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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

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

**INSIDE:**  
News, Views,  
Reviews,  
Hot Topics,  
Current Events,  
Letters & Ideas

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### Crawford Bay School Christmas Concert

photos by Ingrid Baetzel

December 16, 2010 - At this year's Christmas concert, the high school wrote breaks into their performance of "Christmas in an Airport" by Michael O'Roark to allow for primary/elementary musical interludes, including a spectacular fiddle performance by (top left) Thea Rude, Olivia Wedge-Darchen and Rowan Medhurst. (Top right) Hazel Bernhardt and Robbie McClure were hilarious as airport maintenance and (left) Jazz Brunton, Gabby Brasseur and Danyell Rosenbaum

played weary and wise travellers with confidence. Other performers in the play included Dayna Bodor, Bryanna Salviulo, Katya Elris, Meaghan Rancier and Jayhzee Slocum. Brodie Brassuer was stage-hand, Robbie McClure handled lights for much of the evening, and Katya handled costumes. Hats off to the crew and to Lori O'Neill for directing!

**ESIS** East Shore Internet Society  
ESIS 2006 INCUBUS SOCIETY

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250-505-4089  
info@esis.theeastshore.ca  
esis.theeastshore.ca

Central Kootenay Lake's community non-profit ISP

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Located north of Boswell at 13770 Hwy 3A  
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Agreement #: **40718537**





# MS Issues

by Ingrid Baetzel, Editor

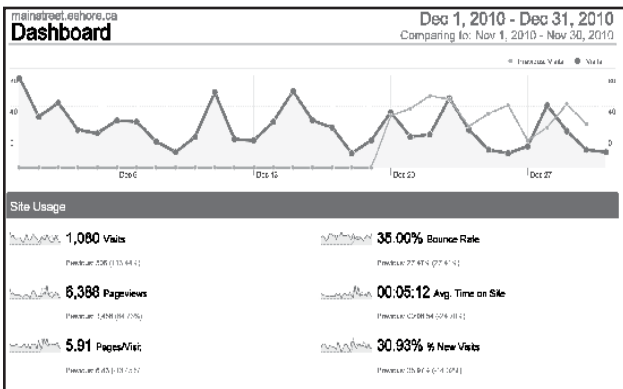
Over the past few months, I have felt the most powerful and dynamic forces of change – extreme and lasting loss edged with pain, the greatest joy and relief through acceptance, a community spirit that permeates everything and, for the first time in a long time, a trusting, exuberant and relaxed outlook towards the future. 2010 was a time of letting go, of shedding expectations and pain. My wish for 2011? More trust, more fun, more freedom... And a stronger will than years past.

The website is running smoothly. The analytics (see right) for the first two months have been phenomenal. We are averaging 6300 - 7000 page views per month, over 1,000 visits and often six or seven pages being viewed per visit. Advertisers are welcome to call or email about some fantastic ad rates for the website. If you are an existing advertiser, be sure to ask for discounts on web advertising.

Have you checked out the skating rink/pond at Kokanee Springs? Boxing Day saw dozens of people in a romping, rowdy game of hockey while others skated a shoveled course to the side. Cross-country skiers enjoyed the set tracks laid out by Craig Stanley of Kokanee Springs, while tobogannners enjoyed the slopes down toward the rink. Canadiana at its most contagious!

The new backside chair lift (see Juergen Baetzel's story on page 13) has opened up Whitewater Ski

hill in magnificent ways. The backside vista is spectacular and gets all sorts of beautiful sun in the afternoon.



## Newkey's Pub OPEN!

**Are you concerned that an elder you know may be at risk for abuse or neglect?**

**Contact The Nelson and Area Elder Abuse Prevention Program for information and referrals to Services that can help**

Drop in:  
Wednesdays between 12 – 2 pm  
719 Vernon Street, Nelson

250-352-6008 (Nelson Office)  
250-225-3218 (Eastshore Rep)  
811 (Health Link BC)

preventeldRabuse@sbdemail.com



## OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0  
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Retail Distribution, Subscriptions, Advertising, Layout:  
Ingrid Zaiss Baetzel

(Subscriptions: \$40/year within Canada, \$50 to the US, and \$75 Internationally)

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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

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 2011 issue items by:

**Next Deadline:**  
**Weds, January 26, 2011**

## LETTERS TO THE EDITOR

### ANGELS OF THE BEVY OF ANGELS

Dear Editor:

To all of the BEVY OF ANGELS crafters and performers, community fund-raisers and all of you who made it out on December 5 for this annual festive event, I would like to thank you from the bottom of my little tiny shivering heart...

The new venue was a bit of a crazy switch for me, but I couldn't have done it without the whole lot of you who have given me yet another reason to love you. Lea Belcourt did another fabulous job in the kitchen, raising several (7 to 8) hundred dollars for hungry children in Africa.

The artisan raffle raised \$255 which was shared with the food hamper and a new community music program. Jesse King's 4-5-6 class sold coffee beans and on short (I mean NO) notice saved the day by offering to sell drip coffee as well (mark my words, the day was saved...).

Other community connections represented truly gave the day a warmer feeling. The vendors were varied and beautiful and their wares were gorgeous too, and despite financial hardships, local shopping continued as usual, because we rock on SO many levels...

The fiddlers and 'ood' player (bongo ben) played magnificently, warming our hearts in the increasingly cold space (sorry, technical difficulties).

Lastly it must be pointed out that principal Dan Rude is not only a reliable late-night heavy table-mover, but an overall swell specimen for making the craft faire a possible and positive thing this year at the school. Hats off to you all (but not for too long, my ears are cold...).

In peace and good vibes for 2011,  
*Jacqueline Wedge, Crawford Bay*

### WARMTH AND GENEROSITY

Dear East Shore Friends & Neighbours,

Once again we are all flabbergasted at the warmth and generosity that abounds in our wonderful communities. It is truly gift to be able to live, grow, laugh, share and celebrate in such amazing surroundings. On behalf of the 103 residents in 49 households who received groceries for Christmas, I thank you most sincerely. Hearts have been nourished as well as bellies. So many people make Food Hamper Day possible; I hope to acknowledge all of you about whom I am aware. Please forgive me if you are overlooked. Larry, Barb, Shelli, Kathy, Betsy-Ann, Glen, Lea, Malena, Meghan, Dave and Laura are at the top of the list, followed closely by the following:

- Yasodhara Ashram
- Crawford Bay Store
- Tim & Lorraine Jost
- The Rude Family
- Peter Letts
- Henry & Sheila Arnott
- Louis Binette
- Judy & Ben Bounds
- Save-On Foods, Nelson
- Dr.M. Knechtel
- Greg & Victoria Garbula
- Ann & Don Carbert
- D3 Logging
- Soapstone
- Nicole Schreiber
- Island Farms
- Peggy Tugwell
- Yvon Mercier
- Riondel Community Church
- Yomanaki Catering (Mojo's)
- Felix Wedge-Darchen
- Kootenay Lake Comn, Church
- Destiny Bay Grocers
- Barney Bothamley

- Our Credit Union
- Janet Kuchinka
- Cathy & Jim Poch
- Kootenay Lake Lions
- Sylvia & Colin Horwood
- Tim & Ozzie Ferris
- Ron Savoie
- Johnny Oliver
- Leif & Barb Petersen
- Verna & Bill Keraiff
- Larry & Lorna Farkas
- Ted & Mavis Krueger
- Karol Draper
- East Shore Mainstreet
- Tony & Wendy Leger
- Freybe-Greg Pascut
- Gray Creek Store
- Chuck & Sharon LLOYD
- Beth McLellan
- Bevy of Angels' Artisans
- Serge Darchen
- The Lakeview Store
- Riondel Market
- Tim Miller

- Peter & Darlene Knight
- Scott Angus
- David & Anne Rokeby-Thomas
- Kootenay Lake Chamber
- Brenda & Sandy Oates
- Yoan Benoit
- Ken Meaton
- Sharon Witt
- Linda Christiansen
- Kate Rowland
- Sherrill Milburn
- Richard & Geri Gomola
- Debbie Simmons
- Pierre, Geraldine & Danielle
- Marion Johnston
- Sean O' Malley
- Janni & Glen Prest
- Georgia & Sedona
- Irv Lund
- Lauren Bennett
- Julie Dade
- Betty Martha
- Dianne Farran
- Brenda Oates
- Jim Morin & Julie Dade
- Shirley McCoshan

Thank you once again for your kindness and may 2011 be another joyful year for us all.

*Sincerely, Leona Keraiff*

### TRASHY THANKS

Dear East Shore Community;

The "Trashy Ladies" would like to take this opportunity to thank our incredible East Shore Community. Our small group of performers was formed to keep a few of us seniors active and fit, provide us with an opportunity to entertain others and put off the growing old for just a few more years. But this year we were presented with an opportunity to "take our show in the road" and perform in LasVegas (Primm) in front of a huge audience.

Through the generous support of an amazing community, we have raised the money for airfare, costumes and accommodations (the remaining costs will be borne by each individual) and, with butterflies and a little stage fright, off we go – but not without first extending a huge amount of appreciation to our friends for the support you have shown us and the opportunity you have given us at this later stage of our life. There will be many other talented and wonderful groups performing at this Winter Festival, but none that come





## RDCK Area "A" Update

by Garry Jackman,  
Director, Area "A"

Happy New Year. I hope everyone had some time to decompress after Christmas and relax with friends and family.

**Online Mainstreet:** Have you had a chance to check out the on-line version of *Mainstreet*? Often I wished that I could update you on items between printed editions, even if just to advise on what meetings or seminars are planned. Unfortunately many events are confirmed just after the print deadline so not everyone who may be interested can attend. One recent example would be the opportunity for East Shore residents to converse with the consultant preparing the RDCK agriculture plan. Meeting dates were proposed by the consultant in late November, after deadline, to hold sessions in Creston and along the East Shore in early to mid December. Not enough time to advise people at large. Do you want me to ask Ingrid if I can start an update online, perhaps initially just to advise on what and where, without my 'rant' or commentary? Let me know.

**Agriculture:** Continuing with the AG meeting discussion, I sent out emails to several community members in hopes we could get to a meeting a dozen or more people who have expressed interest in enhancing local, value added food production in our communities. The group was small but the message

of placing more emphasis on the small scale commercial food model was delivered to the consultant. This model should compliment and even increase profitability for the larger commercial producers based around Creston and in the Slocan Valley. Ideally, we would "grow" the consumer market for local produce, take greater advantage of established and emerging cooperatives (such as the Nelson food coop and the herbal coop), extend our window of production through winter greenhouse projects such as the College of the Rockies (Creston campus) are piloting and develop more efficient delivery and marketing of produce. I will advise you when the consultants' first draft of their report is available.

Several parallel exercises are underway in the realm of agriculture which speaks to the growing concerns over our food quality and security. Our MLA, Michelle Mungall, has an AG study underway which I hope to see a report on soon. As noted above, the College of the Rockies has a winter greenhouse project underway while other local groups are formalizing food and herb cooperatives to pool resources and market effectively. In addition, the Agricultural Land Commission has reportedly completed their province wide meetings and will be reporting on recommendations to update or improve the effectiveness of the agricultural land reserve in the next month or two.

**Foreshore:** I attended another lake stewardship meeting on December 14. The foreshore inventory mapping (FIM) which describes each section of the lake foreshore by terrain (steep, rocky, sandy, alluvial fan, etc.) along with general vegetation is being loaded into the RDCK data base and should be completed by mid January. This information is the starting point for identifying the most sensitive areas of the foreshore and to quantify the extent of foreshore modification which has occurred. Along with biological assess-

ments, having this data base should improve the efficiency of reviewing proposed developments and to develop longer term strategies to protect areas where development is less appropriate. The consultant who is performing our scoping study is pulling together other information and identifying information gaps.

**Governance:** A quick update on last month's "hot topic". I now have a copy of correspondence between the Town of Creston and their consultant outlining proposed costs for another governance study. The letter is part of public documents in the Town of Creston agenda package so I have no difficulty sharing with you that the proposed fee is \$100,000. Neither the RDCK Board nor I have been approached to participate in this study but I expect it will be a topic of discussion at our next board meeting on January 13. I have yet to have anyone approach me and ask me to vote to spend your tax dollars on "fixing" or changing" our governance structure so I guess the sooner the Town of Creston moves on from this lingering topic the better.

As always, contact me by calling 250-223-8463 or at gjackman@kootenay.com.

### Riondel Golf Club AGM

The Annual General Meeting of the club will be held at the Curling Rink on Weds, Jan 19, 1:30 pm

## LETTERS TO THE EDITOR

from a tiny little community with such a huge spirit of giving. You have infused new life to our slightly aging group of ladies and we promise, with all our hearts, to do you proud.

Sincerely, Jill Lang  
for The Trashy Ladies, Riondel

### THE HOUSE THAT LOVE BUILT

Dear Community,

Twenty years ago I drove through the East Shore on my way to Invermere to check out some incredibly cheap, run down properties.

Upon climbing the summit and cruising on fumes into Crawford Bay, I was spellbound. I turned to my road trip friend and yelled, "Stop the car!" and exclaimed with complete conviction, "I want to die here."

"Don't you mean live," my friend corrected me.

"Yes, that too, but I know this is where I want to die," I said.

Shortly thereafter I purchased some property along Crawford Creek and began the adventure of meeting the eclectic group of people that made up this strong community. Whatever irrational mistakes I have made since then I can always console myself with my spontaneous decision to settle here.

Over the last twenty years I have been slowly building a home in which to raise children. However, I have spent the last four and a half years in Vancouver for employment and wrangling some children.

In early August my husband Tino was diagnosed with a brain tumour. It was large and the cancer was the most aggressive type with no cure or remission, only a rough estimate for life expectancy of about a year.

Tino made a bucket list and at the top was coming home to Crawford Bay to enjoying the place and people he loved most.

