aftermath was definitely bittersweet.

Interestingly, the film gives us no insights in Philippe Petit's life during the decades that followed his walk in 1974. He still looks great, and his passion is clearly undimmed. But what do you do for an encore? Write a book. Make a movie. The fact remains that the dream has come true and there will not be a new one. Perhaps it's a small price to pay. Every time Philippe steps on the high wire he will once again be dancing where no one will ever dance again. At one point, Annie describes him between the Trade Center towers, kneeling on the wire and saluting the crowd—"so, so beautiful!" Life lived on the edge of life. Almost perfect.

(*Man on Wire* is available at the Riondel Market, along with several other cool documentaries.)



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Growing communities one idea at a time.





**pebbles**  
by Wendy Scott

**Anticipation**

Shadows on snow. Lazy smoke drifting down rooftops. Sunshine and very cold weather. Crowds of cedar waxwings attach like leaves

to bare trees. Shovels are pulled, reluctantly, from wherever we stashed them last year. Toques, mitts, warm boots and the clickers that are so difficult to pull on but must be worn on those boots for fear of whatever's hidden under that fluffy white mantle.

It is a time of anticipation: the warmth of Christmas; the depth of winter, spring's first day; all these will hover until we acknowledge – as if for the first time – their sudden arrival.

This morning, my husband, Bruce, and I set off to meet Christmas on Vancouver Island. The roadside is white with new snow, the north wind still ruffles Kootenay Lake, and lowering clouds obscure the Selkirk Mountains. Our trip remains dreary and cold until, climbing high enough to find forested hillsides of clinging snow, we marvel at the wonders of winter and remind ourselves of its diversity – we're quite aware of Edmonton's minus 40 degrees, but any smug thoughts we may have vanish as quickly as the road in front of us. The low clouds have fallen even further and we are lost in a thick haze of white mist.

Progress slows to a crawl and I recall winters of my Vancouver childhood when families burned coal in fireplace and furnace and the winter's fog was dense enough to turn short drives into expeditions down vanishing streets into strange neighbourhoods of ghostly images.

**Book Review**

by Tom Lymbery

*Railway by the Bay*, by Barrie Sanford, 100 years of Trains at White Rock, Crescent Beach and Ocean Park, publisher National Railway Historical Society, B C Chapter, 230 pages, \$45

Barrie Sanford's Kettle Valley Rail books established him as the premier railway author and historian. His newest book brings you the reasons behind his fascination with rail – growing up within sight and sound of the Great Northern tracks in White Rock through the steam era to the diesels. From up to four passenger trips a day between Vancouver and Seattle, through a 14 year span with only freight service, to resumption of trains carrying people with Amtrak.

This new book is much more than the story of White Rock as it goes thoroughly into the history of Jim Hill's Great Northern Railway. Hill was a Canadian, so used railway instead of the US 'railroad'. Because the CPR was routed entirely through Canada, instead of using Hill's tracks south of the formidable rock of the Canadian shield, he became determined in his opposition. He pushed rail across our border wherever he could – Kuskanook, Nelson, Rossland, Grand Forks and more. He also controlled the narrow gauge from Kaslo to Sandon.

As a lifelong rail enthusiast, Barrie has a wealth of rail pictures, so has been able to use many of his own images in this large book. He has also been able to interview many long serving Great Northern employees, to include first person accounts of rail operation. While White Rock grew because of the access to its beaches, excursion trains taking people to the beach, and a special that allowed families to summer in their cottages, with the husband able to make a weekly or daily commute. In more recent years the town would like to have the barrier of tracks and trains removed from the top of the beaches, forgetting the past.

But this mountain highway leads out of the clouds and down into the snow-covered desert of Osoyoos. It is strange to see sagebrush in the snow and stranger still to meet tourists who have not come for summertime beaches and sunshine; these travellers seek a spot just a few significant degrees warmer than their hometowns – somewhere to the east of here. They come in winter to this resort town where they find a different kind of warmth. There's laughter because of the snow, and steamy windows in pubs and restaurants where music bursts from doors open to a snowy night.

We leave when morning light defines the mountains encircling this desert town. It is a time when fields and beaches seem to stretch much further under their flat white mantle before reaching the winter-grey of Osoyoos Lake. Bare trees rim the edge of a field – poplars, young willows and one tall apple tree that is decorated for the season with remainders from autumn's harvest. Ravens gather along the highway looking far too big and heavy for barren branches. Groups of magpies rush into the air – a blur of black and white, and a solitary hawk controls a field from his single fencepost.

My youngest granddaughter in Victoria has a long-standing wish for a snowy day like this, but boots and mitts are my first discards when we walk through her front door. There's rain here, but it's much too warm for snow. The next day, a tree is dragged through the door and school events fill the evening with voices and laughter.

There is a time in a young child's life when years stretch quickly. I have watched these periods of development with our own children and now with our grandchildren. There is a fascination for me that can be understood, I think, by another only child. And my entire life – until this season of winter and snow – was spent without the joys, the sorrows and the surprises that come with the closeness of a sibling.

**East Shore  
Community Library/  
Reading Centre  
News**

by David George

**Your Library Celebrates 20  
Years in the Castle**

Join us on Saturday January 16 for a celebration of our 20 years in Crawford Bay Castle. Before your library moved from part of the Crawford Bay Hall, it was not possible to display all the books at once, and bookcases had to be locked when the library was not open.

Now we have nearly 600 members, and more than 10,000 items in the collection, counting hard cover books, paperback books, audio cassettes, video cassettes, CDs, and DVDs in the adult and non-fiction sections, the younger children's section, and an older children's section. Many taped and CD'd books are available, and we have been adding to these regularly. Many thanks to people who have donated lots of taped books. Many thanks also to those who have made donations to help cover the shocking shortfall caused by the grinchy government's budget cuts. We have made up nearly half of the shortfall.

So, join us on January 16th for a few goodies, and celebrate with us as your library enters its 21st year in the Castle, and its 32nd year since its founding by Charlotte Blanke and quite a few others. Take a moment to read some of those names on the plaque on one of the bookcases.

If volunteering interests you, we can always use a few more volunteers to help cover new books, and run the circulation desk.

One short month ago, I was shocked, puzzled, and eventually, delighted to discover a gift that arrived without any anticipation on my part. It is a gift that I shall cherish: I found my sister or I should say, she found me. We have been sisters for many years – decades, in fact; each was an only child but now both our lives hold many more dimensions. Sisters can become aunts, and cousins abound in extended families, but none of these are as remarkable as the unfamiliar emotion that springs up now when I least expect it. I can no longer speak with dear friends who have siblings, or watch my own children and grandchildren without experiencing a tenuous thread of understanding – even though I have yet to meet this newly found relative of mine.

Christmas and the years ahead will bring me those moments that until this winter's snow, I've only wondered about. I feel I'm able to give this gift of a special relationship to my family and my family in return, will extend their thoughts, their curiosity and perhaps – with time – a modicum of love towards my sister. My sister and I will no longer be the only ones in our individual lives.

