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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

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

**Checkusoutonline!**

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

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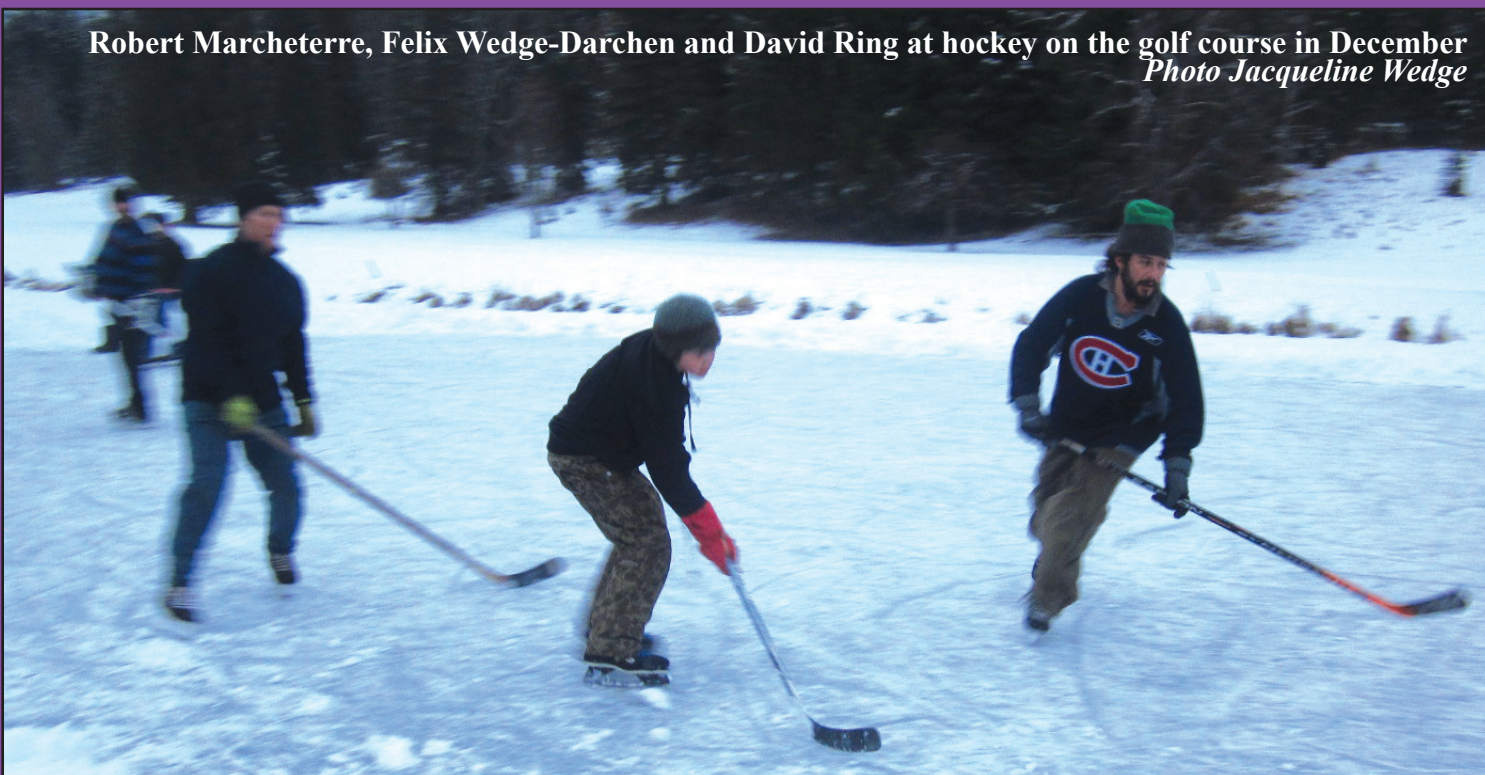
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Robert Marcheterre, Felix Wedge-Darchen and David Ring at hockey on the golf course in December  
*Photo Jacqueline Wedge*



Maya Sly and Olivia Wedge-Darchen  
*Photo Jacqueline Wedge*

**ESIS** East Shore Internet Society  
High-Speed Internet

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esis.theeastshore.ca

Central Kootenay Lake's community non-profit ISP



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Box 140, Crawford Bay, BC,  
V0B 1E0

**Agreement #: 40718537**



# MS Issues

by Ingrid Baetzel,  
Editor

Many times, people have listened to me rant emotionally about non-involvement and disconnectedness within the community. I have raged and rumbled until I made myself unwell with the frustrations of working in media and the many efforts to communicate information about events, efforts, collaborations, meetings and more. All too often, even those close to me seem to not have seen the information and are unaware of what's going on and what needs doing.