In Vancouver we put it in high gear to make the move and what unfolded here in Crawford Bay was incredible. Friends like Ingrid and Juergen Baetzel, Mautz Kroker, Petra Eck and Klaus Plaumann took the helm and worked tirelessly renovating our home in preparation for our return. Work bees were organized, wood stocked, kids recruited, cupboards assembled. So many people have helped that to list all might take up the entire newspaper and I wouldn't want to forget a single person.

Friends that couldn't physically help gave money, cards, telephone calls and a freezer full of food. Wow. What a wonderful feeling knowing there was so much love and support awaiting us. Hope led me to believe we would proceed with the move date of November 26 and realize Tino's wish of dying at home. However my favourite adage of "How do you make God laugh? Tell him your plans" bit me in the ass as Tino passed away in Vancouver on November 17.

After the cremation, the kids and I stuck to the move date and after a three day road trip of breaking down and losing and re-finding our dog we arrived on Monday night to a warm house, friends inside, food and drink and an amazing transformation to the house. The kids were screaming and yelling with excitement at the completion and uniqueness of their rooms. The boys cranked the music, ripped off their shirts dancing and proclaimed the house "smexy," a word I am not familiar with but believe hip and cool are synonymous.

I would like to take this opportunity to thank everyone who helped, donated and prayed, making this transition for the kids and I a formidable experience. The spirit of generosity bestowed upon us is a lifelong gift and I will be eternally grateful. Even though Tino did not get to close his eyes for the last time to these majestic mountains, he closed them with gratitude and peace, knowing the effort and love this community put

forth. Thank you for creating such an amazing community. What good instincts I have. We truly live in the house that love built.

Carolyn Vanruymbeke,  
Crawford Bay

### CALL FOR NOMINATIONS

Enrich your community and your life by joining our Board of Directors

Opportunities are available for the following positions:  
 One Director from the Nelson Representative Area (3 year term)  
 One Director from the Head and Representative Area (3 year term)  
 One Director at Large (3 year term)

Applications must be received no later than Friday, January 28, 2011.

Please direct inquiries and request applications from:  
 VIRGINIA MARGAROFF  
 Executive Assistant  
 Nominating Committee  
 Nelson & District Credit Union  
 PO Box 350 Nelson, BC V1L 5R2  
 P: 250.352.7267 F: 250.352.9663  
 E: vmargaroff@ndcu.com

Branches: Nelson    Riondel    East Shore

www.ndcu.com



# Fiddle Roots Folk Music Camp

## Coming in February

submitted by Lorna Robin

Carrying on the Fiddle Roots tradition, this year the Applesauce Fiddlers are preparing a feast of music and dance instruction which will take place on February 19 and 20, sponsored by the Columbia-Kootenay Cultural Alliance (CBT), Rec 9 (RDCK), and the Nelson and District Credit Union, at the Riondel Community Centre.

All participants are welcome to attend the instructor performances (jams) at lunch time each day, 12:45 to 1:15. This will be a great mix as Zav, Ben, and Dan combine their prodigious musical talents, with Slava and Amanda providing the colour and excitement of dance. Also, all adults will be welcome at the Pub Jam on Saturday night at Bob's Bar & Grill, Riondel. The weekend will conclude Sunday afternoon with informal student performances from 5 to 6 pm, with pizza available by the slice.

We are also tentatively planning a family dance in the Crawford Bay Hall for Friday evening; however, this is not yet confirmed.

We are featuring some of our talented local instructors and performers, listed below with their workshop titles. Percussion, dance, and song writing workshops will be presented in two two hour sessions, (total four hour), the first on Saturday, with the Sunday class building on what has already been taught. Fiddle workshops are 1 1/2 hr. per day (total 3 hr) except the beginner fiddle workshop which is one hour each day.

- \*FolkFusion Skirt Dancing with Slava Doval
- \*Belly Dance with Amanda Hulland
- \*Song Writing with Howlin' Dan Silakiewicz
- \*Percussion with Ben Johnson
- \*Fiddle workshops with Zav Huscroft
- \*Improv/Jam workshop with Zav Huscroft

### Zavallennahh Huscroft (Calgary - below)

Zav is an innovative fiddler, violist, pianist, and composer. A dynamic performer, Zav tours independently and with Canadian folk legend James Keelaghan. Her albums *Reach* and *Spark* received nominations for both Canadian Folk Music and Western Canadian Music Awards. Founder of Fiddleworks Community Development Society, she also hosts one of Canada's most successful music camps on Salt Spring Island, BC. Find out more at [www.zavrt.com](http://www.zavrt.com) and [www.fiddleworks.ca](http://www.fiddleworks.ca)



### Slava Doval (Nelson - below)

Slava Doval is a caring and enthusiastic instructor, sharing her passion for dance in an accessible environment. Her original fusion of movement comes from her experience in modern dance, tango, cumbia, East Indian folk dance, and her own Slavic roots. She currently teaches children, youth and adults in the Nelson area, and directs the Folk Fusion Youth Ensemble, who perform at local festivals and venues bringing inspiration with their dynamic dance and original costumes.



### Amanda Hulland (Riondel)

Amanda has been studying Middle Eastern dance since 1995, and has explored various forms of belly dance: Egyptian cabaret; Turkish gypsy and American Tribal Style. She has had the opportunity to perform as a soloist and as a member of the Kootenay Hipnotics and is well known as a performer at the Starbelly Jam Music Festival. Amanda has taught classes in the area to both children and adults. Lately she has been combining her interest in pregnancy and childbirth with her passion for belly dance.

### Ben Johnson (Riondel - below)

Ben Johnson studied Jazz drumming since age 12, and began playing professionally in 1997 as a percussionist with the Rembetika Hipsters of Calgary. Ben broadened his musical palate, studying tabla drumming and Carnatic music in India, lute-family instruments in Greece and Turkey, and the Persian Santoor with the University of Calgary World Music Ensemble. Since moving to the Kootenays, Ben has been in demand touring with Howlin' Dan, Heavy Shtetl, and Juno-nominated producer Adham Sheikh.



### Dan Silakiewicz (Kootenay Bay)

Howlin' Dan Silakiewicz is a multi-instrumentalist (guitar, bass, and mandolin) singer-songwriter, who's been performing around Western Canada since 1988. Dan has recorded three solo albums and produced part of the album *New Bohemian* for Joel Kreeker (charted in the national college top ten). Dan has written hundreds of songs covering all styles of music over the last 20 years. [www.howlindan.ca](http://www.howlindan.ca)

All classes must be pre-registered and space is limited so that quality instruction can be provided. Watch for our brochure with registration form attached, which will be available at Crawford Bay School, and further advertising in the February *Mainstreet*. You can also call Lorna at 250-225-3333 for more information.

## FIDDLE ROOTS FOLK MUSIC CAMP

FEBRUARY 19 & 20, 2011  
Riondel Community Centre

All participants are welcome to attend the instructor performances (jams) at lunch time each day, 12:45 to 1:15, and all adults are welcome at the Pub Jam on Saturday night at Bob's Bar & Grill, Riondel. The weekend will conclude Sunday afternoon with informal student performances from 5 to 6 pm, with pizza available by the slice.

**Fiddle Techniques (Bowing) with Zavallennahh Huscroft - all levels, bowed instruments (\$30). Sat & Sun 9 - 10:30 am**

This class is for all levels of players who play a bowed instrument, we will explore bowing right from how to hold your bow, the art of tone production, and using the bow to create rhythm and drive in our playing. Using pre-selected fiddle tunes to practice our bowing skills, the hands-on workshop will also introduce the Alexander Technique.

**Songwriting with Howlin' Dan Silakiewicz**

(\$30, books \$20). Sat & Sun, 10 am - 12 noon  
Dan's workshop will focus on writing folk or roots music: the parts of a song, rhyme schemes, chord progressions and progression, and hints on taking an idea and turning it into song lyrics. If you have lyrics you've been working on, bring them for constructive criticism and workshopping. Everything covered will be in a hand-out for the students to take home and use as a resource.

**FolkFusion Skirt Dance with Slava Doval -**

(\$30, ages 12 & up only please). Sat & Sun, 10 am - 12 noon  
FolkFusion Skirt Dance is a dynamic and exciting combination of folk inspired movements all with a modern twist. Fusing elements of Latin American salsa, Samba, waltz, heavy footwork, and circle formations, the movements are inspired by a diverse selection of traditional and contemporary global music. The class is open to all dance levels, beginners encouraged. Shirts provided. Ages 12 and up.

**Fiddle Styles for Dancing w/ Zav - Intermediate to advanced fiddlers (\$30). Sat & Sun 10:45 am - 12:15 pm**

Come and learn how to make music that inspires us to dance! We will learn how to make music that moves and grooves, in a variety of styles including Jig, Reel, Rag, Two Step, Swing, Cajon 2-step, Waltz, Polka. You will receive music beforehand to give you a jump start!

**Drumming from the Heart with Ben Johnson**

(\$30 adults, \$20 age 12 & under). Sat & Sun, 1:15 - 2:45 pm  
Sometimes the music we get lost in the little black dots. Regardless of your primary instrument, learning to feel the rhythm and energy of the music can move you away from playing by rote and expand your experience and your expressiveness. This workshop will help you to play music like a drummer. That is, to express yourself more rhythmically and feel the groove, multi-tasking and being musical changes and making the most of the music. Bring a drum if you have one, no drum music required.

**Belly Dance with Amanda Hulland - (\$30, age 12 & over only please). Sat & Sun 2:15 - 3:45 pm**

Learn the basics of Belly Dance to a casual, fun and supportive environment. For new dancers or those wishing to dust off the hip-scarf and brush up on basic technique, this class breaks down basic movements and introduces you to traditional, traveling steps, shimmies, and veil techniques. We will work towards completing a short choreography. All steps, sizes and dance levels are welcome. Join us and get your shimmies on! Call Amanda 250-225-3343 for more information if needed. **CHILDREN'S BELLY DANCE CLASS, AGE 11 AND UNDER, SATURDAY 2:00 TO 3:30 PM, AGE 12 WELCOME WITH ADULT THROUGH**

**Beginner Fiddle with Zavallennahh Huscroft (\$20). Sat & Sun, 1:30 - 2:00 pm**

For those who are just at the beginning of their musical journey but already know how to hold their instrument and play a little bit, learn how to make a fiddle sound, get your fingers moving faster, and make your bow dance! We'll learn a couple of simple tunes by ear, and I'll guide you in the exciting world of playing by ear.

**Improv & Jamming with Zav - all levels, all instruments (\$30). Sat & Sun, 3:30 - 5 pm**

This fun class is an introduction to improv and jamming for all levels, all instruments... learn what to listen for, and how to create something fresh, appropriate and to be enjoyed on your instrument. No previous improvising or jamming experience necessary! Just a willingness to listen, and the courage to try.

**ALL CLASSES MUST BE PRE-REGISTERED!  
TO REGISTER CALL SHARON 250-225-3463  
OR EMAIL [sharon@cbatnail.ca](mailto:sharon@cbatnail.ca)**

Or pick up a brochure - for brochures call Lorna 250-225-3333

*Next Deadline:  
January 26, 2011*



**Kootenay Lake Chamber Of Commerce**  
**Minding Your Business**

by **Gina Medhurst, KLCC Secretary**

Happy New Year to everyone. On behalf of the Kootenay Lake Chamber Of Commerce I hope that everyone had a great holiday season. You will notice that we have changed the name of the KLCC article and the format that is it written in.

On December 21 we held our **monthly meeting**. Because of the season Lois from the Lakeview Store hosted a wonderful Christmas and year end party after our usual meeting. Lois provided the space and Jamie provided the snacks. Thank you.

The attending members agreed that **our web site needs a lot of changes to it**. The site isn't user friendly, the listings are hard to navigate through and potential visitors need to be enticed to keep browsing the web site to see how wonderful the East Shore is to visit. The need for a great home page that has simple quick to use tabs (restaurants, artisans, places to stay, etc.) that help visitors and curious locals easily navigate the site is very important.

There will be a **Gala Dinner/Auction/Awards Night** held in October. This event will be used to showcase and acknowledge the many different community members and businesses that have made successes and have helped make a difference on the East Shore. This will also be a fundraiser event for the Chamber to assist in being able to financially support different projects and programs along the lake, as well as assisting in promoting Kootenay Lake and the East Shore.

Dust off your guitars, clear your voices, practice your comedy routine, polish up the magic tricks, we will be hosting a **Variety Show** as a fundraiser for the school's Hot Lunch Program on January 29! This will be held at the Crawford Bay Hall, there will be food, non-alcoholic and alcoholic beverages available for sale. This night will be full of great talents and great fun! All proceeds raised will go directly towards the hot lunch program. Watch for posters for more information within the next couple of weeks. If you are interested in being part of the show contact Tom Latta (250) 505-2858.

We would like to thank Paul Hindson for running the **"Smoke Alarm"** campaign again this year. Working with Nelson Home Building Centre, donating some and charging a minimal fee for the rest, Paul was able to give out almost 50 smoke alarms for free. 17 of them were put in Christmas Hampers that Leona Keraiff coordinates every year. Thank you again. "Maybe It Will Save A Life"

On behalf of the Kootenay Lake Chamber Of Commerce, I would like to wish everyone a prosperous Happy New Year filled with family, friends and fun.

Next meeting will be on January 18, 7:00 pm at the Crawford Bay School Community Meeting Space

For more information on the Kootenay Lake Chamber of Commerce contact Jamie Cox (250)505-8286

**Yogathon for the Tipi Camp**

submitted by **Melanie Scruton**

On Sunday, January 16, Tipi Camp is hosting its 2nd annual Yogathon in Nelson. It was a wonderful day last year and was such a beautiful embodiment of our community and all it represents. The day begins at 9.30 with a class led by Anie Boudreau from the East Shore, followed by Eliza Gooderham from the Valley. In the afternoon we will be guided by Ally Bogard, Shayla Wright and Karuna Erickson. Yoga classes will be for all levels, so anybody wanting to have a day of practice or to support the camp is welcome to attend. Participants can stay for one class, all day or anywhere in between.