My hopes, wishes and prayers in this special season are for those who may be alone. I wish for you a small, unexpected gift that will spread the warmth of joy beyond the melting snow and spring's first flowers. May each of you reach out to find a hand that comes to rest in yours. May your world be less lonely and may happiness and peace flow beyond and into the years ahead.

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e-mail: gjackman@kootenay.com fax: (250) 223-8466

**Riondel Community  
Library**

by Muriel Crowe

This has been a year of surprises for the library and indirectly for me. The one surprise that didn't delight me was the cutting by the Provincial Government of the funds to all reading centres. I had hoped when they announced that libraries would get a large percentage of their grant that the same would be done for reading centres. Unfortunately that didn't happen.

A surprise that did delight me was the suggestion from Bruce Scott that we could have a web page for our little library. Thanks to his hard work and that of Wendy Scott the web site is on-line and holds our catalogue and a section for members to make requests. There are lots of links also that we hope will be enjoyed by all. If you do make a request through the web site please follow instructions and go right to the end of form and click on send. That will send an email to the library where one of the volunteers will handle it.

I am really quite amazed that the year is coming to an end so quickly. I'm just getting used to it being 2009 and now will have to remember that it is 2010. I'll also have to figure out how old I am once again and hope that this year hangs on just a wee bit longer because I really don't remember having spring in 2009 though I do have a vague recollection of summer. Maybe the year could make a New Years Resolution to last a full 365 days this time.

## Wandering Through Cordoba at Dawn

by Richard McClary - Nov, 2009  
Cordoba, Andalucia, Spain

The glassy, still black waters of the Guadalquivir reflect the twelve arches of the Roman bridge like a mirror. Stars glint in the sky as the horizon slowly lightens, imperceptibly forcing the cobalt night to retreat towards the full white moon, silhouetting a tall sentinel palm tree. The bridge gleams in the cool white glare of halogen, while the yellow glow of sodium softens the Mezquita Cathedral's sandstone walls. The streets are still deserted save the odd delivery van.

First blue, then red and orange spill over the horizon, the eggshell blue spreads as a few clouds are revealed skipping across the hills to the South. Occasional footsteps echo through the narrow cobble streets. Doves coo amidst the corbels and gargoyles in the gothic façade of the old bishops' palace.

The polished brass doors of the mosque glitter like hammered gold. The still, cool air caresses the town still drawing out the heat from yesterday's warm Andalucian sun before the process starts all over again. The sun has been warming and cooling these structures ancient and modern for over two millennia since Romans first settled this site.

A distant bell chimes heralding the march of yellow on the Eastern horizon as the stars slowly become invisible for another day. An occasional orange drops from the trees that line the streets marring the otherwise spotless cobbles. Myriad birds start their dawn chorus amidst sycamore, pine and orange trees as the colours of the leaves and building become clearer with ever increasing light.

Near the door to the apartment the air is filled with the perfumed scent of a jasmine bush, small, delicate,

white flowers dot the large, glossy, green foliage high above the pavement.

The narrow, twisting streets are almost deserted, lined with white washed buildings. The air is cool and quiet in the shade, the sky a narrow strip of blue. Bright bursts of colour pour forth from the sky. Bougainvilleas in riotous pinks grow from the roofs and spill down walls. Iron grilled balconies are filled with well-tended plants. The quiet streets are spotlessly clean, shuttered windows hiding the worlds within.

Around a bend the Plaza de Jeronimo Paez opens up. It is a quiet square shaded by tall palms and gnarled old cypress trees swaying in the breeze. Birds sing and the gentle tinkle of running water in the central fountain fills the air. A bell rings in the distance. The occasional murmur of Spanish passes like a breeze as people walk by. Doors open and close and an occasional car rumbles over the cobbles past the sun drenched two story, white washed buildings contrasted with the dark wood doors and Moorish wood screens.

One corner is filled by a flowering wall of magenta bougainvillea. The square, being in front of the small archaeological museum is dotted with remnants of classical columns. Old pediments and corbels are being used as benches. The building's neo classical sandstone façade, although on a modest scale, contrasts with the white washed houses around it. A distant dogs barks. An owl softly hooos. The shifting sun is dappled through the soft green trees amidst the soothing sound of the dripping fountain. Arched doorways offer occasional glimpses of the courtyards within. These courtyards bring the azure sky into the very centre of the Cordoban home. The surface of the plaza is made of small, round, brown river rocks set into cement. Pine needles fill the gaps and around the bougainvillea bush are piles of magenta flowers scattered amidst the cobblestones: translucent, luminescent jewels.

A single strand of spider web glints like gossamer thread in the sun as a light breeze hides then reveals its presence between two rust stained stone pillars. An old iron chain hangs limply from one of the pillars. Behind it lies a large, ornately carved wooden doorway. Beside which is a small ogival arched doorway set in to the brick wall of a caliphate era building which is topped by a pyramid roof of lichen covered terracotta tiles. An ancient column and capital form the corner of the building.

Sparrows pick at seeds scattered around the plaza as the warm sunny day drifts slowly by, timeless save for the regular chiming of the cathedral bell as few twists and turns away to the west.

Next Deadline: Jan 27, 2010

## TOM SEZ

by Tom Lymbery

Now everyone knows what an Inukshuk is and its purpose, but what about a LOBSTICK? This is another directional indicator from northern Canada.

Widening of 3A west of Nelson from Granite Road to Grohman Narrows will apparently produce a one mile passing lane costing 6.5 million. Have you hit shift change at Insight Electronics?

In order to follow directions and not idle your vehicle at the ferry landings wear wool long john Stanfields, with wool pants and jacket. In fact, the energy shortage may see this happen, with cooler houses and offices.

Our postal code allows you to do away with identifying a province when you address mail. "V" for BC, "T" for Alberta, "S" for Saskatchewan, and "Y" for Yukon. However, the code becomes more complex for Ontario and East.

I experimented with a lesser cost glucosamine pill and found stiffness returning to my legs. I went back to Lakota Joint Care capsules, to have freedom of motion again.

Thanks to Mark Adams for his efforts to have skating in the Fraser Pavilion in the Crawford Bay park - warmer weather frustrates as his project melts away.

## Remembrance Garden

by Wendy Scott

With the first snowfall, every garden changes. Last year's mistakes are left behind to rest until spring's first rain, but our meanderings are recorded - set down in our footprints, at least until more snowflakes fall.

In the Remembrance Garden we can see where friends stroll together, where they stop to talk or watch a bird. We can follow the dog's paws, dancing as snow is flung from their prints, and the cats where their straight track halts briefly as they wash a leg or simply decide to wait until the time seems right to move on again.

It is a record of stories and stories leave memories. It is the right place to leave a thought for another to read. It is the pathway to take with your own quiet thoughts that have gathered for a year or a lifetime. Come and walk through the prints. Read their stories and imprint a few of your own - they will begin another year and a continuing chapter of remembrance.

Contacts: <wmescott@gmail.com>

<mcrowe@bluebell.ca>

250-225-3381

## Tipi Camp Yogathon

submitted by Sandra Bernier

Tipi Camp hosts its first annual Yoga-thon Fundraiser in Nelson on Sunday January 3 at the North Shore Hall from 9am - 7pm. Participants can stay for one class, all day or anywhere in between. Spontaneous drop-ins on the day are most welcome. Alternatively, pick up pledge sheets and sign up sponsors before the event.