When something like the dissolution of KLEECA (see AGM ad and Alanda Greene's poem in this issue) comes up, there are so many emotional responses. It's no great secret that when you sit on boards, go to meetings and have the discussions, you will also often find yourself under the pointing fingers of the population. You can be sporadically scrutinized for your efforts and there will nearly always be someone who thinks they could have done a better job (but coincidentally never came forward when the time was appropriate).

It is astoundingly hurtful to put in your time, to attend the meetings and work your tail off for a cause you believe in only to be told that your efforts are not good enough. It is the same story for everyone who works with the public. There is no dentist, mechanic, lawyer, teacher nor restaurateur alive who doesn't have a handful of people who have sworn absolutely that they are failures and that their business doesn't deserve rewarding. There are always people who judge the efforts of others without full information, or merely (and often justifiably) based upon their personal experiences. Ask fifty people in our community what they think about a local mechanic, internet pro-

vider, or newspaper and you will get varying opinions. At least one of those people will say that they simply don't support that business because it isn't done well, or the person behind the business is a creep or lazy or shortsighted or simply rude. Ask those same fifty people what they think about a hall board, an elected government representative, a society for the elderly and you will get those same mixed responses. That's natural. Critical observance is natural, even necessary.

In the past year, a few local businesses have sworn off advertising with or purchasing and reading the *Mainstreet* because of a story run. Okay. Part and parcel of the job, I suppose. Truth is, I don't go to certain businesses because of how I've been treated or the service that's been provided in the past. I think that is expected and natural. We have freedom to choose. Where that freedom to choose can bite us in the butt a bit is when we choose to shut down rather than cooperate, when we stand at a distance and disclaim another's work and efforts without the full story. It's a shame that KLEECA is in the process of being dissolved and it should not happen without a community showering gratitude for the energy, effort and love put in for many years by a dedicated group of people who sought to improve the protection and health welfare of our community's senior citizens. From my heart to this group of people – thank you. It is appreciated.

In this issue, you will also find a new piece submitted by Virginia Holman, who worked with a couple others to prepare an article about East Shore opportunities and needs gaps. She saw a place for action and rose to it, and I am grateful for that as well. The best thing we can do when faced with challenges is to walk up to them and attack them with our whole hearts. As mentioned in last month's article, there is no waiting around for a hero to fulfill our needs. That time has passed. Now it is up to each of us as individuals to answer our own questions and meet our own needs.

For the New Year, I would ask this one thing of myself and others – let's pay attention. Let's focus on ourselves by turning our attention to each other. There

are so many places and ways to step forward in our community; all you ever need to do is put one foot in front of the other, ask one question or hold out one hand. We are the answers we've been looking for.



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

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

Copies every issue: 1000

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in February 2012 issue items by:

**Next Deadline: Wed, Jan 25 2012**

## LETTERS TO THE EDITOR

### BREAK IN BROKE FAITH

Dear Editor:

Can anyone explain to me the mentality of people who can come to your house, break down your door and take whatever they want? My safest place on the planet is no longer.

Since I first moved to Crawford Bay in 1976 I have regarded this community as my own heaven and felt that I was surrounded by neighbours who felt the same. What has happened to that community? I'm sure I'm not the first in this community to be victimized in this way and I'm sure that many of you know exactly how it feels.

Someone put a great deal of effort into breaking my locks and door. It took a lot of energy to haul away the tools, kayak paddles, shovels, dirt bike and numerous other items that would take a few pages of Ingrid's paper to list.

It's not so much about the stuff that makes it such a huge deal to me. It's about how it makes me feel.

Debbie Turner, Crawford Bay/Edmonton

### AN ENJOYABLE & MEMORABLE NIGHT

Dear Editor:

In mid-December, we attended the Community Christmas dinner in Crawford Bay Hall and I wanted to let you (all) know how much I enjoyed it.