Snacks and lunch will be available to purchase, with all proceeds going to the Camp.

A slide show presentation of the camp and the WISE Programs will take place at 12.45pm hosted by Sandra Bernier, Operations Manager and with Peter Duryea, the founder of Tipi Camp.

The event takes place at the North Shore Hall from 9.30am-5.30pm and will be a day filled with fun as well as a place to rejuvenate with the practice of yoga.

**How does the Yogathon work?** Pledge sheets are a vital aspect to our fundraising effort here, so please consider the following....

**1. Collect a Pledge sheet:**

*On the East Shore:* Mojo's @ 225 3568; Sandra @ 250 505 3173; Branca @ 250 225 3282.

*In Nelson:* Still Eagle, 557 Ward St, 250 352 3844; Shanti Yoga Studio, 466 Josephine, 250 352 7703; The Studio, 182 Baker St, 250 352 9196.

*In the Valley:* Jennie's Book Garden, Winlaw, 250-226-7066.

**2. Take your pledge sheet around** to family and friends asking them to support your participation in the event by sponsoring you to attend. You can inform donators that all monies will be going directly to the camp. For those who live far away, donations can also be made on line at [www.tipicamp.bc.ca](http://www.tipicamp.bc.ca)

**3. When you arrive at the Yogathon, hand your pledge sheet in** with the sponsorship money and take a class or spend the day with other people who love yoga and wish to support Tipi camp.

Tipi Camp hosts many varied retreats throughout the summer, but the heart of the camp is the WISE camp for children and teens. These Wilderness Immersion and Self-Esteem camps were the impetus for this non-profit organization. For 22 years, Founder and

Chairperson of the Guiding Hands Recreational Society, Peter Duryea has provided a place for children and teens to immerse themselves in nature. At the children's program, ages 9-12, the kids get to experience and trust new aspects of themselves through games and gentle challenges.

The natural environment encourages opportunities for learning, cooperation and fun. During the teen mountain camp, for ages 13-16, counselors lead the group into the Purcell Mountains where they learn to live together in nature. There are countless opportunities for the teens to discover themselves, and to develop respect for each other and the world they share. Many children receive bursaries for these programs, allowing the camp to be available to those who need it.

An exciting new program for young adults aged 17 - 21 is currently in the development stage; its aim is to fulfill the needs of the teens that fervently wish to continue their relationship with Tipi Camp and it's wonderful programs. 50% of the children and teens who attended WISE Programs in the summer of 2010 were from the Nelson area. It is our wish to increase the knowledge of the surrounding communities about Tipi Camp so that more families, their children and young adults can participate in the WISE programs and enjoy the pristine beauty of Tipi Camp.

Tipi Camp is a non-profit organization that runs with the efforts of many folks volunteering their time, energy and skills, but it also relies upon the benevolence of other foundations to bolster the coffers. Unfortunately, due to changing economic conditions these past couple of years, Tipi Camp did not receive some of the funding that had previously been available from various organizations and government bodies.

Every year the camp puts out a wish list of needed supplies that would contribute to the smooth running of the camp. Most years the funds available fall short of what is needed and each year the camp relies on fundraising from within the community to boost our coffers. At the top of this year's wish list is a Vertical Boat Lifter, a new boat motor, a new boot kick starter, a new propane hot water tank, and further development of the new Young Adults Program. The camp also needs life jackets, kayaks, tents, hiking boots, rain gear, hiking equipment and nylon rope.

We are always looking for volunteer labour to help out at the camp for pre season set up and odd jobs. Please contact us at [tipicamp@theeastshore.net](mailto:tipicamp@theeastshore.net) or call 250 505 3173.

We look forward to joining together in what we are sure will be a fun and rewarding day, and take this opportunity to thank our ever supportive communities for their kindness and generosity.

[www.tipicamp.bc.ca](http://www.tipicamp.bc.ca)

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**Next Deadline:**  
**January 26, 2011**

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## Astrology Talk

by Susan Snead

### Winter Solstice 2010: what's so special about this solstice?

As an astrologer, the map of the sky is a message ready to be interpreted. This winter solstice, December 21, 2010 is ripe for symbolic interpretation. I'd like to offer mine.

Winter solstice each year represents the turning point in our Sun's passage south and signifies the longest night of the year. This is the darkest time for us living in the North. Interesting that it is the time of year when we celebrate the light and acknowledge the return of the light.

Winter solstice is a time of honoring the return of the light. For many, this day is just as important as Christmas, as the sacred mysticism of the Earth is celebrated and the Divine Mother principle is acknowledged along with the sun for its life giving force.

Within days of solstice we celebrate Christmas and decorate our homes and trees with lights as we honor the messenger of light and love, Jesus Christ and God the Father. What a powerful time of year.

In astrology, winter solstice happens when the sun enters the sign of Capricorn, a female earth sign. Zero degrees Capricorn is a very significant placement and considered an energy portal. Also at this time Earth power is generated and the seed stirs in the ground. Also we celebrate Christ's birth within days of solstice in the sign of Capricorn.

So what is so special about *this* winter solstice?

This year we happened to have a full moon (lunar) eclipse just hours before the solstice, making this December 21 a lot more significant. Lunar eclipses usually affect us on an emotional/soul level. They affect some people more than others. The fact that the eclipse happened within a degree of the solstice point

is memorable.

Whereas the sun signifies the male aspect of our psyche or the father principal, the moon represents the female or the mother principal. This solstice and Christmas both the mother and the father have been brought into our consciousness. We welcome the sun on his journey back north and we welcome the moon as she eclipses our lives over the next six months in some way. We also welcome the Christ energy of light and love as it brings friends and families together in fellowship.

(I find it interesting that scientists have discovered energy "spirals" merging into our solar system that weren't there before; spiral energies of light. Spirals are ancient symbols of the divine)

Is it possible that the Second Coming could be arriving now?

I like to think of this solstice/Christmas as a seeding time, a merging or balancing of the male and female principles within each of us with the light as our guide. Think what it would be like if we were in perfect balance with these forces. Perhaps this solstice heralds a time of balance on Earth and a return of the light. That's my hope anyways.

Happy New Year 2011.

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**April:** Preliminary Layout application was filed with MOT.

**May - August:** KLEECA continued to work on the project and research different funding options with local Social Enterprises and government agencies. KLEECA applied for a grant from the RDCK to offset the cost of the subdivision fees. Communication continued with MOT in regards to PLA application. An engineer was retained to prepare a Project Infrastructure Cost Estimate.

**September:** The Preliminary Layout Plan is approved by the MOT as submitted with conditions.

**October:** Ongoing communications with referral agencies addressing conditions stipulated in the PLA. KLEECA also continued to work researching funding and exploring different options to realize their goal.

**November:** Project work continued. KLEECA participated in a three day conference hosted by the BC Non Profit Housing Association which offers assistance to nonprofit societies in developing affordable housing strategies.

**December:** Development of project strategy and timeline. KLEECA begins work on a new Need and Demand survey which will be circulated within the Eastshore community in 2011.

### 2011

As we move forward into the New Year we would like to enlist the participation of our entire community in helping us achieve our mandate. In the first part of the New Year, a Need and Demand survey will be conducted by KLEECA which will help us re-identify the exact care and housing needs of the east shore residents. This document will become a valuable tool to ensure we are meeting the needs of our community today and in the future. We would be most grateful for your participation.

## Historical Fruit Trees

by Val Downing

The old fruit trees that are still on the East Shore are a part of the history of this area. Most fruit trees are here from the early 1900s. I am not that old, but I remember when Jack and Amy Russell who bought and farmed the MaGarvey farm in Riondel. The Moyie dropped off a lot of pickers to harvest the fruit. I could hear the female voices talking and laughing as they worked till the fruit in season was picked. All the fruit would be boxed and stacked on the dock ready to be shipped out on the Moyie. Then the pickers would board the boat and be off to the next farm.

When I moved back to Riondel, I thought it would be a good idea to identify the fruit trees and mark them on a map, so interested people could rejuvenate the old fruit with pruning or re-establish the variety by grafting cuttings from them on to other fruit trees or root stock.

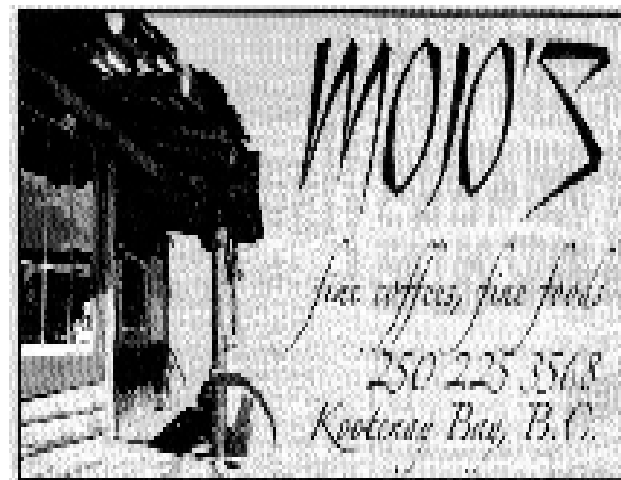
We have begun the process of identifying fruit trees and have enjoyed workshops on pruning, cutting bud sticks, and grafting. For the fruit identification, Mr. Truscott, who had been in orchards for a life time and ran the fruit co-op in Creston, was invited to the Fall Fair for an identification clinic. On the day, a good group of interested people came to us, with bags of "little green apples". We really did try, and with some we were successful. Johnny Oliver came with a very old early English variety and thought he could stump Mr. Truscott, but he did know the apple: it was an Astracan, ripens near the time of the transparent apples. But for many apples we were not as lucky; they were picked too early.

If you did not attend the clinic, or your fruit was one that stumped the expert, here is some information to help you identify your fruit tree. Observe the time the tree flowers, watch and keep track of when the apple is ripe. Ripe means when the pits in the core turn brown. Note the shape, color, texture and taste of the flesh of the apple itself.

After picking, keep track of how long they store. Note if there are other trees near the tree you are tracking. Also note the trunk: do the branches start far up the tree trunk? Long trunks sometimes mean the seedling is the result of accidental cross-pollination with a nearby tree. Noting all these characteristics will make the identification easier. The Ashram orchard is nearly all identified and took a lot of time and work.

There is group in BC who are working to identify heritage fruit in BC - BC Fruit Testers Association - from whom you can get help. They have knowledgeable and dedicated members who are interested in more than just apples. Joining BC Fruit Testers Association will cost you \$20 a year for which you will receive their magazine - a fund of information - and access to a good library relating to heritage fruit, ID teams, articles about berries and the characteristics and virtues of many old and new varieties.

**BC Fruit Testers Association**  
**PO Box 48123, 3575 Douglas St.**  
**Victoria BC V8Z 7H5**



## Wishing Everyone a Wonderful New Year for 2011

From KLEECA Board of Directors

KLEECA remains committed to realizing our goal: to create an affordable housing community for elders living in the small communities along the East Shore of Kootenay Lake. We have made great strides forward with our project in 2010. We would like to share the road we have traveled with our members, our supporters, and the Eastshore communities.

### 2010

**February:** Soil percolation tests were done on the Kinder property in Crawford Bay in preparation for the subdivision process.

**March:** An engineer was retained to develop the road design necessary for the Preliminary Layout Application (PLA) to the Ministry of Transportation (MOT). Road discovery work was done. Another engineer was retained to prepare a community water system design to be submitted with the PLA application.



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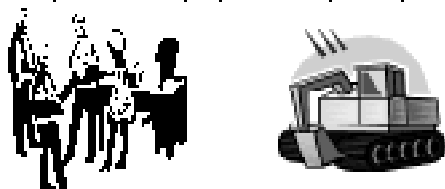
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**AREA "A" EDC  
Economic Development  
Commission**

There is ongoing funding available for grants or projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. Please send us your proposals for consideration.

Sending in your proposal early gives us an opportunity to make corrections or suggestions that may help you to succeed. Please send them in at least a week early if possible.

**Next application deadlines:**

March 7, 2011..... June 7, 2011

Approval/funding lag time 6 to 8 weeks

An application form can be printed from the RDCK website following this path, or filled out online and emailed:

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

Email [lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca)

Or call 250-225-3333 for more info

Visit [InvestKootenay.com](http://InvestKootenay.com)



**Thoughts from a Disturbed Mind**

by Harvey Valgardson

Well, Happy New Year. Or should I say Happy Last Year. According to all the 2012 hoopla that's what it's going to be. At least the last full year. Apparently the sun is going to destabilize and start sending out massive solar flares. We're all going to fry. It must be true, because the Mayans predicted it and you know how smart they were.

Now I understand that when it comes to governing the masses, fear is the tool of choice, but the whole thing is starting to get a little silly. The same people who have proven themselves incapable of predicting the weather for twenty-four hours have suddenly figured out the year of our sun's demise. Right.

Still, it's not the zaniest fear that they've tossed our way. Over the years there have been some real doozies. My all time favourite was the bananas. About ten or fifteen years ago we were told that the world's banana trees were dying and we would soon run out of the fruit. Who came up with that one?

I envision a think tank with a bunch of professional liars gathered around a table. Everyone is bouncing ideas off each other except for one fellow. Let's call him Bob. Bob has a problem. His wife told him to pick something up on the way home and he can't remember what it was. Bread? No. Milk? No. Bananas? That's it! He gets so excited about finally remembering he blurts the word out. Now he has another problem. They are all staring at him and he has to think of some way of covering his gaffe. "Let's tell them we're going to run out of bananas" he says, and a new fear was born.

The next thing we know some obscure scientist with dubious credentials who couldn't possibly find his arse with both hands is on television predicting the end of ice cream confections as we know them. Well, other than having great entertainment value, and possibly worrying a few monkeys, the idea fell a little flat. Nobody was particularly frightened. If only they were all so benign.