### Pledge sheet locations:

- Nelson - Shanti Yoga Studio, 466 Josephine, 250 352 7703; Still Eagle, 557 Ward St, 250 352 3844;
- Crescent Valley - Frog Peak Café, 1418 Hwy 6, 250 359 7261;
- Winlaw at Gaia Tree Whole Foods, 5709 Hwy 6, 250 226 7255.

Wilderness Immersion and Self-Esteem camps for children and teens are the impetus for this non-profit organisation where the natural environment encourages opportunities for learning, co-operation and fun. Many children receive bursaries for these programs, allowing the camp to be available to those who need it. Donations and grants make this possible so please include Tipi Camp as part of this season's sharing and giving.

For more info contact Tracey tscanl@yahoo.ca, Cindy cindyfillion@live.ca or type in the event "Tipi Camp Yoga-thon fundraiser" on Facebook. Donations can be made on the website at www.tipicamp.bc.ca

### TIPI CAMP YOGA-THON FUNDRAISER SCHEDULE

9.00 a.m. Jennifer Steed - "family yoga"

-45 minutes of stretching and fun for all ages

10.00 a.m. Jenna Arpita - "ashtanga vinyasa"

-A fiery, ancient, seamless journey into the self

11.30 p.m. Jayanti English - "classical yoga"

-A grounded clear class for a deep, all levels practice

14 Mainstreet JANUARY 2010

### 12.45 p.m. Lunchtime

Delicious food, snacks & beverages available to buy

1.30 p.m. Ally Bogard assisted by Ricardo -

"shakti flow" - A dynamic, playful and energetic asana practice to explore, to expand and to feel wildly free

3.00 p.m. Shayla Wright - "soma yoga"

-Transforming your body, awakening your energy, through the practice of presence

4.30 p.m. Karuna Erickson - "heart centered"

-Loving, gentle & compassionate, strengthening, energetic and awakening, appropriate for all

6.00 p.m. Jennifer Steed - "ecstatic dance"

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RIONDEL WATER LOAN AUTHORIZATION  
RIONDEL WATER SERVICE AREA**

**PUBLIC NOTICE** is hereby given to the electors within the a portion of Electoral Area A (Riondel Water Service Area) of the Regional District of Central Kootenay that "Other Voting" is necessary to determine if the electors are in favour of the Regional District of Central Kootenay Board adopting Bylaw No 2086, being the "Riondel Water Supply and Distribution Specified Service Loan Authorization Bylaw No. 2086, 2009." The vote will be conducted in accordance with the *Local Government Act*.

The question to be asked to obtain the assent of the electors shall be:

*"Are you in favour of the Regional District of Central Kootenay adopting Bylaw No. 2086 to provide for the following:*

- *the borrowing of Two Hundred and Fifty Thousand Dollars, for a term not to exceed 25 years, for the purpose of upgrading the Riondel Water System?"*

**GENERAL VOTING DAY**

The General Voting Day will be on **Saturday, January 16, 2010** between the hours of 8:00 a.m. and 8:00 p.m. for qualified electors within a portion of Electoral Area A, (Riondel Water Service Area) as follows:

Riondel Community Centre  
1511 Eastman Ave. Riondel, BC

**ADVANCE VOTING OPPORTUNITY**

The Advance Voting Opportunity shall be on **Wednesday, January 6, 2010** between the hours of 8:00 a.m. and 8:00 p.m. at:

Riondel Community Centre  
1511 Eastman Ave. Riondel, BC

**A recent change in provincial legislation now enables any qualified elector to vote on Advance Voting Day.**

**ELIGIBLE ELECTORS**

The *Local Government Act* sets out the qualifications for electors entitled to vote at Local Government Voting and if you qualify, and you are not on the list of electors, you may register at the time of voting by completing the required application form available at the voting place. To register you must meet the following qualifications:

**Qualifications for a Resident Elector:**

**Must meet all of the following requirements:**

- (a) on General Voting Day you must be eighteen years of age or older;
- (b) you must be a Canadian citizen;
- (c) you must have resided in British Columbia in accordance with Section 52 of the *Local Government Act* for at least six months immediately preceding the day of registration;
- (d) you must have resided within the area in which the vote is taking place in accordance with Section 52 of the *Local Government Act* for at least 30 days immediately preceding the day of registration;
- (e) you must not be disqualified by the *Local Government Act* or any other enactment from voting on General Voting Day or be otherwise disqualified by law.

**Resident electors not on the Voters List and wishing to register on voting day** will be required to produce **2 pieces of identification** (at least one with a signature). The identification must prove identity and residency.

**Qualifications for Non-Resident Elector:**

**Must meet all of the following requirements:**

- (a) (b) (c) and (e) above **plus**
- (d) you must have been the registered owner of real property within the area in which the vote is taking place for at least 30 days immediately preceding the day of registration;
- (d)(i) the only persons who are registered owners of the real property, either as joint tenants or tenants in common, and are individuals who are not holding the property in trust for a corporation or another trust;
- (f) you must not be entitled to register as a resident elector for that area;
- (g) if there are more than one registered owner of the property, **only one** of those individuals may, with the written consent of the majority of the owners, register as a non-resident property elector.

**Non-Resident electors not on the Voters List and wishing to register on voting day** will be required to produce the following:

- **2 pieces of identification** (at least one with a signature) to prove identity;
- **Evidence of ownership** in the real property (any of the following):
  - state of title certificate;
  - registered agreement for sale;
  - property tax notice (last); or
  - property assessment notice
- **Written consent** of a majority of the other property owners (if any) that they are entitled to register for the jointly-owned property. (Consent form may be downloaded from the RDCK website at [www.rdck.bc.ca](http://www.rdck.bc.ca) )

Pursuant to the *Local Government Act*, no corporation is entitled to be registered as an elector or have a representative registered as an elector and no corporation is entitled to vote.

**VOTING BY MAIL:**

The RDCK has recently enacted a bylaw which authorizes voting by mail ballot and establishes the procedures therefor. **The only electors who may vote by mail ballot** are the following:

- (a) persons who have a physical disability, illness, or injury that affects their ability to vote at an other voting opportunity; and
- (b) persons who expect to be absent from the Regional District of Central Kootenay on General Voting Day and Advance Voting Day.

Qualified electors wishing to vote by mail ballot **must apply** to the RDCK **between December 30, 2009 and 4:00 p.m. (local time), January 14, 2010.**

**SYNOPSIS OF BYLAW NO. 2086**

As required by the *Local Government Act*, the following is a synopsis of the Bylaw to be submitted for the assent of the electors:

- 1) Authorizes the borrowing of Two Hundred and Fifty Thousand Dollars for a term not to exceed 25 years to upgrade the Riondel Water System.
- 2) Applies to the Riondel Water Service Area.

This synopsis is not intended to be and is not deemed to be an interpretation of the Bylaw.