Sometimes with everything going on in our lives, it's easy to lose sight of what an amazing community we live in.

It doesn't take much searching online or listening to the news to understand what complicated and difficult times we live in - so many people living through adversity, devastation, hunger, war, etc.

It was so wonderful to sit and have all my senses stimulated: watching the interactions, seeing the smiles, hearing the laughter and the happy chatter of friends, experiencing the unending energy and expressive antics of the children...

2 Mainstreet January 2012

The great homemade 'old school' Christmas decorations everywhere and live music all added to the wonderful festive spirit. The food was amazing as well: plentiful, diverse - lots of healthy and tasty options, eagerly served with personal consideration and a smile. How wonderful to experience such an evening so full of opportunity for the whole family. Everything felt very welcoming.

When I told friends back in Vancouver that I'd had this enjoyable evening, for which there is NO FEE, they really had a hard time believing it. It was a great testament to the community we live in, and a celebration of the true spirit of Christmas.

I know it must be a lot of work coordinating everything and I want to make sure that the organizers know that it is not taken for granted. It was a very enjoyable and memorable night. Having been on crutches for a while, I've been quite out of touch. I was long overdue to catch up with some of the good folks in our area, and also made some great new connections. Thank you all so much!

Will Chapman, Gray Creek

### BEACH USAGE

Dear Garry Jackman,

I have a copy of the September *Mainstreet* in front of me, and just read a letter to the editor from someone with similar concerns of mine. We have a place near Kootenay Kampsites and use the beach area across the highway. More and more people use this area every summer, but not everyone leaves it as they found it. A lot of garbage is left behind. As well, they use the bush for a bathroom. We did have a garbage can down there for a couple of summers, and that did help. Maybe that could be considered again. Also, maybe some signs to remind people that it is a public area used by many people and to help keep it clean.

Yours truly,

Martha Sutherland  
(Seasonal Resident of Boswell)

### HAMPERS OF GRATITUDE

Dear East Shore Friends & Neighbours,

There are not enough words to express my appreciation for your generous support of our Christmas Hamper Program. Thanks for responding to my December letter in such a big way. In 52 different households along the "Best Shore" 108 residents received groceries for the holidays.

On behalf of all recipients, please accept my heartfelt thanks for your gift. Of course, Food Hamper Day would not exist without the following people: Larry Keraiff, Barb Loeppky, Betsy-Ann Schultz, Laura Kernohan, Shelli Bothamley, Malena Draper, Lea Belcourt, Glen & Fran Kinder as well as Jessica Rideout, Emma & Mikaila McKnight, our student volunteers.

Many of you donated cash, turkeys or non-perishable food. You supported craft fairs, coffee houses, raffle drives, meat draws, 50/50 draws and bake sales - to name but a few. You are anonymous but not forgotten.

Those of you who donated at the credit union, put cash right into my hands or who sent cheques have given me the opportunity to acknowledge you here:

- Yasodhara Ashram
- Nelson & District Credit Union Community Investment Program
- Crawford Bay Store
- Crawford Bay School
- Blanche & Harreson Tanner
- Kootenay Forge
- Kootenay Lake Community Church
- Kootenay Lake Lions Club
- The East Shore Mainstreet
- Credit Union "matched" surveys
- Riondel Community Church
- Boswell Nifty Needlers Quilt Guild
- Wedgwood Manor
- Janet Kuchinka
- Boswell Ladies' Club

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# Word on the Mainstreet

by *Mainstreet Editor, Ingrid Baetzel*  
 When and where were you happiest?



I actually am the happiest and most satisfied I have ever been now, at this time in my life, and living here in this beautiful valley, on the property I grew up on, I can't imagine a better place, with "better" people, to live.

*Nora McDowell, Boswell.*



The happiest moment of my life happened recently while I was at home, sitting on my couch in my living room. At that particular moment, I was holding my girlfriend's hands, while she was crushing my finger and yelling. A few moments later, Naima, our new born baby girl, came to life, with tears of joy welcoming her to this new world.

*Geoffroy Tremblay, Riindel.*



I was happiest with my girlfriend this year at Shambhala Music Festival in Salmo.