Other fears are more serious and there are people who actually worry themselves to death over them. One that's been getting a lot of mileage lately is climate change. Now, I'm not a firm believer in global warming however, for the sake of argument, let's say it's real. So what? What's the worst that can happen? If you discount Hollywood hype, which is always a good idea, what are you left with? The best they've come up with lately is that polar bears are being threatened. At the risk of sounding redundant, so what?

OKAY. Just to make sure we're all on the same page here, let me briefly explain something. Polar bears are lethal killing machines. They are not our friends. If we are going to do anything about them, the logical think would be to eliminate them. At the very least, let's not waste a lot of time worrying about them.

The fear here is that the melting polar ice will destroy the bears' habitat. Where will they go? I'll tell you where they'll go. They'll go to Churchill and eat people. Is that a bad thing? I mean, really, what would you rather do: get eaten by a polar bear or live in Churchill? Tough call. Personally, I think the bear would be a lot quicker and probably less painful way to go.

Anyway it is a new year and there is absolutely no reason why it can't be a happy one. Instead of worrying over stuff that will probably never happen, let's focus on happier thoughts. Let's make 2011 the year of the optimist. Ignore the fear mongers and march into the year with heads held high and positive attitudes intact.

Of course, on the other hand, it might not hurt to stock up on bananas. At least, that's what I've been thinking.

*Newkey's Pub*  
**OPEN!**



**CALL FOR PROJECT PROPOSALS**

**Columbia Basin Trust Community Initiatives and Affected Areas Programs**

The Regional District of Central Kootenay is accepting project proposals for funding consideration from Columbia Basin Trust's Community Initiatives and Affected Areas Programs for the areas of:

Electoral Area A	Electoral Area G & Salmo	Town of Creston
Electoral Area B	Electoral Area H	City of Nelson
Electoral Area C	Electoral Area I	Village of New Denver
Electoral Area D & Kaslo	Electoral Area J	Village of Nakusp
Electoral Area E	Electoral Area K	Village of Silverton
Electoral Area F	City of Castlegar	Village of Slokan

Application guidelines and forms are available at:

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

For information about preparing your project proposal, contact Angela Luedt at 250.352.8168, 1.888.268.7325 or [aluedt@rdckbc.ca](mailto:aluedt@rdckbc.ca).  
Deadline for project proposals is 4:00 p.m., Monday, March 7, 2011.  
Late applications are not eligible for consideration.

Administrative and Managerial Support  
Regional District of Central Kootenay  
Box 580, 202 Lakeside Drive, Nelson BC V1L 5M1  
Ph: 250.352.6655 Fax: 250.352.6900  
[www.rdck.bc.ca](http://www.rdck.bc.ca)



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One Director from the Regional Representative Area (3 year term)  
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E: [vmukaroff@nbcu.com](mailto:vmukaroff@nbcu.com)

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## A Tribute to Bob's Bar and Grill

by Mary Donald, on behalf of the Many Bays Band

The Many Bays Band of the East Shore has had another wonderful year of opportunity to play in Bob and Wendy Miller's pub in Riondel, Bob's Bar and Grill. Bob and Wendy, pictured here with Jim Donald who got the whole band performance-in-restaurants/pubs concept rolling, have been terrific promoters and supporters of our band, being first, open to the concept of us playing there monthly but also providing a warm friendly venue for us to perform in. It has been a win-win situation for all, and we want to thank the Miller's for their receptivity, great sense of humour and Wendy's terrific pizza!

We would also like to acknowledge our musician mentor extraordinaire, Donnie Clark, who has spurred us on to new heights, arranging and composing marvelous pieces for us to play and inspiring us with his amazing trumpet virtuosity.

On this December 15 after performing a night of Christmas music at the pub, we presented him with a gift of appreciation from our band, a handsome Kootenay Forge floor lamp, appropriately titled "Symphony", pictured here with Donnie and John Smith, who very kindly created it the day before for us! Thanks as well to Gina Medhurst of the Forge for her assistance in procuring this gift.

What a creative and fun East Shore we live on!



John Smith and Donnie Clark with the floor lamp presented to Donnie as thanks for all his years of music mentorship.



Bob and Wendy Miller with Jim Donald (middle) sharing a laugh during a music night at Bob's Bar and Grill.

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## A Winter Wonderful Craft Fair

by Fran O'Rourke

The Winter Wonderland Craft Fair in the Riondel Community Centre on November 20 was a tremendous success. Fiona McLaren again produced lovely displays of decorations at the entrance and tea area on the stage, supplemented by artwork from the KLCC Sun Kids, but they couldn't quite compete with the winter wonderland display that mother nature provided for the day. With fourteen vendors and sixteen tables, the hall looked warm and inviting with a delectable variety of merchandise in gorgeous, colourful arrays. When shoppers needed a break, they refreshed themselves with tea, coffee, goodies and savouries that supporters of Riondel Community Church provided, and many shoppers took the opportunity to view the crafts and socialize over a warm cuppa that wintery day.

The Church Circle would like to thank everyone who contributed to the event's success – the vendors, the volunteers (the set-up & clear-away crews, and the lady caught red handed in the dish water), the bakers, and the shoppers who supported the project. The Riondel Community Church should finally be able to solve the ongoing problems with its sidewalk and stairs.

Winners of the vendors' prizes were Kathy Smith, Cindy Bonnell, Marylou Laing, Beth Ludlow (twice), Christy Gillespie, Mel Gale, Fran Kinder, Susan Corry, Leslie Cobb, Nick Green, Sherlynn Green, Karen Gilbert, Issy, Annette Smith, and Larry Derbyshire. The Blessing Baskets went to Barb Peterson and Linda Egeland. Susan Dill won Harrison Memorial Church's 50/50 draw.

## Mischief in the Magnolias

or...

## Weed 'Em & Reap

A Crawford Bay School acting class production directed by Lori O'Neill  
Playwright: P.B. Rogerson

Tuesday, January 25, 2011  
Doors open 6pm, Showtime 6:30 pm

Tickets will be available through the school and the usual outlets beginning January 17, 2011.

Shake off the winter blues and join us for an entertaining evening in the melodramatic style of 1800's theatre. Come cheer for the Sweetwater family, Colonel Beauregard and his late wife Merry (no she's not dead, just never on time) and their truly lovely, but truly socially awkward daughter, Truly. In true melodramatic style, you'll be expected to boo and hiss at the dastardly villain, Hadley A. Heartburne, but the less said about this rascal the better. Of course, there's also the handsome hero, Slim Chance, and the stalwart member of the household staff, Rett, who helps the family keep up appearances (in more ways than one). Rounding out the evening's family entertainment, a travelling vaudeville troupe will keep you belly laughing and singing. Come out and support the students who will use the door proceeds to attend the Good Will Shakespeare Drama Festival in Summerland, BC in May. Guaranteed to be a fun and interactive community evening with the added feature, at no extra cost, of six one-minute Claymation technique films created by our secondary students during our Wednesday workshops.



## Dance Path Winter Programs

by Marguerite Wood

Dance Path programs introduce different kinds of music, starting simple, including a variety of songs, exploring increasingly complex music. Music provides an incentive foundation for personal expression of full body movement, attentive from head to toe. Activities include storytelling, exploring responses to and interactions with others.

Songs offer rhythm to speech. Movement takes the impulse from the music in a physically fun and imaginative manner. Interactive play time includes a series of hidden exercises. These elements of dance are offered to enhance early stages of exploring the Dance Path within a nurturing and supported environment. As time goes on personal interests may lead towards ballet technique or remain less structured, continuing to open the fascinating world of dance.

Marguerite Wood has been a choreographer, fitness instructor and dance educator for over 30 years. For more information and registration call 250-359-2926,

*Next Deadline:*

*JAN 26, 2011*

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

## The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264  
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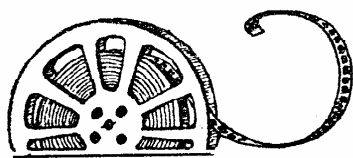
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## Seldom Scene

by Gerald Panio



At his best, Stephen King can take the most ordinary of situations—a grad dance, a visit with the old man next door, a walk down by the river—and fashion it into an enveloping horror. The story behind this month's "Seldom Scene" has just such an arc from the mundane to the murderous. But it's not by Stephen King and you won't find it in the horror section of your local video store. The movie is David Mamet's *Oleanna* (1994), based on the play—a succès de scandale—that he'd debuted two years earlier. The play's themes included sexual harassment, class warfare, language & perception, and political correctness. Few people who left the theatre did so quietly. They were shocked by the main characters' lethal conflict, or outraged by the playwright's perceived choices of villain and victim. The debate continued with the film, although somewhat less heated.

Of all the films I've reviewed here, *Oleanna* had some of the worst critical reviews. I can see why. Content aside, the movie makes absolutely no attempt to hide its origins as a play. It's likely the least "cinematic" movie I've ever reviewed. There are only two characters, the setting is pretty much fixed and claustrophobic, the photography calls no attention to itself, and the dialogue is staccato, relentless, off-putting. If there's such a thing as a screwball tragedy, this is it. For those of you who might have seen other Mamet films such as *House of Games* (1987) and *Homicide* (1991), it might seem like I'm talking about a different director entirely. Both *House of Games* and *Homicide* are textbook examples of powerful filmmaking, often included in critics' "best of" lists.

So what happened with *Oleanna*? Cinematic amnesia? Did David Mamet suddenly forget the differences between theatre and film? Not bloody likely. If *Oleanna* comes off looking "stagnant" it's because that's exactly the way the director wanted it to look. The question is why. I think Mamet was willing to sacrifice mise en scène for the sake of dialogue, to step back and let the actors have this one with minimum interference. As critic Caryn James once remarked, "For David Mamet, conversation is a blood sport and words are lethal weapons." This was never truer than it is in *Oleanna*. There's not a lot of need for distractions when we're watching two human beings laying verbal—and ultimately physical—waste to their lives. David Mamet's only concessions for the film are the beautiful, haunting songs that frame it (with lyrics by Mamet and music by his wife, Rebecca Pigeon), and one brief cut to a hotel room. I think the minimalist approach pays off, but it would be fascinating to contrast it with another director's approach to the same material.

When *Oleanna* opens, we see we're at an unnamed Ivy League college somewhere on the U.S. east coast. The sacred halls of academe. This is one of only two exterior shots in the entire film. Our immediate impression is one of privilege and empowerment. Success here means success, period. Make the grades, and you make the grade.

Or not. Carol (Debra Eisenstadt) has just received a failing mark on a major term paper for an education course she's taking. From her reaction, we understand that the teacher's evaluation of her work is devastating. Carol's failure might have a very simple explanation: she's out of her depth. She may be a hard worker (she carries around a large notebook with the kind of devotion one usually associates with bibles or intimate diaries), but not necessarily an inspired one. She who could be successful, but through sheer force of will rather than talent.

There are some obvious self-esteem issues. She's angry, frustrated. An attractive young woman, Carol nevertheless has a deer-in-the-headlights aura about her. There's an impression of underlying fragility, undercut by a passive-aggressive conversational style.

All this is more or less what John (William H. Macy)—the teacher who's given her the failing grade—sees when Carol walks into his classroom after hours to ask for some clarification. John has no doubts about the mark he's given her, yet he believes he can empathize with her struggles and confusion. He thinks they have a common ground. Now a respected educator and author, about to get tenure after 20 years of teaching, he responds to Carol's angst by describing how he, too, often felt stupid as a child and despised his teachers for not understanding the challenges he faced. Like Carol, he didn't come from a privileged background and anything he'd gotten was earned the hard way. His message to Carol is: "Never

give up. If I can do it, so can you."

All well and good. Except that he's utterly, tragically wrong about Carol. She hasn't come to see John to apologize for doing a poor job on her paper. She hasn't come for solace or to be told that she can do better job next time. She's there because the system is trying to screw her and she's not going to let it happen. A little more attention on John's part, and a lot less posturing, might have clued him into the fact this particular young woman was an unknown quantity—volatile, unpredictable, dangerously obsessive to detail. She's a steel blade that John handles like a confection. He's too wrapped up in himself to read the signs. Carol will wind up dissecting him (metaphorically) like a frog in a biology lab. Much of what she says (except for the things that destroy him) is brutally accurate. John can clearly be paternalistic and condescending. We don't actually see him in the classroom, but we don't picture a role model of political correctness. He talks way too much and cuts Carol off repeatedly. About to grab the golden ring of tenure, it's possible that he's burned out and he hates his job. He indulges himself in a long-winded monologue to the effect that so-called "higher education" is grossly overrated and possibly useless, then bashes the public school system because it's not good enough for his own son.

His attempts to communicate with Carol are constantly interrupted by phone calls from his wife about the house he's buying to celebrate his new professional status. The one, crucial time Carol is about to open up and confess something deeply personal, he puts her on hold for a phone call. The very fact that he's willing to prolong his lose-lose verbal sparring with Carol rather than just go home probably tells us something about the quality of his family life.

Carol takes notes. Lots of notes. She's paying attention even if John isn't. She's not buying any of the

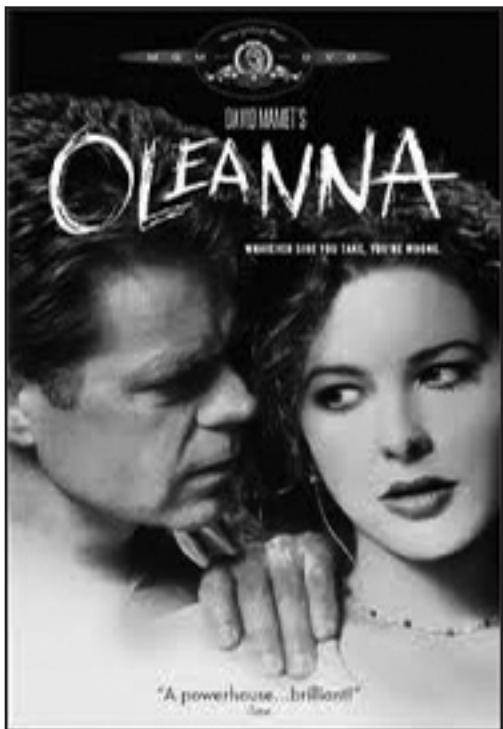
"I'm-a-rebel-against-the-Establishment" crap John's spouting. She's mortally offended that he can so cavalierly bite the hand that feeds him, and at the same time seemingly devalue her own struggle to make something more of her life by sacrificing whatever it takes to graduate from his upper crust school. She objects to his use of words such as "paradigm" and "predilection," either because she really doesn't understand them or because she sees them as elitist posturing.