**TAKE NOTICE** that the abovementioned Bylaw may be inspected at the following location:

Regional District of Central Kootenay Office  
202 Lakeside Drive., Nelson, BC

during normal working hours from the 16<sup>th</sup> day of December, 2009 to the 15<sup>th</sup> day of January, 2010, or is available for viewing on the RDCK website at [www.rdck.bc.ca](http://www.rdck.bc.ca) under the heading "Public Notices / Tenders / Notice of Other Voting: Riondel Water Service Other Voting."

Please direct any inquiries to the Chief Elections Officer or Deputy Chief Elections Officer at 250-352-6665 or 1-800-268-7325 or by e-mail at [info@rdck.bc.ca](mailto:info@rdck.bc.ca)

Randy Matheson, Chief Elections Officer

**Re-Insulation May Produce House Fires!**

by Tom Lymbery

The current push to add more insulation in attics has apparently produced one house fire in the West Kootenay. Insulating workers don't know that their product must never touch an insulated metal chimney, so they blow insulation against the pipe and even into the tube that is installed to prevent insulation or anything else touching the stainless chimney. Every Wood Energy Technical Trained (WETT) installer and BC building inspector knows how important this is, so it becomes most important to get this across to the insulating workers. The Owens Corning website at [www.insulationtaxcredit.ca](http://www.insulationtaxcredit.ca) doesn't mention that there are any dangers to re-insulating attics. The worker sent into the space with a hose to pump the fill, has likely next to no training.

If you are considering adding more depth to your attic insulation to bring it up to R50, please make sure that the contractor has been updated to know what is permissible.

Safety of any make of chimney is only permissible with the two inch AIR SPACE that must be observed. We have already seen an attic fire in Fruitvale that appears to be the result of excess insulation. The homeowners thought that they had a chimney fire, but it was outside the pipe!

A reminder: if you do have a CHIMNEY FIRE, shut down the stove damper immediately. This will usually starve the fire for oxygen and put that fire out in minutes! Don't open the stove door, or do anything to allow oxygen to feed the fire.



**Bible Talk  
by Pastor Doug Middlebrook**

Well here we are, starting a new year. The Christmas season is behind us and we are moving forward. Most presents are open, trees and decorations are coming down and being put away for another year. But the feelings of the season are still with us. I would like to see the joy of what has just passed go on all year round. Christ is the greatest gift ever given for at least two reasons. First He is the gift of life, and second He was, is and always will be a gift of Love. John 3:16 tells us that God so loved the world he gave His only begotten Son. That love caused God to empty Himself of his divine attributes and come and live with mankind as man. The 13th Chapter of 1st Corinthians is often referred to as the love chapter. In this chapter we read about Paul encouraging the Corinthians of God's love and how they can not only receive it but how they can give it. He speaks of love like it is a person, which to us it is. We believe that God is love not just some-

thing shared. Love is more than a feeling. This chapter tells us Love does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails. (1st Cor13:5-8) These are just a few of the attribute of Love and in them all we can see God, and how He acts towards us. Love is a gift, some say the greatest gift. Paul tells us this in 1st Cor. 13:13 "And now abide faith, hope, love, these three; but the greatest of these is love."

Yes we are to abide (dwell in, live in) these gifts, but He singles out Love as the greatest.

Love, I believe, may be the most powerful weapon on Earth. People have killed for it and people have sacrificed their lives for it. If we were to look around, listen and read we would find that Love has inspired some of the best songs and poetry. It has also been blamed for hearts being broken and we all know the term "falling in love". I would encourage you today to not let the love shared in the Christmas season end there, but to practice it throughout the year. I trust everyone had a Merry Christmas and I wish you all a Happy New Year. God bless. Scripture Reference is 1st Corinthians 13:1-13

*Next Deadline: Jan 27, 2010*

*Happy New Year!*

**East Shore Physiotherapy**

New Health Centre, Crawford Bay



Anna Rose BScPT

Full Assessments and Explanations,  
Gentle Treatments, Home Programs

227-9155



## Thoughts from a Disturbed Mind

by Harvey Valgardson

So it's another New Year. A time for new beginnings and, of course, the dreaded resolution. I'm not making any resolutions this year because, after much soul searching, I have decided that I'm pretty much perfect just the way I am. I suppose I could work on being a little more modest but they say false modesty is the worst form of conceit, so what would be the point? I am, however, intrigued by the new beginning angle.

We probably all know people who, from an early age, knew exactly what they wanted to do with their lives. For most of us, our career choices are affected, to some degree, by opportunity. Family contacts or a chance meeting with the right person opens a door and we walk through. After a couple of years of promotions and corresponding raises, we find ourselves making too much money to switch and any dreams we may have harboured are quietly forgotten. But it's not so for those chosen few and I have always kind of envied their surety and single-mindedness.

As I was born with the attention span of a golf ball I have never even come close to feeling their fervor and now, on the wrong side of fifty, I had given up on ever feeling it. But life is full of unexpected turns and so, at an age when most people are contemplating retirement, I find myself belatedly discovering my true calling.

I know that you are all busy with your own lives and I wouldn't bother you with my own except I believe I am going to need some support and a great deal of understanding from my community. You see, I want to be a dog.

Not just any dog. No, I want to be an old dog. Well, Harvey, you're probably thinking, at your age you don't have much choice. Yeah, I know, but even if I did I would still choose to be an old dog. Mindlessly scampering about, having headfirst misadventures with skunks and porcupines is not for me. I would rather go straight to the part where I lay in bed all day and people serve me.

I think I could be a really good dog. I'm reasonably loyal, I don't shed much, and I am more or less house trained. Can I do tricks? You bet. Sit! That is one of my strongest talents. Lie down! Well, if there is anything I am better at than sitting it's lying down. I can do it all day. Stay! As long as you put my food dish and the TV remote control within easy reach I will never move.

Of course, home security is something that most people expect from their dog. No problem. Simply leave a loaded shotgun somewhere handy and I guarantee no one will break in or mess with your stuff. When you return home everything will be tickety-boo and I will gladly dance in circles to welcome you back. Especially if you have been grocery shopping.

But maybe you're not planning on going out. Perhaps you decided to have some friends over for drinks or dinner. Well, don't worry about your dog embarrassing you. I am well past the leg-humping stage and I'm too fat to even see my privates let alone lick them. I would just lay on my bed, casting sad, mournful looks at anyone brave, or foolish, enough to meet my eyes. If one or two of your guests feel compelled to toss me a treat, well, it would be rude not to eat it.

Anyway, as I said, I know you're all busy so I won't keep bothering you with my aspirations. Still, if you are out and about, and you happen to see me looking cold and hungry, for goodness sake, do the decent thing. Take me home, give me a bath, fix me a comfy bed beside the fireplace, and rustle up something good to eat. Pet owners have longer life expectancies and it could be the start of a wonderful relationship. At least, that's what I've been thinking.

**Columnist Note:** If you cannot afford down duvets and filet mignon kindly ignore my pleas. Beggars can indeed be choosers. I have seen them do it.

## Dining Out

John Mueller

### Old Bones, New Bones

Some time ago, I went into a local butcher shop and asked for two beef shank bones, each cut to the same length. One I gave to our half German Sheppard, half St Bernard dog, Roma, telling him, "Take this bone, chew on it, get it a little dirty, but I want it back in a week". Boy, did he follow my instructions!