*Robbie McClure, Nelson and Gray Creek.*

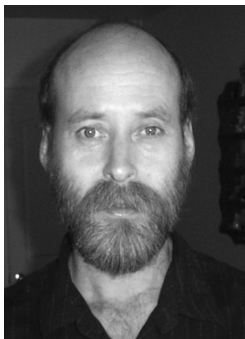
**Next Deadline:**  
**Jan 25, 2012**

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

### Feedback for Yoga Classes

- Beginners yoga classes starting in Feb
  - Evening power yoga classes starting in Feb
- Please call or email Lea if you are interested in attending to help decide on the best day/time to hold the classes on.

250-227-9030 [learae@telus.net](mailto:learae@telus.net)



## RDCK Area "A" Update

by **Garry Jackman,**  
 Director, Area "A"

Happy New Year to all. I hope you enjoyed the past week or two with family and friends.

**Budget:** January is here which means budget time. From now until late March we will discuss and debate budgets for around 200 RDCK local government services. Some of these services are common to all 20 participants in the RDCK including the eleven rural areas plus nine municipalities. Other services are common to groups of rural areas with or without municipal partners while still others are unique to a single rural electoral area or a defined portion of an electoral area.

In Area A we share seventeen major services with either the entire regional district or a sub region within the regional district. Of these, four services, including discretionary grants, economic development, advisory planning and regional parks, are part of an overall RDCK function but have a budget set discreetly within Area A based on local needs. When I say budget set discreetly, I mean that through me a budget recommendation, usually developed with a volunteer committee, is put to the RDCK board which has the final vote. The other services include some of the largest tax items, such as solid waste handling (garbage and recycling), library, general and rural administration and planning. These last five items comprise about three quarters of the total cost of the seventeen common services.

We also have fifteen services which apply to only portions of Area A. These range from the fire services to water services to recreation. Although these services only apply to portions of Area A, some of them also apply to neighbouring rural areas or municipali-

ties, so their budgets are developed in consultation with the respective partners.

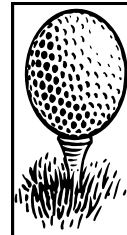
**Taxes:** Last year I gave you some detail on the factors which impact your property taxes. I will not review all of them here, but I will note again that shifting property values can have as much effect on your year to year taxes as changes in actual costs of delivering the service. Where services are shared with other areas, the total cost to be requisitioned through property taxes is apportioned based on the official property values as determined by the province through BC Assessment. We will see the initial estimates of how property values have shifted in a few weeks.

In past years, Area A has seen a greater increase than some other areas based on relatively high demand for lake property, resulting in a slightly higher allocation of taxes to Area A than other areas. If you look at a longer view of property values you will also see what I refer to as a lead/lag effect where some areas increase in price for a year or two followed by a 'catching up' in other areas as the market interest turns from the highest valued properties to other areas. Another major factor is real growth. In Area A we have seen a considerable amount of new construction which is real growth (versus market price adjustments) resulting in an increase to the tax base and somewhat reducing the tax burden on other existing properties. I will keep you apprised of the forecast budget changes as the numbers are developed.

**Parks:** Another topic I would like to touch base on briefly is regional parks. Area A has seen a fairly high number of subdivisions, some of which trigger parkland dedication requirements. The province has also been asked to make various strips of lakefront available to the RDCK for park development. Recently, a parcel of land was transferred from a developer to the RDCK in the vicinity of the Crawford Bay beach to satisfy their parkland dedication requirements in a subdivision which was not related to the area where the land was dedicated.. This was an unusual situa-

tion. Call me if you want more details, but the process has been discussed at our Rec 9 Commission meetings over some time, probably close to a year now. When or how this parcel may be used has not been determined, it is simply in the public hands for consideration. I want the greater community to become more involved in discussing the potential for this or other parcels as they become available in any communities along the Eastshore. If you are interested, look for notices on Rec 9 meetings which are always open to the public.

*If you have a question please contact me by calling 250-223-8463. email [gjackman@kootenay.com](mailto:gjackman@kootenay.com).*



### Riindel Golf Club AGM

The Annual General Meeting of the club will be at the Curling Rink on **January 18 at 1pm.**

We would like as many of the members as possible to attend as there will be vacancies on the board.