One might expect Carol to finally say that she doesn't really give a damn about John's course and tell him to go to hell. That's probably what John himself is expecting. Big mistake. Whatever's made her the way she is, however she's been damaged in the past—and the script offers us no clues—John's insecure coed becomes both Grand Inquisitor and avenging angel. No forgiveness. No mercy. Scorched earth.

And she's not alone. She's got an unseen support group that's as anodyne as the Furies. Unlike the usual murderers and regicides hounded by the Greek goddesses of vengeance and retribution, however, John's not actually guilty of anything more heinous than stupidity, self-absorption, indifference and arrogance. Wait a minute—that's hubris, isn't it? Say goodbye, John.

Oh, about that title. "*Oleanna*" seems to be either a reference to a satirical folk song about a failed utopia set up by a Norwegian violin virtuoso in 19th century Pennsylvania, or a folktale about a husband and wife selling worthless swampland to farmers ("the *Oleanna* swindle"). I'm glad I could clear that up for you.

(*Oleanna* is available at Reo's Videos in Nelson.)



## The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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# From the Principal's Desk

by Dan Rude

As we return from our Christmas break, I would like to thank all teachers, parents, counselors, community members, and outside organizations who continue to work hard to develop great learning experiences for our children and youth. The details of our first 'Community Mentorship Program' are coming together through the coordination of our academic counselor, Lori O'Neill. Each secondary student will be developing a learning project with a community member who shares a similar interest, curiosity, or passion. Please stop in and have a look at the wall of our Performance Space to see the partnerships that are forming.

For our 'Student Features' for this month, we would like to highlight the great opportunities that many of our students are involved in outside of the regular school day, including:



- **Monday evening** – Community Basketball
- **Tuesday after school** – Badminton Practice with Mr. Keraiff
- **Tuesday after school** - Art with Jacqueline Wedge
- **Wednesday after school** – Self Defense Martial Arts with Mark Hirkala
- **Wednesday after school** – Fiddle lessons with Lorna Robin
- **Thursday evening** – Community Floor Hockey
- **Friday after school** – Dance class with Marguerite Wood



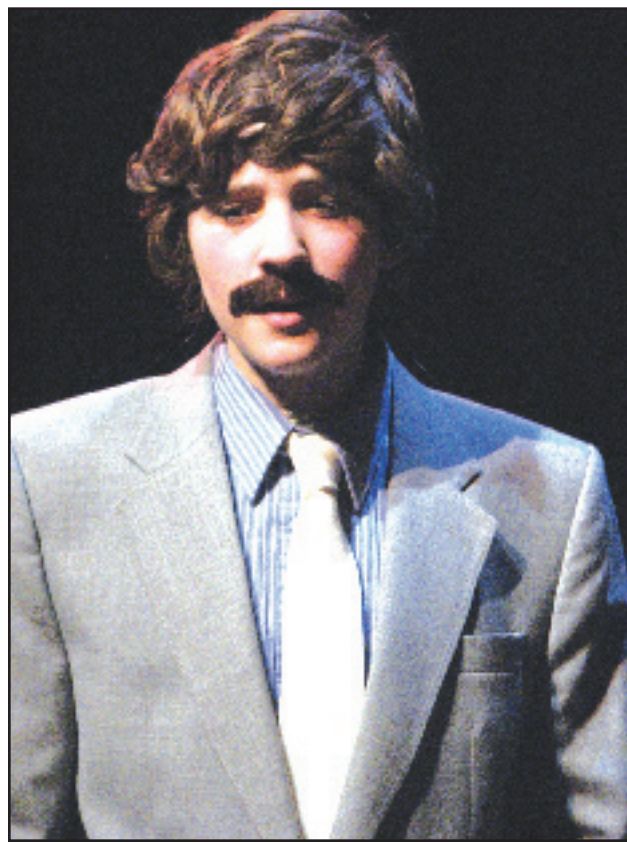
We appreciate the ongoing work of the leaders listed above, as well as the initiative and support of Jackie Friesen, Erin Cristofoli, and Ali George, for their commitment in organizing some of the activities.

Please also note that Ben Johnson is seeking community input for a 'Community Samba Group'. Ben has put together a short survey of interest that is available on the new *Mainstreet* website at <http://www.mainstreet.eshore.ca/event/samba-drumming-workshop>.

## More images from the Crawford Bay School Christmas Concert

photos by Ingrid Baetzel

Top right: Tyler McKnight with Ben Anderson and Bella Hanbury. Right: Katja Eliris in deep in her masculine role. Bottom, Grades 1-3 singing "Christmas Island".



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# Tom's Corner

by Tom Lymbery  
Colder Winter Coming in 2011?

The winter of 1951 was the only year that the bay froze from Gray Creek Hall to Crawford Bay. It was a winter with little wind, which dipped down to 0° Fahrenheit (-18° C) many nights. The ice, which was only about 3 inches thick, stayed on the bay for nearly three weeks. When the lake level dropped in February, the ice sloped up to the wharf pilings. Deer took advantage of the ice to cross the bay. Elsewhere, at Nelson, cars simply drove across the West Arm on the ice. Then a wind came up, and nearly all the ice broke up in a single day.

While the ice was on the bay, David Harper (Hillary Harper's stepson) and I were about the only ones to don skates, clear a track free of snow, and do some skating. The skating was okay for ten days until the next snowfall, which meant more shovelling to clear a track.

The winter of 1968-69 was much colder, down to -12° Fahrenheit (- 25° C), but too stormy for the ice to set up. While we could see drifting ice, it never set solid, except closer to Crawford Bay.



David Harper (L) and Tom Lymbery skating on the frozen bay at Gray Creek in 1951, on a track which they had cleared of snow. Photo courtesy of Tom and Sharon Lymbery.



Tom Lymbery on the ice near the Gray Creek wharf in 1951. Open water is visible in the background. David Harper photo, courtesy of Tom and Sharon Lymbery.

# Tom Sez

by Tom Lymbery

The Chilean miners who escaped after being entombed were treated to a Manchester United soccer game against Arsenal in Manchester, England. United won with one goal.

What's next? Voice controlled cell phones, a Canadian one with the phone built into your toque, hands free so you can leave your hands in your mitts?

Please make sure that you use a metal bucket to remove ashes from your woodstove. A recent news report was of someone who put them in a plastic bag on his porch – it scorched the house but was put out in time. All too many houses are lost because of improper handling of ashes.

Kaslo RCMP has been upgraded to a five member detachment, with a brand new office building on A Street. Quite a boost for a small town (or are they looking to keep the price of pot up by pursuing more growers?)

Propane Canada magazine reports that training for fire departments results in members remarking that propane is much safer than they thought. Always possible is RV fires that involve propane cylinders. Building fires that I have seen with adjacent tanks (Lakeview, Heidelberg Inn and the former Lowen house) have never resulted in explosions. The explosion on the Osprey ferry was undoubtedly the result of careless handling of 20 lb cylinders.

From The Lion (Lions Club magazine): "I find it fantastic that for the equivalent of a pack of cigarettes and two cans of beer, the Lions Club is able to fund a cataract operation" - in third world countries where too much blindness is prevalent, especially glaucoma in children, and also many older people with cataract problems.

Max Molybdenum Mine in Trout Lake is fixing the damage from a sill pillar collapse that forced the mine to shut down earlier. This is an underground mine, unusual in BC now.

A CHIMNEY FIRE is controllable – shut down the damper on your woodstove completely, hold tight, and you will starve the fire for air. Soon you will hear the crackling diminish and the plume of smoke from your chimney slow down.

Re-opening of the Princeton copper mine saw the assembly of the biggest ever 700 tonne Komatsu mining shovel completed. This will run continuously 24/7 and has washroom, microwave, and kitchen sink so the operator never has to leave his /her station. Made in Germany this unit was shipped via Tacoma, Wash, and took 18 semi trailers to bring the parts to Princeton.



From September of our 2011 calendar, Tom Lymbery had a 1954 red GMC (not as fancy as this) from 1957 until rust got it. About 1970 Henry Besanger used the front axle for a trailer and we still have the engine and manual transmission from the 54 pick up.

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## Thought For Food

by Farley Curzons

In no period of our history have North Americans been so concerned about the subject of diet and nutrition. Yet if we accept the idea that what we eat determines our health, then the observation must be added that in no period of our history have North Americans eaten so poorly, a statement that the most cursory survey of current statistics can prove.

Although heart disease and cancer were rare at the turn of the last century, today these two diseases strike with increasing frequency, in spite of billions of dollars in research to combat them, and in spite of tremendous advances in diagnostic and surgical techniques. In North America, one person in three dies of cancer, one in three suffers from allergies, one in ten will have ulcers and one in five is mentally ill. Continuing this grim litany, one in five pregnancies end in miscarriage and one quarter of a million infants are born with birth defects each year. Other degenerative diseases – arthritis, multiple sclerosis, digestive disorders, diabetes, osteoporosis, Alzheimer's, epilepsy and chronic fatigue- afflict a significant majority of our population. Learning disabilities such as dyslexia and hyperactivity afflict several million young people. These diseases were also extremely rare only a generation or two ago.

Clearly something is very wrong, even though many North Americans have been conscientious about following orthodox dietary advice. We take exercise seriously, many have stopped smoking, consumption of fresh vegetables has increased, many have reduced their intake of salt, and a good portion of North America has cut back on red meats and animal fats. But none of these measures has made a dent in the ever-increasing toll of degenerative disease. We buy foods labeled lowfat, no cholesterol, reduced sodium, thinking they are good for us. Why, then, are we so sick?

**The suggestion that is being made here is that the advice of orthodox nutritionists is wrong. Not 100% wrong.** There is a certain amount of truth to their pronouncements, enough to give them credibility, but not enough to save us from the sufferings of chronic disease.

Recently, the US Department of Agriculture (USDA) issued new nutritional guidelines in the form of a pyramid, calling for a diet based on grains-bread, pasta, cereal and crackers-along with fruits and vegetables. The guidelines recommend only small amounts of protein foods-meat, fowl, fish, nuts and legumes.

The new food guidelines rightly stress the importance of fruits and vegetables; for many years the medical establishment ignored their value. The American Cancer Society even denied the role of fresh vegetables in preventing cancer, in spite of considerable evidence to the contrary. The new guidelines reflect the fact that this evidence can no longer be ignored.

Unfortunately, several dangerous errors are built into the edifice of the USDA Food Pyramid: First, the new guidelines imply that everyone can eat the same foods in the same proportions and be healthy. According to the recommendations, grains should be the basis of our diet; but many people do very poorly on grains. Others have a low tolerance for dairy products. These tolerances are due to a number of factors, including ethnic background and genetic inheritance.

Secondly, the pyramid calls for reduced fats without addressing the dangers of lowfat diets.

Finally, the new guidelines perpetuate the myth that fats, carbohydrates and proteins have equal nutritional properties no matter how much or how little they are processed. The "experts" make no distinction between whole grains and refined, between foods grown organically and those grown with pesticides and commercial fertilizers. No distinction between unprocessed dairy products from pasture-fed cows and pasteurized dairy products from confined animals raised on processed feed. No distinction between fresh and rancid fats. No distinction between traditional fresh fruits and vegetables and those that have been irradiated or genetically altered. No distinction between range-fed meats and those that have been raised in crowded pens while being pumped full of antibiotics and growth hormones and, no distinction between free range and battery-produced eggs.

**In short, the experts make no distinction between the traditional foods that nourished our ancestors for millennia and newfangled food products that are now dominating the modern marketplace.**

The premise of this new column 'Thought for Food' is that modern food choices and preparation techniques constitute a radical change from the way humankind has nourished itself for thousands of years and, from the perspective of history, represent a fad that not only has severely compromised our health and vitality but may well destroy us. We will explore the culinary traditions of our ancestors, and the food choices and preparation techniques of healthy non industrialized peoples, and develop a model for contemporary eating habits, even and especially during this modern technological age.

Future 'Thought for Food' columns will include recipes, origin and history of some of the foods we eat and information about modern food processing that we all need to know about if we want to raise happy healthy families. **Happy New Year!**

## A Mainstreet Online Blog

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



## Bound for Glory

by Juergen Baetzel

As the conditions at Whitewater Ski Resort keep improving, the long wait for the new chairlift opening has come to an end. December 24 marked the first day of operation for the Glory Ridge chairlift.

As an avid skier, I am excited to see what all the hype about the "backside" of Whitewater is all about. Although well known to backcountry enthusiasts, the terrain was never officially open to the public

until now.

I picked a perfect day for my first visit to the new and improved ski resort. Twelve centimetres of new powder on a 150 cm base made for fully satisfying conditions, even though the total amount of snow is still considered early season conditions.

The new Glory Ridge ski area delivers vast amount of new runs and lives fully up to all the hype! Nine blue runs for intermediate, eight black diamond for advanced and five double black diamond for expert makes a total twenty-two new runs.

The terrain has it all. Open, treed, steep, flowing, boulders, glades... you name it. The new triple chairlift gets skiers from the bottom to the top in roughly fifteen minutes. For me, the duration of a downhill run is about twenty minutes of hard skiing.