I had been asked to give a 30-minute talk to 40 foodservice managers on how to increase sales and profits. So, there I was, holding the "Old Bone" in one hand saying, "This one represents all that you have been saying and doing in the past while running your business. However, this clean, bright one stands for all the new ideas for training and promotion of your establishment."

Needless to say, many of the same issues apply to most businesses, not just food service. Not everyone in the service industry wants to suggest items in addition to what the guest came in to buy.

I have been trying to help a young couple and their daughter who have never been in sales. They opened a small sandwich shop, with side salads, soups and desserts. I suggested to the daughter (who has chosen an out-of-state college that will be paid for from the restaurant profits) that she could suggest extra items to her customers.

The mother got upset with me: "I can't stand it when employees try to pressure me to buy more than I came in to get!" Wow! She was 180 degrees from what I had suggested.

On another occasion, I asked a different counter girl how the macaroni salad was. She replied, "I don't know, I've never tasted it." The parents signed the lease for this shop without realizing that, because there is an Einstein's Bagel shop four doors down, they could sell only bottled beverages - no coffee or tea! These folks will have to sell as much as possible to meet their goals.

Now here is an old bone - Let the employee be trained by the guest. Or better yet, save your time as the owner/manager, just hire people who understand sales. Years ago, a good friend was managing a steakhouse restaurant nearby. I asked him, "How did you find so many well-trained servers?" "Easy!" he replied, "If they haven't worked for and been trained by Coco's, I tell them to 'Go to work for the best trainer, then after six months, come back and see me.' That's how I get the best servers."

What are your plans for a New Bone? What have you heard or read that shows promise for your business? Next month I will write about the tremendous growth in the Quick Service Restaurant part of the restaurant business. Of all the countries that show increased sales in Quick Service Restaurants, Canada beats the U.S., Japan, the United Kingdom, France, Germany, Italy, and Spain with a 53% sales growth over last year. Could be a New Bone for the East Shore.

## REQUEST FOR LETTERS OF INTEREST

### Information Gathering for East Shore Community Services Hub

*Individuals are invited to submit a letter of interest by January 11, 2010 to gather information required in the planning of a community service hub for the East Shore community, roughly defined as stretching from Riondel in the north to Gray Creek in the south.*

#### The successful candidate will:

1. Gather a comprehensive list of existing community groups
2. Assist in setting up a community consultation process
3. Provide information to the East Shore community regarding the project and its community process.

The project is expected to involve 8-10 days of work. Applicants should have a good knowledge of the East Shore region and its community groups and strong research and information management skills. Remuneration will be a fixed fee based on successful completion of deliverables.

Interested parties should request details from [info@thekoop.ca](mailto:info@thekoop.ca). Submissions will be accepted until Monday, January 11, 2010.

**Next Deadline:**

**January 27, 2010**

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

**250-227-9246**

**Creativity, Community,**

**Conscience...**





## Tom's Corner

Street Signs

by Tom Lymbery

A new sign at the foot of Oliver Road in Gray Creek identifies the house numbers to be found on Oliver. These white on green identifiers will gradually replace the older black on white, and the numbers are an enormous help for someone looking for your home. These are also fluorescent – much more readable at night. Another has been posted at the upper Gray Creek bridge, along with new bridge signs, replacing those defaced by graffiti people last summer.

However there remains a lamentable lack of direction on Anderson Road – the only one being where Anderson leaves the highway - nothing at all to indicate that you are on Anderson when you cross the cement bridge from Oliver. This becomes worse yet in the upper residential area, Anderson is not identified at the junction with Gray Creek Road, and at the intersection of Jasper and Juniper, there is no signage whatsoever. This creates considerable problems at the store when deliveries or relatives are intending to access the uphill. One good thing I found when I checked out the situation on December 18 was that the road maintenance was excellent with fresh gravel on the ice and snow surface. Important, considering the increasing population, with several new homes there.

Another surprise – when I looked for the bogus Oliver Road sign behind the Rockwood Café, was that this has now been changed to Wilmot Road! We say “bogus” because for some reason Highways thought they would connect this to the real Oliver, as it was

when this was the old single lane road from Gray Creek to Crawford and Kootenay Bays, before 1947. This would entail a new bridge over Croasdaille Creek, and further construction that may be many years in the future. David Johnston was extremely frustrated as building supply trucks could never get to his construction sites – much more so when the ambulance couldn't find that obscure Oliver Road. Part of the problem is that it doesn't touch the highway, intersecting with Wilmot, just behind the restaurant. David got up a petition asking that it be changed back to Haddon Road, signed by all the property owners. During the negotiations he got so upset that he said to Highway's Phil Best, “Who are you to tell us how to name our roads?”

After crossing Wilmot Creek, Wilmot Road reverts to the eight foot wide track that it was before the highway was extended from Gray Creek to Kootenay Bay. Residents fight the same battle that Geoff Beley had with Highways – they don't want to admit that this is an actual gazetted road, dating to 1915, when Colin Haddon worked on its construction.

We had hoped that it could again become “Haddon” honouring Colin Haddon, whose amazing diaries from 1915 – 18 are the core of *Fishes and Wishes and Fruit* – the story of early settlement in the Kootenays. So now the Gray Creek Historical Society's identification sign at the site of Colin's former home is now on Wilmot Road.



## More on Akokli Bridge

by Tom Lymbery

The new signs are up, advising us that the bridge replacement project will be 6.4 million, and that it is planned to be completed by fall of 2010. It may be slowing traffic somewhat all though the summer, however a temporary single lane crossing, with a traffic light, should not make that much delay.

Boswell residents have launched a petition to rename the new structure as “Cummings Bridge.” The Cummings family have drunk the waters of Akokli Creek in their 1921 log home above the beach. *Boswell Beginnings* says “Sidney Cummings purchased 81.5 acres on April 13, 1911 from the Kaslo & Slocan Railway Co.” Sidney was a professional gambler at the Tremont, and later the Klondike Hotels in Nelson. Once, on the turn of the cards, he won property in Gray Creek, at the junction of Anderson Road and Highway 3A. He never occupied the property, but it became the Oliver's home when they arrived in 1905. His wife was tired of him sleeping all day so she brought the family to the lake for the summers for three years, finally moving permanently to the best shore in 1913. Mrs. Cummings grew small fruits, as well as planting apples and cherry trees, to provide income. With the advent of the main highway across the province in 1931, crossing Akokli Creek just above their beachside home, they started Cummings Camp, with cottages and campsites. So, to the many, many visitors over the 70 years of business the setting is better known as “Cummings” than Akokli Creek.

However the name “Akokli” is a very special one, and we would hate to see this disappear. As the December Mainstreet said “historian Greg Nesteroff researched the BC geographic names website to find that Akokli is a Kootenay word meaning “horn” or

“antler” (advice from linguist Randy Bouchard, June 1973, as received from Mrs. Marcilene Manuel, a Kootenay Indian living in Nanaimo.) This has much basis in fact, as Rodney Musil reports that he has found an unusual number of several species of antlers, when hunting up the creek.