### Yoga w/ Lea:

**Mondays:** 10am, CBay Community Corner

**Thursdays:** 9:30am, Boswell Hall

*Available for booking group*

*Laughter Yoga sessions for parties and private functions.*

More info, call Lea, 250.227.9030

[learae@telus.net](mailto:learae@telus.net)



LETTERS CONTINUED...

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- Bevy of Angels Craft Faire
- Credit Union Wellness Committee
- Riondel Market
- A Break in Time Caffe
- Black Salt Cafe
- Flickering Goddess
- Soapstone
- Jennifer Irving
- Lakeview Store
- Destiny Bay Grocers
- Gray Creek store
- Janice & Glenn Prest
- Gerald Panio
- Lorna Robin
- Cathy Poch
- Scott Angus
- Sharon Zielinski
- Newkey's/Diamond Forever
- Janet Wallace
- Peggy Tugwell
- Ozzie Ferris
- Anna Rose
- Johnny Oliver
- Brenda & Sandy Oates
- Larry & Lorna Farkas
- Colin & Sylvia Horwood
- Christa Nagel
- Bonnie Millard
- Terry Fiddick
- Anthony Arnold
- Wendy Leger
- Belinda Stewart
- Irv Lund
- Howlin' Dan
- Donna Sussums
- Allan Hughes
- Laurie Slater
- Mathieu Sinclair
- Katy Rave
- Gabriella Gundlach
- Velma Lowen

Countless numbers of you, including the Credit Union (all branches staff Christmas party goers), donated food at various locations. We gathered it all up and divided it rather nicely. I beg your forgiveness if you have been overlooked. I have always felt blessed to belong to this wondrous East Shore community but never more so than during Food Hamper season. Thanks so much for the trust you placed in me. May 2012 be another memorable year of us all looking out for each other.

Sincerely,

Leona Keraiff, Crawford Bay

BRANDON SALVIULO MEMORIAL SCHOLARSHIP FUND RECIEVES BIG BOOST

Dear Editor:

As Chair of the Creston – Kootenay Foundation I am in awe of people who care, their effort making dreams that matter, and the contributors who give life and blood to that dream.

Two years ago, the Salviulo family undertook to establish a scholarship fund. The scholarship is for any male or female of the East or West Kootenay enrolled in the College of the Rockies Fire Certificate Training course. Their son Brandon was a volunteer with the Riondel Fire Department. His aspiration to be a firefighter was terminated when he was killed in an ATV rollover while working on a fundraiser for his fire department.

Brandon's parents knew the expense involved for any person attending the Fire Certificate Course. If their son could not participate, they wanted in their modest way to assist the participation of someone else's child. They established an in-perpetuity fund providing a \$1,000 annual scholarship.

Imagine if you will the sheer hard work done by a small family to organize friends, relatives, a community and willing businesses and staff for a weekend of fun activities - bingo, silent auction, mixed slow pitch, 18 hole scramble golf tournament, and 4 on 4 shinny hockey tournament - as well as a children's playground. This fall they raised \$11,000 from these events for the Brandon Salviulo Memorial Scholarship. Now, the Nelson and District Credit Union has come forward with a further \$15,000 contribution to the scholarship fund – because the generosity of this scholarship covers all youth throughout the entire Kootenay region.

Each of these contributors, with thought only of benefiting others, has made us proud, solidified our belief in humanity, and reinforced the benefits to others of our "hand-up."

Thank you to the Nelson & District Credit Union for their support in our community and throughout the Kootenays,

Larry Brierley,

Chair, Creston – Kootenay Foundation



Larry Brierly and Susan Tesoriere present Laurel and Enzo Salviulo with a cheque for the Brandon Salviulo Memorial Scholarship.

**Barefoot Handweaving**

Check out the new website:  
[www.barefoothandweaving.com](http://www.barefoothandweaving.com)  
 January is design and production month, new designs and patterns

**OPEN lots in Jan, closed Feb 227-9655**

Getting to Know You

Mainstreet's Proust Questionnaire

The Proust Questionnaire is a questionnaire about personality. Its name and modern popularity as a form of interview is owed to the responses given by French writer Marcel Proust.