The base of the new lift can be reached via the Back Side ski out trail that starts traversing all the way from the old parking lot area at the lodge and is marked as a blue run. A designated parking lot is also available right at the base of the new lift, but ticket purchase is at the lodge only.

The other way to enter the new ski area is via the Summit chair lift. Simply drop in to the backside after reaching the summit.

The new Glory Ridge ski area opens up so much more terrain that even though the parking lots were filled with vehicles I never waited in a line up.

I really enjoyed myself at the "new hill" and if you are more than a beginner skier/boarder it is well worth checking out.

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## Answers from the Physio

by Anna Rose, Physiotherapist

**Q. I am skeptical of the Western medical approach. Is physiotherapy part of that system? Can I benefit from physio at the same time as I pursue alternative healing methods?**

**A. Happily, physiotherapy is part of a "middle path" that can be acceptable to people who are fully satisfied with the Western medical model and to people who are attracted to alternative approaches.**

### Definition of physiotherapy

A simple definition of physiotherapy is the application of physical techniques to help a person return to normal functioning after an injury or illness, or to help a person gain normal functioning for the first time, as in the example of a child born with cerebral palsy. "Physical techniques" include a great many possibilities, from hands-on techniques that overlap with massage therapy, to guided movements, exercises, the application of heat or cold, bracing, and the use of electrotherapy modalities such as therapeutic ultrasound.

### History of the profession

It is impossible to trace some of the techniques we use back to a time or place. Humans have no doubt put hands on injuries for thousands of years. There is evidence of hydrotherapy, which physiotherapists

in some settings still rely on, being used in Greece in about 460 BC. The profession with the name of physiotherapy, or physical therapy in the US, is generally described as starting in the 1920's, in response to the polio epidemics. The high number of injured veterans returning from World War II caused another growth spurt for the profession.

### Why physio fits into the Western system

When I qualified as a physiotherapist, the education consisted of a four-year university program which could be entered directly after high school. My degree is a Bachelor of Science in Physical Therapy. (Physiotherapy is now a Master's program, before which you must have a four-year bachelor's degree in any one of a number of areas.) We studied anatomy, physiology, kinesiology, statistics and research methods, normal human development and communication, and the conditions physiotherapists treat in the areas of neurology, orthopedics, rheumatology, cardiopulmonary conditions, amputations and burns. Practical classes gave us skills in hands-on assessment, massage and joint mobilization, exercise prescription, gait training, electrotherapy, the handling of clients with neurological problems, and other techniques. Half of our days in our third and fourth years were spent as student physiotherapists in hospitals or rehabilitation centres.

As you can appreciate by the above details, the education and practical experience received by physiotherapists as students enables them to understand and work within the Western medical system.

### Why physio fits among alternative approaches

I think my formal education (now twenty-five years ago) was a little low in discussions of alternative approaches, but it did emphasize respecting and treating the whole person, and to being open to new ideas. Touch was acknowledged for its value beyond that

of a mechanical stimulus, and imagery was used as a tool to make exercises more effective. Most physio techniques are, like the alternative therapies, low-tech and require significant time spent with the client, as opposed to the generally high-tech, less personal character of Western medicine.

Part of being a professional is updating your knowledge base and skills, so physiotherapists have grown with the times. We are aware of more physical techniques such as those developed by Feldenkrais, Alexander and Pilates. There are courses geared to teaching physiotherapists acupuncture, internal organ massage, yoga principles, and other less "conventional" things which can then be incorporated into physio treatments. Also, the paradigms of other traditions allow us to view some of our old techniques in a new light. I believe that one reason exercises help to heal an injury is that besides increasing the local circulation, etc., they bring the energy of the mind to the injured part.

The fact that I assess and treat a client from what could be perceived as a "mechanistic" viewpoint, of muscles and bones and nerves, doesn't mean I deny the effectiveness of other approaches. It simply reflects the particular strengths of physiotherapy. I encourage clients to incorporate complementary therapies into their healing, but to learn about them from people qualified in those other areas. Go see the herbalist, the reflexologist, the therapeutic touch practitioner, the Ayurvedic healer. Just remember to watch the physical stresses you put on that sore knee, and remember to do the exercises you came to me for, too!



## East Shore Hospice News:

by Alexis Phillips, Coordinator East Shore Hospice

*"All palliative care volunteers are a national treasure. Their contributions to health care are indeed immense. They and all others who come to the bedside with caring as their primary motive stand as a potent force against the eventual institutionalization of Canadian palliative care."*

~Dr. Balfour Mount

I would like to begin by sending out a heartfelt thank you to everyone in the community who participated in this year's Tree of Remembrance, held throughout the month of December at the East Shore Credit Union and at this year's Bevy Of Angels Craft Fair held at the Crawford Bay School. This popular annual event helps raise awareness of hospice services in our community while providing families and individuals with an opportunity to hang a card on the tree in honour of someone they have lost through death. The monies raised from this event support Hospice services on the East Shore. Hospice volunteers Ali George, and Ken Meaton helped out with this event and Grace George age 6 made sticker badges which she sold at the hospice table, donating the money to East Shore Hospice. Thank you Grace! Thanks also go out to the staff at the East Shore branch of the Credit Union for partnering with us in setting up the Tree of Remembrance display, helping us take down the Tree of Remembrance and for taking such good care of things for us. Many thanks.

So far this year our hospice volunteers have collectively put in over 365 hours updating their training, organizing and attending this year's Hike for Hospice, organizing this year's Tree of Remembrance, maintaining and building our hospice library, and in meetings of the advisory committee. Of these hours over 200 hours were spent in direct service providing palliative care and bereavement support. Thank you to our volunteers for providing this important service. Our intention is to raise awareness and increase hospice palliative care, end-of life and grief support services within our community.

2011 plans to be an exciting year for East Shore Hospice. Our hospice volunteers have been upgrading their skills and have attended Part 1 of a two part training on The Physiology of Dying: Practical Skills and Comfort Measures taught by our local Home and Community Care Nurse Mary Donald. Mary Donald is a vital part of East Shore Hospice and is an invaluable resource and source of support and knowledge. Thank you for your compassion and wisdom Mary! Part 2 of The Physiology of Dying training will be held this January. We are also starting to organize this year's Hike for Hospice which will take place Sunday May 1 in Crawford Bay. This year we are planning to make some changes to this event so watch for posters when the snow has melted. We hope to see you there.

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timeless publications

## A Rare Glimpse Into the History of Yasodhara Ashram

press release

Kootenay Bay, BC, December 29th, 2010: Celebrating her twentieth year as an East Shore resident, local author, Swami Radhananda, has released her first book, *Carried by a Promise: A Life Transformed Through Yoga*. Swami Radhananda is the president and spiritual director of Yasodhara Ashram.

*Carried by a Promise* is Swami Radhananda's story of coming to live on the East Shore. In 1977, when she was Mary-Ann McDougall – mother, wife and teacher – she first heard Swami Radha speak at Yasodhara Ashram and knew that she had found what was missing in her life.

The first half of the book tells of Mary-Ann's thirteen-year journey to come to live with her teacher at Yasodhara Ashram. It is a story of frequent trips from Lethbridge with her two children; of saving enough money to make the transition; of clearing the path from work, relationships and other commitments.

The story then moves to her life inside Yasodhara Ashram, a 47-year-old institution here on the East Shore. It chronicles her victories and struggles, and narrates her growing relationship with Swami Radha, the Ashram's founder. Above all, it tells the inspiring story of an extraordinary transformation.

Eileen Delaney Parkes, a local author and frequent visitor to the Ashram, says: "The book has renewed my appreciation for what the Ashram does, and for the adept, often unseen skills of the gracious woman who guides it. Woven throughout Radhananda's evolution from mother and wife to spiritual leader is the meta-

morphosis of the very Ashram itself. The author's combining of these two narrative strands – one personal, one institutional – is a great strength of this book."

Drop by Mandala House at Yasodhara Ashram for the book launch on Wednesday, January 12, 2011 at 7 pm. Meet Swami Radhananda, listen to a reading and have your copy signed. Books are now available at the Ashram Bookstore.

For More Information:

Gordon Matchett, Marketing Manager, Yasodhara Ashram - 250.227.9224, marketing@yasodhara.org

## Riondel Library

by Muriel Crowe

It amazes me how rapidly each year ends. I've finally become accustomed to the fact that it is 2010 and almost always remember to use that year when I write cheques or letters. With personal letters the date is not relevant, I don't mind if friends or family think it took me three years to get a letter to the post office. Cheques and business letters are, of course, another story as the cheques come flying back to you with nasty charges appended and business letters with the wrong year bring puzzled responses or no response at all. So before I forget that it will soon be a new year may I extend my best wishes to you all for peace, health and prosperity in 2011.

Looking back over the past year in the library I am very pleased with the activity. Our membership and the number of items borrowed has risen considerably. Our interlibrary loans department has also seen an increase in activity. The book sale was a big success and with the funds from that and from overdue fines and cash donations we have \$500 to donate to the new roof fund. We are very grateful for the continued strong support we receive from the Regional District of Central Kootenay and Garry Jackman. We also extend our thanks and appreciation to those generous people who have given us donations during the year. Those are always appreciated and are definitely used for books. My personal thanks also to the volunteers I have had the pleasure of working with, you are a wonderful inspiring group.

Our little library is funded with your tax dollars, please join us and reap the benefits. Our crew of volunteers will do their best to help you find what you want or need and we are always happy to have more volunteers. Happy New Year!

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## BOOK REVIEWS

by Tom Lymbery

*THE RAILROADER'S WIFE* - Letters from the Grand Trunk Pacific Railway, by Jane Stevenson. Caitlin Press, 200 pages, \$24.95

Few books have been written about the Grand Trunk's rail construction east from Prince Rupert to Prince George. The letters written by Bernice Martin between 1912 and 1914 are the theme that carries this book along. Having married railroader Leslie Martin, she was homesick for her family in Wisconsin, so wrote often with on site descriptions of the work in progress.

This was the new rail line to open up the north of BC and make the fresh town of Prince Rupert into a major seaport, being 1000 miles, a day's sailing, closer to the Far East. Had Charles Melville Hays, President and guiding light, not gone down with the Titanic, would the line have been more successful?

The author was curator of the Bulkley Valley Museum in Smithers, so has been able to amass an impressive collection of photos for this book. Bernice's daughter Lesley of California had saved her mother's letters and donated them to the Smithers Museum in 1979, when she came to visit and look for any sign of the cabin from 1912. (this still has to be the far north if the computer underlines both words for misspelling - Smithers and Bulkley!)

One of the joys of her letters is that Bernice loved the country and continues to be amazed at new views as she struggles with the rain and construction mud, hardly complaining of those. Because her husband Leslie is actively working with the rail line, she continues to mention tunnels falling in and the delays of bridge construction for the track laying machine, as well as the continually changing work force of bohunks and montenegrans as many of the workers were labeled.

*LILLIES & FIREWEED* - Frontier Women of British Columbia, Raincoast Chronicles 20, by Stephen Hume, Harbour Publishing, 80 pages, \$19.95

The cover is a painting inspired by one of Mattie Gunterman's photographs, showing a lady in a long skirt, on snowshoes, carrying a rifle and the grouse that she has just shot, with a small log cabin behind, that has a stone fireplace with the same features as the Henry Rose site in Gray Creek.

The twelve chapters feature the role that aboriginal and pioneer women played in the making of our province. From Frances Barkley, Lady Amelia Douglas the half native wife of Governor James Douglas, to dance hall girls of Dawson City and Barkerville this book gives a fascinating look at what those ladies accomplished.

And the families that they raised – Susan Allison of Princeton had 14 children, all of whom grew to maturity. Amazing considering the primitive medical services of 130 years ago. Susan lived to the age of 92. Her youngest child was born when Susan was 47. The book has a picture of Linda Allison, Susan's great granddaughter, who is now the owner/operator of Allison Creek ranch where she runs 200 cattle.

## East Shore Community Library/ Reading Centre News

by David George

The New Year 2011

Writing before the end of the previous year, one should be thankful that one's plans did not include travelling to or from the United Kingdom or Europe for the Christmas Season. Snow forced hundreds of thousands of people to camp out for days at London Heathrow, Frankfurt, Zurich, and many other airports. Our own little snow flurries in the Kootenays seem very mild in comparison.

In this New Year 2011 your library will continue to provide good reading, listening, and viewing, as well as internet access, all provided at no charge. Library cards are free, as are Inter Library Loans. Although there is a fee for printing documents on the public computer, one may bring one's own flash or keychain drive or CD-R to transfer information.

Near the end of last year, there was a successful afternoon and evening event designed for children. A short play was presented, carols were sung, and quite a few books were signed out for the holiday season. More events of this sort are planned. Look for more information in the *Mainstreet*, if not in this column.

Creativity,  
Community,  
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pebbles  
by Wendy Scott  
**Mexico 1991:  
Boca De Iguana**

At the top of the beach, in a curve of black cliff, tiny beads of morning gold scatter across the arched opening of a small cave.

Behind its misty screen, a rough wooden cross hangs over a muddle of flowers and shells. Tangled trails in the white sand floor trace the diligence of hermit crabs; the only acolytes in this sanctuary.

This is Boca de Iguana: the end of a very bad road in Tenacatita Bay, Mexico, where the Pacific Ocean licks the sand at sunrise spreading a mural of sky, pink and blue, warm over pale northern feet and Canadians and Americans gather to string hammocks between palms and let a slice of winter dissipate into dappling, green shadows.

Boca de Iguana is a beach front coconut plantation. The compact jungle of the Iguana River that flows from the hills on its northern edge borders the grove and escapes through a haphazard culvert into the open Pacific.

Miguel, a big, jovial man, runs the campground. He was a child, he tells us, when his father, the owner of the plantation, built their holiday home on the edge of the sand. "Lots of friends came to look at the beautiful ocean home and my father's plantation," Miguel laughs, "always lots of friends. They say, 'This is lovely, you should build an RV park.' But my father does not understand why he would do that and his friends bring more people to see this lovely, free place."