Couldn't we post “Cummings Corner” to honour the family? And still retain the name of Akokli Creek on the bridge?



## The East Shore Mainstreet

“Creativity,, Community Conscience”

227-9246

mainstreet@theeastshore.net

# Next Deadline: January 27, 2010

## 2009 Report From E.D.C. (Economic Development Committee)

submitted by Frank Van Neer

Current members of the committee

- Rob Schwieger, Crawford Bay
- Nancy Galloway, Crawford Bay
- Lorna Robin, Crawford Bay
- Susan Dill, Kootenay Bay
- Shannon Nickish, Sirdar
- Lois Wakelin, Gray Creek
- Roger Bennett, Wynndell
- Mike Jeffrey, Crawford Bay Alternate
- Garry Jackman, Director Area A
- Frank van Neer, Riondel Chairperson

On behalf of the committee we like to report the following recipients who received funding during the past year.

East Shore Internet Society WiFi hot spots: \$4000  
Creston Valley & Eastshore Artwalk – Art Links: \$500  
Guiding Hands Rec. Soc.-Trail maintenance: \$2000  
The Creston & Area Music Fest Society: \$1000  
Wynndel Community centre Sinage: \$5000  
Wynndel Community Cntr Outdoor Market: \$2000  
Riondel Fire & Ambulance Auxiliary Rescue Truck: \$10,000  
Eastshore Internet Soc. WiFi Kootenay Bay Ferry: \$4000  
Riondel Cable & Internet Soc. Extending Line North: \$6000

We would like the recipients to report to the committee a financial statement how funds were applied and their impact on the community.

Please mail to E.D.C., Box 206 Riondel. B.C. V0B 2B0.

## Service 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

**CRAWFORD BAY AUTO** - Full-service gas and diesel "plus" marine/off-road premium gas, automotive supplies and lubricants, organic coffee, VIDEO RENTALS. Open 6 days/week, closed Sundays. 250.227.9244  
**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

**LIGHT MOUNTAIN PHOTOGRAPHY** - custom film processing, enlargements, studio photography, quality portrait photography, artist portfolios, product photography. Call 227-8908 Gabriel Dinim.  
**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

**CC ENTERPRISES LTD** - "Sensitive Sites our Specialty." Road building, logging, land/house site development, self-loading log truck/dump truck, excavators/dozers. Call Chris Choquette at 825-4701 or 354-9238.  
**MARK JOHNSTON CONSTRUCTION LTD.** Ph: 250-227-9583, email: info@mrkjc.com  
**PROFESIONAL PAINTER** - 15 years experience in residential setting. Free colour consultations. Call Petra @ 250-777-1062 or 225-3250.  
**R&R REPAIRS:** For all appliance repairs and satellite troubleshooting, sales and installations. Phone 225-3532 for messages and 354-3564 cell. We sell and install cameras and home intrusion systems for home security. Give us a call to find out more. All work guaranteed  
**TURLOCK ELECTRICAL CONTRACTING LTD.** (See colour ad in this issue for more information.) 250-352-6745

### PERSONAL CARE/HEALTH

**ALEXIS PHILLIPS, M.A., R.C.C.** - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 227-6824.  
**An ASTROLOGICAL CHART READING** will give you awareness and understanding of your life and your current situation" A chart reading is useful in times of uncertainty and stress. Contact Susan at 250-227-9626  
**BLANCHE TANNER** - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression. 227-6877  
**COUNSELLING:** Free & confidential counselling available at East Shore Health Centre for children, youth, addiction & mental health clients. North Kootenay Lake Community Services: 353-7691 toll free line at 1-866-774-5324  
**FIRST CONTACT EAST SHORE MIDWIFERY** - Sylke Plauermann, registered midwife. 250-227-6846.  
**MASSAGE & FOOT REFLEXOLOGY** - Relaxing Ayurvedic Massage: Susan Snead is now available for sessions at Barefoot Weaving and Tara Shanti. Call 250-227-9626 for appointment.  
**MASSAGE, SHIATSU - DEEP TISSUE - REIKI,** mobile or in Crawford Bay, call James Wood, 250.227.6849 for an appointment.  
**MASTER HERBALIST** - Maya Skalinska, M.H. Iridology, Tongue & Pulse analysis, Nutritional consultations, individualized herbal remedies, Flower Essence consultations & remedies. For appointments, pls call 250-225-3493.  
**REGISTERED ACUPUNCTURIST** - Christine Peel, R.Ac. Classical Chinese Medicine treatments including Acupuncture, Moxibustion, & Cupping. Call 505-8130.  
**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.

### 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** - Thinning, pruning, limbing, removal, falling. Free estimates. Call James Linn at 225-3388.  
**STEEL WHEELS** - We dig. Registered on-site wastewater practitioner. Dave Hough - 227-9646.

**Next Deadline: Jan 27, 2010**

## CLASSIFIED SECTION

### AUTOMOTIVE/MARINE

**Make sure you have a Jumper/Booster Cable Set** in your vehicle. Winter is tough on batteries - Gray Creek Store

### BUS. ANNOUNCEMENTS

**Call For Entry** - Be the face of Starbelly Jam 2010 Music Festival. We want your artistic creations for our eclectic, family oriented festival's poster. Chosen submission receives \$300. Deadline March 1st. Contact Jenn at (250) 227-8999

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

**Sirdar General Store** - A unique place to shop on Duck Lake. Fishing Licenses, Tags & Tackle, local crafts--mitts, scarves, toques, slippers. Groceries--Island Farms Egg Nog & milk products. Post Office Services, Faxes. Wishing All a Happy New Year. Drive with care, slowly for the students catching the School Bus along Hwy 3A. Fax 250-866-6811 or phone 250-866-5570  
**Insurance certification** requires professional chimney installation - we are the Professionals - Gray Creek Store

### BUSINESS SERVICES

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

### HOME/BUILDING

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

**If you don't yet** have a Blaze King, you will have found the extended cold spell quite intimidating - Gray Creek Store

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

**Propane Wall Heaters** - direct vent kits included, 3 sizes in stock from \$675 - Gray Creek Store

**Barbecue Season** is 365 Days a Year - all stainless portable Versa Grill 100 - reg \$499 - now \$379 - Gray Creek Store

**Back Again:** tarps and more tarps. Green is best, up to 50 foot by 60 foot - Gray Creek Store

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

**Snow Pushers** and shovels of all types. Roof rakes: get yours while we have good stock - Gray Creek Store

**Grip-o Log Splitter** - no hydraulics to freeze or leak - 2 second cycle time, uses the effort of two flywheels. Reg \$3400, Now \$2995 - Gray Creek Store

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

**Ox Head Axes** From Germany. Steel you can shave with - Gray Creek Store

**Titebond - Weathermaster** Exterior Sealant - fill spaces up to one inch, sticks solidly to wood or masonry - see our sample - Gray Creek Store

### MISC FOR SALE

**Lakota Joint Care** capsules - let Lakota defeat your rheumatism as the Lakota defeated Custer - Gray Creek Store

**Real wool pants** - comfortable & warm, real pockets. Made in CANADA - Gray Creek Store

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

**From cast iron casseroles** to cordless phones - Gray Creek's legendary retailer continues to vary their stock.

**Rainbow Moment** - a table torch with coloured flame, 3 colours to choose from, burns lamp oil - \$27.95 - Gray Creek Store