In a era when we have become more insular than ever, it seems timely to ask these questions - the ones that help identify us and set us apart from one another and also that teach us greater lessons about our neighbours. This month's responder is Alexandre Forget, of Riondel Road

Alexandre Forget



- What is your best memory?**  
When I first moved out here.
- What do you feel that you cannot live without?**  
Freedom
- What is the trait you most admire in others?**  
Kindness.
- When and where were/are you happiest?**  
August 2011 - Shambhala Music Festival, Salmo, BC
- Who, living or dead, would you most love to have to yourself for one hour?**  
I really don't know.
- What natural talent would you like to be gifted with?**  
Singing
- What is your best physical feature?**  
Lightning fast reflexes.
- What is your greatest fear?**  
Death
- What was your greatest triumph?**  
I caught three fish in a row at Trash Can Beach in the summer of 2011.
- What was/is your greatest vice?**  
Smoking.
- What is your greatest extravagance?**  
I am not an extravagant person.
- What do you dislike about your appearance?**  
My feet.
- If you died and came back as a person or thing, what/who would it be?**  
A butterfly.
- What is your most treasured possession?**  
My guitar.

**CRESTON VETERINARY CLINIC**  
 Dr. Stephanie Rhebergen  
 Dr. Robert McLeod  
 1(250)428-9494

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

**Clinic date:**  
 February 7th, 2012  
 at the Crawford Bay Castle.

**Kootenay Lake Chamber of Commerce**

**Minding Your Business**

by **Gina Medhurst, Secretary**

Our annual Christmas meeting was hosted by Greg Garbula and Kokanee Springs in one of the new, beautiful cottages that were complete this spring. Thank you to Jamie Cox and Greg Garbula for providing the snacks and beverages. It was wonderful to see a number of new faces at this meeting and hope to continue to see them at our regular meetings as well coming into the New Year.

We had Jennifer Krotz, the CBT (Columbia Basin Trust) Community Liaison for our area attend our Christmas Meeting. She wants to re-connect with community members and groups since recently returning from maternity leave. Prior to working with the CBT, Jennifer worked for 15 years in the Environment Sector with Creston's Economic Development Committee so her extensive knowledge in grants is welcomed. Jennifer was very pleased and excited to be able to work with Shandi Miller and is looking forward to continuing to help Community Connections grow and move forward.

This year the CBT had a \$12 million budget to provide various forms of grant funding to communities in the Columbia Basin. They are expecting \$13-\$17 million within the next five years and **within the next five - seven years they anticipate up to \$50 million to be available in funding to the Columbia Basin communities.** The basic criteria for grant applicants are they have to be a non-profit society, but there is also staff that are business advisors; specifically for small and medium sized businesses.

The BBA (Basin Business Advisors) offer free one on one and confidential business counselling and assessment services. They can also arrange and cost share specialty consulting services if recommended by the BBA staff. Our local BBA is Deanne Monroe and you can contact her at 250-825-4171 for more information or set up an appointment with her. Jennifer would like to remind the community that the CBT is larger than just the once a year grants, there are environ-

mental and youth program grants and more available throughout the year. Jennifer is more than willing to come and offer grant writing workshops to our community. You can contact Jennifer Krotz by email at jkrotz@cbt.org or by phone 250-426-8816

We also had another guest at our AGM meeting; Jim Jacobson, the Creston Chamber of Commerce Manager. He believes that it's important to have and continue to grow our mutual connections between Creston, the East Shore, RDCK etc. The Creston Chamber feels that it is important for us to work closely together more and more. They had 13,000 visitors stop by the information booth between April and October in 2011 and Jim figures that they sent close to 8,000 of these visitors up the lake to the East Shore. Jim mentions that the Creston Chamber is creating packages for their visitors based on the fact that for every hour people drive they need to have 3 hours of activities and one of these "activity packages" includes the East Shore. There is also a tonne of interest in the Creston Valley for trails and the idea of being able to connect the Kootenay's through an extensive trail system is becoming more of an exciting reality.

The chamber will be hosting the **2nd Annual Fundraising Variety Show** the end of January or early February. Start practising up on your guitar, comedy act, juggling routine now so that you are prepared for the amazing fun filled night of music acts with all the proceeds going to a local charity. Keep your eyes out for posters for date and time.