There was an explosion at his father's successful business in the city. Miguel shrugs, "Insurance does not cover explosions," and still more people came to the palm grove. "One day," Miguel says, "my father stood in the doorway of his house and he said, 'You are right, my friends, this is not a palm grove, this is an RV Park. We will call it Boca de Iguana. Pay at the office, por favor!'"

Miguel, in his khaki shorts and a different colourful tee shirt every day makes his morning rounds, looking more like a tourist than his campers. He jokes about our little trailer -- we are the smallest unit in the park but we ply him with real ground coffee (instant seems de rigueur in the rest of the camp) and he stays to chat with the crazy Canadians who drive with their lights on. He tells us when and where to buy bolillos: the ubiquitous Mexican bread bun baked fresh daily except Sunday, Monday and any arbitrary holiday. He shows us how to crack coconuts with a tent peg and encourages our fractured Spanish. His visits become regular. He speaks of the hurricane that blew the top storey from his father's house (it has remained topless); the winter rains that flooded the river collapsing the causeway onto the property; the campers with boats who became ferry captains. I want to know about the cave on the beach and we discover it was Miguel who built the shrine: "For the Virgin," he says, "you know, Our Lady of Guadalupe?" We don't know. More coffee, and he begins to talk quietly about summer; not this gentle pseudo-season for wandering snowbirds but he takes us, suddenly, into a hot Mexican June:

*The sea is wild. The priest has come with children. It is a holiday; a fiesta. Pelicans swoop just above the curl of the breakers. The children laugh and run as the rising tide sheets hot sand with rushing foam. Two young girls climb the rocky ledge at the end of the beach to search for shells. The padre feels the heat of the summer day and also begins to move toward the shade of the cliff that curves black and jagged into the ocean. He walks slowly with his hands in his pockets, watching the birds and the children; listening to the thunder of the waves.*

*Before he can reach the shadows, the world stops for him, on that day, in Mexico.*

*He spends the next few minutes shouting and running toward the water, into the water, straining against the surf, waving his arms, trying desperately to reach the rocks. The girls have gone too far out on the narrow path, not heeding the waves, not looking until they soar above their heads and crash against the wall of rock beside them. Their fingers cling in screaming terror. The padre struggles. Water rushes around his legs, pushing him in, dragging him out -- again, again and again. He entreats his God to tame this damnable creation and the sea replies with green and terrible fury. Rushing high above the girls, it hangs suspended; a cathedral arch. He raises his arms in supplication crying to the Virgin of Guadalupe, the Virgin of mercies, to spare their young lives. The girls watch in horrified wonder as the sea falls slowly, inexorably -- stroking the cliffs, caressing the sand, enfolding the day.*

Miguel is silent. He looks past the palm trees to the high rocks beside the sea where a white crucifix marks the padre's place of death. "He didn't drown," he says, "his pockets were dry." The two girls? Miguel tells us they have been coming every year on fiesta days to make their offering at the shrine. "And tomorrow," he says, "is Constitution Day, a big fiesta." he shakes his head and laughs, "Then there will be more white crosses!" We have seen the 'highway crosses', their astonishing numbers mark the reality of Mexican driving habits.

The camp has been busy all week raking and sweeping, scrubbing toilets and polishing taps, replacing palapa roofs with new palm fronds. Signs hung on trees by the river warn visitors not to shoot ducks or iguanas and we wonder what sort of weekend this will be.

Cars begin arriving Friday afternoon, having driven, apparently, non-stop from Guadalajara. Those who can afford camping gear include, we are told, doctors, lawyers and goldsmiths. By Saturday evening every available space in the park is filled and overlapped with tents and sleeping bags and tiny 'cradle hammocks'. Celebrating families have come from as far away as Mexico City. Picnickers gather around hibachis.

Their musical tastes are eclectic: classical from the tent behind, Mexican 'Rock' beside us and a scattering of something that sounds very Western. The slow, precise dancing imbues it all with a distinctly Mexican flavour, and the orange sun splashes streaks across an aquamarine sky to complete the carnival mood. It is a gentle carnival though and, surprisingly, a silent night. What an odd feeling, awake in a camp of slumbering revelers, one feels obliged to breathe quietly.

We savour the solitude and walk the deserted, starlit beach. Lively, white rimmed waves run the length of the shore. There is no moon to silver their tips tonight, yet the white foam dazzles. Mirrored in a slick darkness of midnight sand, luminous green wisps and blue sparks race ahead of the flickering curl to spray purple iridescence against the black cliff. Phosphorescent magic: an exclusive light show.

In the morning, small groups of children begin a mini pilgrimage to the shrine on the beach. Approaching with solemn awe, they hesitate before the dripping opening then enter quickly to place flowers and shells with great care. Their exit is five measured steps and a rush of frantic giggles; a guileless devotion bearing the imprint of history.

It's Sunday; a quiet day, not a holiday. Two large buses pulled in this morning from San Patricio, a small town about fifty kilometers away. Old Mexican women with eyes looking out of centuries sit on the wall at the top of the beach; feet dangling from long skirts; black lace mantillas draping solemn heads. They watch their families. Mothers spread blankets under small umbrellas; fathers watch the sea and talk; children splash in the shallow ripples and poke the sand for shells.

These Mexicans cannot afford tents and sleeping

bags and cars, but they can come in a bus to their beach for a picnic. They can look at the white cross above the rocks where one man died and make an offering to their Virgin at the shrine built because two girls lived. They might stay to watch the sun spill crimson behind the dark cliff and some will walk the long slow curve of evening sand.

Tomorrow we will walk their beach again; but not in their footsteps; the prints are too deep for us to reach. We will float across the surface of their land, wrapped in colours too brilliant to comprehend; rocked by snatches of song too distant to weave into melody. And when we leave this place, we will carry a little bundle of scraps tied carefully with our own string and labeled: Boca.



## Bible Talk

by Pastor Doug Middlebrook

What you are about to read is GOD'S LOVE LETTER TO YOU. It is composed from 77 verses of the Bible and is, in my opinion, the most important message of the Bible. I hope you enjoy your letter.

*You may not know me, but I know everything about you. I know when you sit down and when you rise up. I am familiar with all your ways. Even the very hairs on your head are numbered, for you were made in my image. In me you live and move and have your being, for you are my offspring. I knew you even before you were conceived. I chose you when I planned creation.*

*You were not a mistake, for all your days are written in my book. I determined the exact time of your birth and where you would live. You are fearfully and wonderfully made. I knit you together in your mother's womb and brought you forth on the day you were born.*

*I have been misrepresented by those who don't know me. I am not distant and angry, but am the complete expression of love. And it is my desire to lavish my love on you, simply because you are my child and I am your Father. I offer you more than your earthly parents ever could, for I am the perfect Parent. Every good gift that you receive comes from my hand, for I am your Provider and I meet all your needs. My plan for your future has always been filled with hope, because I love you with an everlasting love. My thoughts towards you are as countless as the sand on the seashore and I rejoice over you with singing. I will never stop doing good to you, for you are my treasured possession. I desire to establish you with all my heart and all my soul.*

*And I want to show you great and marvelous things. If you seek me with all your heart, you will find me. Delight in me and I will give you the desires of your heart, for it is I who gave you those desires. I am able to do more for you than you could possibly imagine, for I am your greatest encourager. I am also the Father who comforts you in all your troubles. When you are brokenhearted, I am close to you. As a shepherd carries a lamb, I have carried you close to my heart. One day I will wipe away every tear from your eyes and will take away all the pain you have suffered on this earth. I am your Father, and I love you even as I love my son, Jesus. For in Jesus, my love for you is revealed. He is the exact representation of my being. He came to demonstrate that I am for you, not against you and to tell you, that I am not counting your sins. Jesus died so that I could be reconciled to you. I gave up everything I loved that I might gain your love. Come home and I'll throw the biggest party heaven has ever seen. I have always been Father, and will always be Father. My question is ... Will you be my child? I am waiting for you.*

Hope you all had a Merry Christmas and that the upcoming year be your happiest. God's Blessing to you all.



## Remembering Frieda

by Wendy Scott

The smile comes first, always the smile, then the soft voice, and inevitably, the wonderful aroma of fresh bread. These are the first moments of recollection whenever her name is spoken or her image comes to mind. The smell of Frieda's bread comes from many weeks and months of observing her generosity towards Dr. Savory, and the doctor's deep appreciation of this kind, gentle woman. The doctor's untimely death did not alter Frieda's wish to extend her hand to assist and her arm to protect. It was Frieda who cared – as only Frieda could – for Dr. Savory's oversized, very spoiled, loving cat, Zeeb. And Zeeb flourished with Frieda's gently disciplined care.

Music for Frieda was a comfort and a joy, and it was Frieda who came into an empty church because she heard music and stayed while the organist played Handel – just for Frieda and her husband, Frank.

All these things come easily to mind, Frieda, I know this is true for all your family and for your many friends. I can tell you now that for me, the aroma of fresh bread will always bring with it the sound of your voice, your gentle smile and the soft touch of your hand extended often with compassion.

Thank you, Frieda, for all these things. We were privileged to know you. May you be surrounded now with heavenly music.

**Frieda Dill**  
1922 - 2010

## Frank Downing's Town

by Wendy Scott

*All the diamonds in this world/ That mean anything to me/  
Are conjured up by wind and sunlight/ Sparkling on the sea*



Bruce Cockburn wrote those lines, and this fall, waiting for the ferry in Balfour, they were quoted to me. When the wind sparkles sunlight across the face of Kootenay Lake, it is not unusual to be reminded of the sea. When this continent was still deciding where to place its western edge a shallow sea flowed here on a flat and sandy shore. There were no two legged creatures around to feel the seafloor move and shake as the continental shelf shivered and buckled; no one watched the dirt and rocks heave skyward to crumble, crash and settle into the broad barriers that would become the Purcell Mountains and the Selkirk Range. Creeks and rivers flowed into the mountain valleys and rested long enough to form the body of water that would lure First Nations people and later the turmoil of treasure seekers, who eventually would trace the beginnings of the communities as we know them today on the shores of Kootenay Lake.

It was 1948 when Frank Downing, dressed in his Royal Air Force uniform, boarded the MV Anscorb in Proctor and sailed across that lake to Kootenay Bay. Frank was a carpenter and there was a town to be built in a mining camp beside the lake. He knew he had to head north from Kootenay Bay landing, so he began what would be a long hike through the woods to Riondel. Later, Frank's wife, Leslie, their daughter, Valda and son, Hugh, would have a more leisurely trip – right to Bluebell Bay on the SS Moyie.

But life in this resurrected mining town was anything but leisurely, and while Frank worked for the company and the town he came to build, Leslie began an involvement in her community that would continue for more than half a century. In fact it was not until this year, 2010, that Frank and Leslie bundled up their memories and moved to Penticton to take advantage of the care that they certainly deserved.

Thus began a year of pampering for two pioneers, not only by their family, but by staff who recognized and respected their long history.

There comes a time, however, when ninety-nine years might get a bit tiresome, and a man may desire a more complete and enduring peace. This came for Frank a few days ago. He fell asleep on a Sunday night and died before the morning brought another day into his long and complete life.

It will be early spring before the mountains loosen the waters from their creeks and rivers and send them to rush again towards Kootenay Lake; at a time when late winter lingers and the lake is still low, and you come to stand at the shore because you miss the beach and want to hear the lap of ripples and their trickle

backwards through shifting pebbles; this is the time to waken your senses to more than sight and sound; this is the time when the lingering memory of the sea still floats on the wind and this beach becomes a place of ancient memory.

Frank and Leslie knew this beach through days, seasons and years. Leslie will come again to this place, and when she does, she will bring her memories of seventy years of marriage; seventy years with the man who brought her back from his native land of England, back to a completely new location in her native land of Canada. When Leslie stands beside the lake again, she will be aware of the images that linger on the beach and dance with the sparkle of the sun on the water; images conjured from her many years spent with Frank who arrived in Riondel, wearing his Royal Air Force uniform – so many years ago.

**FRANK DOWNING**  
1911 - 2010

## Notice of Passing

**Terry Sullivan**  
(John Terrance Sullivan)

**10 Jan 1935 - 3 Dec 2010**

Terry will be lovingly remembered by his wife Edna (Rose) of 54 years as well as daughters Karen Cookson (Jim), Leslie Hildebrandt (Eric) and Ivy Jeffery (Mike), six grandchildren; Michael and Paul Johnston; Rebecca and Kirstan Jeffery Evan and Ryan Hildebrandt; and 3 great-grandchildren, Trinity and Tristin Johnston and Donovan Johnston. Terry grew up in Boswell and attended Creston School until grade 12.

He graduated from UBC in 1955 with a degree in Chemical Engineering and had a successful career as a PEng at Alberta & Southern Gas Company in Calgary.

In 1989 he retired to his childhood home in Boswell. He was active in the local First Aid Group and the Boswell Hall. Terry was diagnosed with multiple myeloma in the spring of 1993 and he and Edna moved to Victoria, BC. Terry was a member of their condo association as well as an avid bridge player and golfer.

Terry fought his cancer for 17 years with an unwavering will and shall be forever an inspiration to his loving family and many friends that mourn his passing.

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Growing communities one idea at a time.

## Remembrance Garden

by Wendy Scott

Snow brings an element of mystery and a bit of magic in the garden. Imprints from deer, the light touch of bird's feet, various dogs, wandering cats, and the human visitors who pass this way – often on their regular route; sometimes a traveller, an explorer perhaps, a new arrival in town, or in some cases, a friend who wishes to see a plaque they have requested for someone they hold dear.

I had a recent inquiry asking for directions to the garden, so for those not familiar with Riondel, you'll find the Eastshore Garden of Remembrance in Riondel on Eastman Avenue, right across from the Community Centre, in the wooded area between the two churches.