**Electric Toothbrushes** - both battery and re-chargeable in stock. Your gums need electric - Gray Creek Store

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

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

**What A Stock!** Time to sock up for winter - socks and more socks - Gray Creek Store

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

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

**Free Phone Books:** the new BETTER BOOKS are here. Take extra for your office and car - Gray Creek Store

**Live Animal Traps** - Squirrels to Raccoons - \$24.95 to \$79.95 - Gray Creek Store

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

**Native Dancer Deerskin Slippers.** Made in Canada - Adults \$49.95, Childrens \$29.95 - Gray Creek Store

### NOTICES

**Hair by Niki O'Donnell,** at Tea Garden Salon and Spa on Baker Street 250-354 4487.

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

### OUTDOORS/ RECREATION

**Log Lifter** with hickory handle, get your log off the ground for easier firewood cutting \$97.50 - Gray Creek Store

**Bear Foot** - the inflatable snow sled \$22.75 and more sleds that slide so well in red or blue plastic - Gray Creek Store

**Echos Snowboards:** regularly \$115.95 - Super Special \$69.95 - Gray Creek Store

### RENTALS/ REAL ESTATE

**X-Country Ski** - The Kokanee Springs Golf Course will be groomed for Cross-Country skiing this winter, providing we have some good snow, so dig out those skis and get out there. Craig Stanley, the new superintendent at Kokanee Springs, will be pulling the golf course groomer with his snowmobile and laying down some nice double tracks. Please respect these tracks, use skis only and don't walk or snowmobile on them.

**Recreational Properties** - Buying or Selling, call Barb Reid 250-227-9617. Specializing in Kootenay Lake properties and actively working for you. Contact Barb at Century 21 Veitch Realty: barb@c21creston.com.

### VETS/PETS

**Dr. Pat Haegedorn** of North Kootenay Veterinary Services, Kaslo is holding clinics in the Crawford Bay Building as needed. For more information or appointment, call 250-353-7125.

### YARD & GARDEN

**Bird Feeders** in all shapes and sizes as well as the black oil sunflower seeds that bring birds to your window - Gray Creek Store

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

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

**We are always looking for more writers & welcome your submissions.**

**(250) 227 9246**

**mainstreet@**

**theeastshore.net**

*East Side Mojo's*  
at the landing



### JAN HOURS

**Sunday: 10:30 to 3**

**Mon - Weds:**

**9:15 to 1:15**

**Thurs: Closed**

**Fri/Sat: 9:15 to 3**

## The East Shore MAINSTREET

**\*\*ADVERTISING RATE\*\***

**\$25.00 - 15/8" wide by 3" tall**  
**\$30.00 - 31/4" wide by 13/4" high**  
**\$35.00 - 31/4" wide by 21/2" high**  
**\$40.00 - 31/4" wide by 31/4" high**  
**\$45.00 - 31/4" wide by 4" high**  
**\$50.00 - 31/4" wide by 41/2" high**  
**or 63/4" wide by 21/4" high**  
**\$60.00 - 31/4" wide by 6" high**  
**or 63/4" wide by 3" high**  
**\$80.00 - 31/4" high by 9" high**  
**or 63/4" wide by 41/2" high**  
**\$100.00 - 31/4" wide by 103/8" tall**  
**\$125.00 (quarter page) 5 1/4" wide by 7 1/2" tall**  
**\$150.00 (third page) - 63/4" wide by 7 1/2" high**  
**or 3 1/4" wide by 141/2" tall or 103/8" wide by 41/2" tall**  
**\$220.00 (half page) - 103/8" wide by 71/2" tall**  
**\$400.00 (full page) - 103/8" wide by 141/2" tall**  
**Sample Sizes - more sizes available.**

**\*\*RATES ARE FOR BLACK & WHITE ADS ONLY. FOR FULL COLOUR, ADD 30% TO ABOVE PRICES.\*\***

## 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 JANUARY 2010

JAN.5, TUES - DR GRYPONPRE

JAN 6, WED - DR MOULSON

JAN 12, TUES - DR GRYPONPRE

JAN 13, WED - DR MOULSON

JAN 19, TUES - DR GRYPONPRE

JAN 20, WED - DR MOULSON

JAN 26, TUES - DR GRYPONPRE

JAN 27, WED - DR MOULSON

APPOINTMENTS ARE REQUIRED TO SEE DOCTOR FOR EMERGENCY PLEASE CALL 911

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) New Phone: 250-227-9006 Fax : 250-227-9017

#### RIONDEL SENIOR'S POTLUCK MEETING

Kick off to 2010 Membership Drive. January 12 (Tuesday) at noon in the Riondel Senior's Room.

#### X-COUNTRY SKI COURSE

The Kokanee Springs Golf Course will be groomed for Cross-Country skiing this winter, providing we have some good snow, so dig out those skis and get out there. Craig Stanley, the new superintendent at Kokanee Springs, will be pulling the golf course groomer with his snowmobile and laying down some nice double tracks. Please respect these tracks, use skis only and don't walk or snowmobile on them.

#### ANGEL TREE THANKS

Santa and his elves would like to thank everyone that took part in the success of the Angel Tree and Senior Gift Basket programs this year. A special thank you to the guys that fixed the flat tire on the cold and snowy day when the elves were on route to pick up the gifts. To the many contributors and volunteers: May your world be filled with warmth and good cheer/This Holiday Season and throughout the year/Wishing you laughter and fun and the closeness of friends/And that your family be happy as each day ends. We are so lucky to live in a community where the spirit of Christmas truly shines bright.

#### BEVY OF THANKS

Bevy of Angels Christmas Craft Faire 2009 was another heaping success. Many thanks go out to all of the vendors for another great year, the food folks for the human fuel, the Applesauce Fiddlers for performing, and the raffle contributions (and Stevie and Barb for selling tickets). We raised \$395 for the Food Hampers and the After School Art Program: raffles were won by Kathy Donnison and Patty Kelly. It's a great thing to shop locally, support your friends and neighbours, and get beautiful things, all while proving that this so-called recession doesn't need to hurt the artisans and small businesses too much. I'm proud of us all and the hard work that goes in to our artforms, and proud of the bevy of shoppers and supporters who frequent this small but fun faire.

Jacqueline Wedge

#### WATCH FOR MORE INFO ABOUT SCHOOL PERFORMANCE!

The plan is to produce a Johnathon Dorf one-act play titled "After Math" with the same students who played the principle players in the Christmas concert, "An Alien Christmas." Most of these students went to the three-day drama festival in Nelson in November. They came back all fired up about ramping up the Drama program.

In particular, they liked a play staged by the Mount Sentinel students titled "Thanks for Flushing My Head in the Toilet," also by Johnathon Dorf. Both plays take place at school with Flushing having a bullying theme while "After Math" is more an alienation theme. In any case, they will have their work cut out for them to be ready in four weeks. Please watch for posters and newsletters about this play in late January, early February. Dates could not be confirmed at the time of printing.

#### YOUTH GROUP

Youth Group meets on Tuesdays from 3:45 to 7pm at the Community Corner. All youth are welcome. Dinner served...starting January 5th and for the whole month.

#### RIONDEL SENIOR'S ASSOCIATION GOINGS-ON

Walk 3 miles on Mondays, Wednesdays and Fridays at 10:30 am. Wii bowling on Thursdays at 2:00. Yoga Thursdays at 10:30. Turbo Jam Mondays, Wednesdays, Thursdays at 8:00 am and Saturdays at 9:15 am. Men's pool on Mondays and Wednesdays at 12:30 pm. These activities are all in the Senior's Room at the Riondel Community Center. We also have Bingo on Wednesday evenings at 6:45 pm. (Must be 19 or over join)

## SUNSET SEED COMPANY



Your Complete Farm,  
Garden & Pet Care  
in Creston, BC  
250-428-4614

NOW OPEN! We look forward to seeing you.  
1628 Canyon St, Creston (right next to 7-eleven)

Would you like to write a column? Do you have an idea? An advice column? An opinion editorial streak? Send it in!

### KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect:

All times listed in "East Shore Time"

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

## CHURCH CALENDAR

### RIONDEL COMMUNITY CHURCH

#### JANUARY SCHEDULE

January 3 - Pastor Doug Middlebrook KLCC, 3 pm

January 10 - Rev Robin Ruder Celiz, Anglican  
Combined service with Harrison Memorial at Harrison, 1:30 pm

January 17 - Brenda Panio, Anglican, 3 pm

January 24 - Majors David & Edith Dean, Salvation Army, 3pm

January 31 - Pastor Doug Middlebrook, KLCC, 3pm

Please see website for changes: [www.riondel.ca](http://www.riondel.ca)

Info at 250-225-3381

Special Music Every Sunday!

### CHRIST CHURCH & EAST SHORE CONGREGATIONS

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

For information call Christ Church Creston 428-4248

January, 2010 - no service in January.

February 7: Rev Robin Ruder Celiz, 1:30 pm

### HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

#### Church Schedule:

During winter months, Harrison will only be having one service per month.

January 10 - Rev Robin Ruder Celiz

This will be a joint service with Riondel at the Harrison Memorial Church, 1:30 pm

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

### KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

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

Youth Meetings (CBYG) weekly. Call for info.

Pastor Doug & Cheryl Middlebrook

250-227-9444 or 250-505-7659

### TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Rev. Francis de la Cruz

Phone: 428-2300 Fax: 428-4811

Sunday Mass at 2 pm

1st Sunday of the month, Fellowship Sunday.

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

## 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 information call Jim at 227-9622 or Ken at 227-9492.

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

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

PARENT ADVISORY COMMITTEE (PAC) Meetings held at 7 pm at the Crawford Bay School library on the first available Monday of the month. **January Meeting: Jan 4, 2009**  
Call Gina at 250.227.6896 to be put on the agenda...

**Next Deadline:**  
**January 27, 2010**

JANUARY 2010 *Mainstreet* 19

JANUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 Tipi Camp Yogathon, North Shore Hall, 9am Bottle Depot, 10-2	4 PAC Meeting, CBESS 7pm	5 Youth Group, 3:45pm, Comm. Corner Dr. Grymonpre	6 16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson, Lab 7:30-10:30	7 Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am Lab 7:30-10:30	8 Laughter Club 3:30, CBESS multi-purpose room	9
10 Bottle Depot, 10-2	11	12 Youth Group, 3:45pm, Comm. Corner Rio Senior's Potluck SD8 Pub Mtng, 1:30 pm Lions Mtng, 7 pm Dr. Grymonpre	13 16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson, Lab 7:30-10:30	14 Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	15 Laughter Club 3:30, CBESS multi-purpose room	16 Voting Day, Rio Water
17 Bottle Depot, 10-2	18 Yoga w/ Lea, Comm Corner, 10 am	19 Youth Group, 3:45pm, Comm. Corner Dr. Grymonpre	20 Toronto Consort, PCSS, 7:30 pm 16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson - Lab 7:30-10:30	21 Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	22 Laughter Club 3:30, CBESS multi-purpose room	23
24/31 Bottle Depot, 10-2	25 Yoga w/ Lea, Comm Corner, 10 am	26 Youth Group, 3:45pm, Comm. Corner Lions Mtng, 7 pm Dr. Grymonpre	27 MAINSTREET DEADLINE Riondel Golf AGM Dr. Moulson - Lab 7:30-10:30	28 Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	29 Laughter Club 3:30, CBESS multi-purpose room	30

### January Yoga and Movement Classes

**MON** 10.00 am Cbay Community Corner Lea  
(classes start Jan. 18)

**TUES** 9.30 am Boswell Hall Sabine  
7.00 pm Riondel Comm. Centre Lea

**WED** 9.00 am Tara Shanti Studio Sabine

**THURS** 6.00 pm Gray Creek Hall Christina  
(January 21 and 28)

**FRI** 7.00 pm Tara Shanti Studio James  
5 Rhythms/Movement Practice

**SUN** 10.00 am Gray Creek Hall Christina  
(January 10 only)

Lea: 250.227.9030 Christina: 250.227.9015  
Sabine/James: 250.227.6849  
For private lessons call Jayanti : 250.225.3323

## Crawford Bay Store

groceries • Deli  
natural foods  
Liquor agency  
Fishing tackle • gas

**HOURS:**  
Mon - Fri, 9 - 6  
Sunday, 10 - 5

Enter to win in our  
**Freybe iPod Contest!**  
Buy any Freybe product and enter to  
win... **Draw date: Jan 16, 2009**  
Also, our annual magnetic calendars  
will be available in the New Year.

Bottle Depot Open Sundays, 10-3  
No commercial returns on Sunday.  
All deposit containers accepted at the garage behind store.  
At all other times a max of 24 clean bottles accepted  
inside the store.

**Phone: 227-9322 Fax: 227-9417**

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### Transfer Station Hours

**Crawford Bay:**  
Nov 1 - Mar 13:  
Sun & Tues:  
10 am - 4 pm

**Boswell:**  
Weds/Sat, 12-4

### Library Hours:

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

**Riondel Library:**  
Weds: 6-8 pm  
Tues & Thurs:  
10am-12pm  
As of Oct 3, 2009:  
Sat: 10:30am -  
12:30pm

A New Year brings change. Watch for a few of those on our website - [www.nelsoncu.com](http://www.nelsoncu.com)

**East Shore Community Branch**  
NELSON & DISTRICT CREDIT UNION **Logically. Locally.**  
250.227.9221 16030 Hwy 3A Crawford Bay

**We Study, Review, and Build Maps For Your Financial Hike.**

Talk to Vivi Lindsay about getting Your Financial Hike off to a good start in 2010. Your Hike is Long. Pack Wisely.

**Allard Insurance**  
AGENCIES LTD **Logically. Locally.**  
Allard Insurance is a subsidiary of Nelson & District Credit Union.

## East Shore 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 this facility, call Kathy Smith, 227-9006

## Happy New Year!