Come and take a look. Bring your own footprints to mingle with those of other visitors – human, animal and bird. It's a peaceful and friendly place, and you are welcome.

**Contacts:**

**Plaques – Wendy: [wmescott@gmail.com](mailto:wmescott@gmail.com)**

**Shrubs and plants – Muriel: [mcrowe@bluebell.ca](mailto:mcrowe@bluebell.ca)**

**Next Deadline:**  
**January 26/11**

**Box 140,**

**Crawford Bay, BC**

**V0B 1E0**

**250.227.9246**

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

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

**PSYCHIC CLAIRVOYANT** - Past lives, ancestral quandries and entity awareness. 250.225.3250.

**REGISTERED ACUPUNCTURIST** - Christine Peel, R.Ac. Traditional 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**

**ALL-RITE ROOPER/SEWAGE PUMPING SERVICES** - Septic tanks pumped. Field lines cleaned. Plastic septic tank riser sales. Edwin and Elizabeth Johnson - 428-9097. ROWP. Red & White Truck.

**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.

**Creativity**

**Community**

**Conscience**

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

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

**Next Deadline:  
WEDS, Jan 26, 2011**

**CLASSIFIED SECTION**

**AUTOMOTIVE/MARINE**

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

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

**Roadside Emergency Kits** \$39.95 - with everything from jumper cables , tire sealant, to an emergency blanket , first aid kit, and more - Gray Creek Store

**BUS. ANNOUNCEMENTS**

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

**Sirdar General Store** - A unique place to shop on Duck Lake. Ice Fishing Tackle, Licences & Tags, local crafts, mitts, scarves & toques. Groceries--Island Farms Egg Nog & Dairy products. Post Office--stamps, money orders and envelopes. Just arrived, Felicity Rafferty Klassen's book - Chilcotin Ramblings. Wishing you All a Happy New Year. Please drive with care, the students will be catching the School Buses along Hwy 3A. 250-866-6811, 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

**EMPLOYMENT OPPS/ HELP WANTED**

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

**HOME/BUILDING**

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

**Rainbow Moment** - a table torch with coloured flame, 3 colours to choose from, burns lamp

oil - \$27.95 - Gray Creek Store

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

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

**Barbecue Season** is 365 Days A Year -- all stainless portable Versa Grill 75 -- reg \$349 -- now \$299 -- Gray Creek Store

**Fire Extinguisher** and Smoke Alarm pkg \$49.95 - Gray Creek Store

**Forstner Wood Bits** by Irwin - now we have a full stock for carpenters -- Gray Creek Store

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

**Finest quality Benjamin Moore Paint.** Please phone 227-9315 or 227-6855 to make sure that we have a tinting specialist on shift -- Gray Creek Store

**MISCELLANEOUS FOR SALE**

**The Gun Safe:** locks up yours safely, and has a separate locking drawer for ammunition and your

six gun -- Gray Creek Store

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

**Lakota Joint Care** capsules: let Lakota defeat your rheumatism as the Lakota defeated Custer. Also: Beta Carotene capsules extend the use of your eyes - 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

**Quality home furnishings** and canoe. Call (250) 227-9224 for appointment to view.

**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

**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

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

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

**Headlamps from \$8.95:** the shortest day is nigh -- Gray Creek Store

**The Butt Bucket \$5.95** - objections to smokers are not so much to the smoke, but to those insidious butts left behind. Here is a way to control that noxious litter -- Gray Creek Store (can also be used as a car ashtray)

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

**NOTICES**

**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/REC**

**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

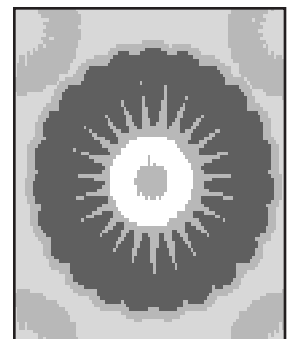
**Snow Pushers** -- up to 36" wide. Snow floats -- don't lift that heavy snow -- we can demo how you save your back -- Gray Creek Store. (Roof rakes as well)

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

**YARD & GARDEN**

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

-- Gray Creek Store  
**Bird Feeders** - and the black oil sunflower seeds that bring birds to your window -- Gray Creek Store  
**Snow Floats:** don't shovel that white stuff, float it. (no lifting) -- Gray Creek Store  
**Grip O Log Splitter** -- no hydraulics to freeze or leak, Honda powered, two second cycle time, uses the effort of two flywheels, was \$3400 now \$2995 -- Gray Creek Store



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

**There is ongoing funding available for grants or projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. Please send us your proposals for consideration.**

**Sending in your proposal early gives us an opportunity to make corrections or suggestions that may help you to succeed. Please send them in at least a week early if possible.**

**Next application deadlines:  
March 7, 2011..... June 7, 2011  
Approval/funding lag time 6 to 8 weeks**

**An application form can be printed from the RDCK website following this path, or filled out online and emailed:**

**<http://www.rdck.bc.ca/corporate/grants/electoral\_area\_a\_economic\_development\_grant.html>**

**Email [lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca)  
Or call 250-225-3333 for more info**

**Visit InvestKootenay.com**



## 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 2011

JAN 4, TUES - DR GRYMOPRE

JAN 5, WEDS - DR MOULSON

JAN 6, THURS - DR LEE

JAN 11, TUES - DR GRYMOPRE

JAN 12, WEDS - DR MOULSON

JAN 13, THURS - DR LEE

JAN 18, TUES - DR GRYMOPRE

JAN 19, WEDS - DR MOULSON

JAN 20, THURS - DR LEE

JAN 25, TUES - DR GRYMOPRE

JAN 26, WEDS - DR MOULSON

JAN 27, THURS - DR GRYMOPRE

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

**Please Note: Lab hours 7:30 - 10:30, Weds Mornings. Call to make appointments at 227-9006 on doctor days and Thursday morning. Tuesday, Wednesday and Thursday (8:30 to 12:30) Phone: 250-227-9006 Fax : 250-227-9017**

#### BOSWELL HALL GOINGS-ON

Activities at the Boswell Memorial Hall will be curtailed for the month of January and until Feb. 10 due to the installation of new flooring. There will be a Valentine's dinner at the Hall on Feb. 12th pending completion of the project.

#### XMAS PARTY THANKS

THANK YOU to everyone who made the KCBays community potluck such a resounding success. So many volunteers, so much great food, beautiful decorations, and sweet music; and so many cute kids. Thanks to our sponsors, RDCK Rec. 9 and Nelson & District Credit Union, and the Crawford Bay Hall and Park Association. An especially big thank you to Santa Claus! You are such a jolly old elf. The winners of the raffle were: Heidi, Gray Creek - organic turkey; Joli, Crawford Bay - gingerbread village; and MA Brezden, Riondel- gift certificate for Crawford Bay Store.

#### THANKS FOR HELP, YRB/MARK

Thank you YRB (in particular Mark Simpson) for all your help that awful Friday morning - from The Bus Driver, CBESS

#### THANK YOU FOR DONATIONS & SUPPORT

A heartfelt thank you to all of the artisans and businesses as well as the East Shore community for the great support of our fundraising efforts to keep our Hot Lunch Program going. The donations of items for raffles are greatly appreciated. Being able to sell our cookbooks in some of our local stores has made a also been very beneficial! Thank you... it all adds up and makes a difference to the health of our school community! - **PAC Hot Lunch Committee**

#### TIPI CAMP SILENT AUCTION

At the beginning of April there will be a silent auction to raise money to help send kids to camp. We are asking for donations for the silent auction. To donate please contact: Jacki Friesen, 250.505.8143. Email: cailly11@hotmail.com

#### SANTA THANKS

Santa and his elves would like to thank all the people that took part in providing the special packages for the Angel Tree and Seniors Gift Baskets and to the volunteers who helped put the baskets together. A special thank you to Leona Keraiff and

Wendy Scott for their help and extensive resources and to all of Santa's helpers for assisting in the deliveries. The response to the request for donations was overwhelming. We are so thankful to live in a community where people value each other and the true spirit of giving at Christmas comes from the heart.

### KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

*Winter Schedule in effect*

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

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

*Newkey's Pub*  
**OPEN!**

## Mainstreet Online!

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

The site is up and run-

ning. Please join as a

registered member and

leave your feedback!

## CHURCH CALENDAR

#### RIONDEL COMMUNITY CHURCH

##### JANUARY SCHEDULE

**JAN 2:** Pastor Doug Middlebrook, KLC, 3pm  
music - Cheryl Middlebrook

**JAN 9:** Brent Mason, Presbyterian, 3pm  
music - Brent Mason

**Jan 15:** Rev. Robin Ruder Celiz, Anglican, 1:00 pm

##### Combined service at Riondel

**JAN 22:** Jeff Zak, Mennonite, 12 noon  
music - Darryl Alguire

**JAN 30:** Brenda Panio, Anglican, 11am  
music - Wendy and Fiona

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

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

For information call Christ Church Creston 428-4248

January: No Service

Feb 6 - 1:30 pm: Rev Robin Ruder Celiz

#### HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

**January 16:** Combined service with Riondel Community Church

at 1:00 pm - Rev. Robin Ruder Celiz

Church Services held on the third Sunday of the month.

For information call Karen Gilbert: 227-8914

or Sue Philp: 227- 9140

email: [harrisonmemchurch@gmail.com](mailto:harrisonmemchurch@gmail.com)

#### KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us for a time of Praise, Worship & then the Word

Sunday Service 10am -11:30am

**Youth Meetings (CBYG) weekly. Call for info.**

Pastor Doug & Cheryl Middlebrook 250-227-9444/250-505-7659

#### 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

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

Sunday Mass at 1:30 pm

1st Sunday of the month, Fellowship Sunday.

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

1520 Campbell Avenue, Riondel, B.C.

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

## MEETING PLACES

#### EASTSHORE ALLIANCE SUPPORTING THE EARLY YEARS (EASEY)

This month's meeting will be held on January 13, 2011. Everyone is welcome and childcare is offered. Contact Simone Stanley at 250.227.9218 ext 5504.

Email: [simones@kootenaykids.ca](mailto:simones@kootenaykids.ca)

#### 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 second Monday of the month. **January meeting: Jan 10, 2011.** Call Gina at 250.227.6896 to be put on the agenda...

January 2011 Mainstreet 19



**JANUARY 2011**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Bottle Depot, 10-2	3 Community Basketball, CBESS	4 Community Floor Hockey, CBESS Dr. Grymonpre	5 16+ Community Volleyball, 6:30 pm, CBESS Dr. Moulson Lab 7:30-10:30	6 TOPS, KLCC bsmnt, 8:30am Dr. Lee	7	8
9 Bottle Depot, 10-2	10 Community Basketball, CBESS PAC Meeting, CBESS Library, 7pm	11 Community Floor Hockey, CBESS Lions Mtng, 7 pm Dr. Grymonpre	12 Swami Radhananda Book Release, Ashram, 7pm 16+ Community Volleyball, 6:30 pm, CBESS Dr. Moulson Lab 7:30-10:30	13 TOPS, KLCC bsmnt, 8:30am Dr. Lee	14	15
16 Tipi Camp Yogathon Bottle Depot, 10-2	17 Community Basketball, CBESS	18 Community Floor Hockey, CBESS Dr. Grymonpre	19 Riondel Golf AGM, 1:30 pm 16+ Community Volleyball, 6:30 pm, CBESS Dr. Moulson, Lab 7:30-10:30	20 TOPS, KLCC bsmnt, 8:30am Dr. Lee	21	22
23/30 Bottle Depot, 10-2	24/31 Community Basketball, CBESS	25 CB Acting Performance, 6pm Community Floor Hockey, CBESS Lions Mtng, 7 pm Dr. Grymonpre	26 16+ Community Volleyball, 6:30 pm, CBESS Mainstreet DEADLINE Dr. Moulson, Lab 7:30-10:30	27 Dr. Grymonpre	28	29 Variety Show, CB Hall

**KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE**

*Winter Schedule in effect*  
All times listed in Mountain "East Shore" Time

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

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



Enter a world of colour, texture, line, shape, historical relevance, negative space, & inspiration.

Watch a bunch of real-life painters from the Kootenays paint multiple canvasses, all day on...

**SAT, FEBRUARY 12**  
at the  
**CRAWFORD BAY HALL**

KIDS AND ADULTS ARE WELCOME TO JOIN THE ARTISTIC MAYHEM IN THE AFTERNOON. MAKE YOUR OWN "PIECE DE RESISTANCE"!!!

A fabulous auction to follow, where many of the creations made this day will be sold at fabulous prices, a sure way to score some art, support local programs and be part of the process. This is a fund-raiser for community music programming for the east shore.

**WATCH FOR UPDATED POSTERS AROUND ARTSY AREAS**

ADVERTISER	PAGE
B-57 Excavating	11
Barefoot Handweaving	5
Boswell Hall	12
CBT Project Proposals	7
Community Futures	7,17
Crawford Bay Hall & Parks	8
Crawford Bay Store	11
Credit Union	7,10
Dan's Ground Disturbances	11
EDC	7
Elder Abuse Prevention	2,13
ESIS	1
East Shore Storage	1
East Side Mojo's	6
Eastshore Physiotherapy	14
Fiddling Workshop	4
Fitness Place	14
Gray Creek Store	18
G.R.S. Contracting	11
Harreson Tanner	11
Hulland and Larsen	11
Kootenay Insurance Services	7
Lattaco (Mr. Moo)	11
New-2-U	5
Newkeys	2,5,7,11,15,19
PAC Turkeys	12
Paint-A-Thon	11,20
Riondel Golf AGM	3
Riondel Market	11
Sunnywoods Farm	6
Sunset Seed	5
Turlock Electrical	11
Will Chapman	10

**Transfer Station Hours**

*Crawford Bay:*  
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:*  
Mon:  
2-4 pm  
Weds:  
6-8 pm  
Tues & Thurs:  
10am-12pm  
Sat:  
10:30am - 12:30pm