We had our AGM as part of the Christmas Meeting and the Elected Executives for 2012 are: President-Jamie Cox, Vice-President - Lois Wakelin, Treasurer - Janet Wallace, Secretary - Gina Medhurst

**The Kootenay Lake Chamber Of Commerce wishes everyone a wonderful and prosperous 2012.**

Next meeting date: January 17 at 7:00pm in the Community Meeting room at the Crawford Bay School. For more information you can contact Jamie Cox: by email jcox@theeastshore.net, by phone 250-505-8286 or Gina Medhurst: by email kootenayforge@theeastshore.net, by phone 250-354-7390

**East Shore Opportunities**

submitted by **Virginia Holman**

Ever find out too late what's happening here on the Shore? Not anymore! Below you'll find a list of upcoming projects that you can become involved with.

**1. Keep the Canada Day Celebrations Alive!**

We have enjoyed Canada Day Festivities for many years. Isabel Snelgrove and Tom Lymbery have organized the BBQ and fireworks for 28 years, and The Lions Club helped with the BBQ tirelessly as well. Now some new community heroes are needed to keep this wonderful day going. Below are the tasks that need doing.

Spread the word and contact Issy: 227-9447 issy@theeastshore.net.

- Filling out the funding application (January).
- Getting donations from local businesses (June)
- Gathering supplies for the BBQ & games (June)
- Grill Masters
- Lunch helpers
- Games hosts to keep the fun going!

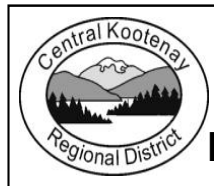
If enough interested folks step forward, we could even have festivities in the evening, before and after the fireworks.

**2. Hot Lunch Program at the School**

The hot lunch program is wonderful and they need a couple more folks to assist once in a while. Helpers get a free lunch to boot!

Contact Farley Cursons at 227-9218.

Let us know what your organization, project or neighborhood needs assistance with and we'll make sure it gets on this list. (vnp@theeastshore.net)



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

There is currently **\$12,000** available for grants to organizations, for projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. All applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

**Next application deadline: March 7, 2012**  
**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**



**Speed Contrary to an Area Sign**

As a knowledgeable driver you are aware of the three blanket speed limits that cover the whole province of British Columbia. These limits are 80 km/h outside a municipality, 50 km/h in a municipality and 20 km/h on a municipal lane. There is one more method of setting a smaller blanket speed zone and that is through the use of an area sign.

Area signs may set a blanket speed limit of 60 km/h or less and provide for exceptions through the words "unless otherwise posted" shown on the sign. These smaller blanket zones are advertised in the British Columbia Gazette published by the Queen's Printer. Unfortunately, on line access to the Gazette only comes at a price. If you are curious about the extend of an area zone, the easiest free access to the Gazette is at your local library.

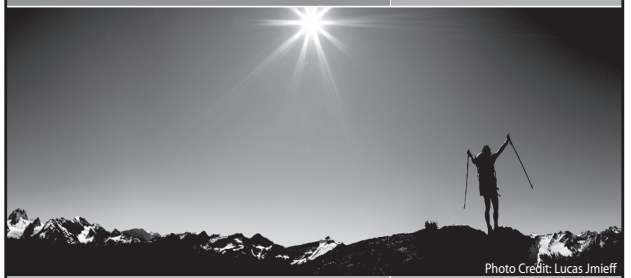
As with any speed sign, you are expected to be traveling at the posted limit as you pass it. Should you encounter an exception by passing a sign with a higher limit, be prepared to slow back to the area limit if you turn onto another highway and don't see a sign telling you that you may do otherwise or you know that you have left the boundaries of the blanket area.

Violations of area speed zone limits carry the same penalty as all other speeding offences. The author is a retired constable with many years of experience in traffic law enforcement. To comment or learn more, please visit [www.drivesmartbc.ca](http://www.drivesmartbc.ca).

**kis Kootenay Insurance Services Ltd.** 999 Farwell St. Trail BC  
 • Phone: 250-368-9174  
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Applications must be received no later than Tuesday, January 31, 2012.

Please direct inquiries to:  
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 Executive Assistant  
 Nominating Committee  
 Nelson & District Credit Union  
 PO Box 350 Nelson, BC V1L 5R2  
 p. 250.352.7207 f. 250.352.9663  
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# Village of Idiots: A Breakthrough in Community Theatre

by Doreen Zaiss, Director

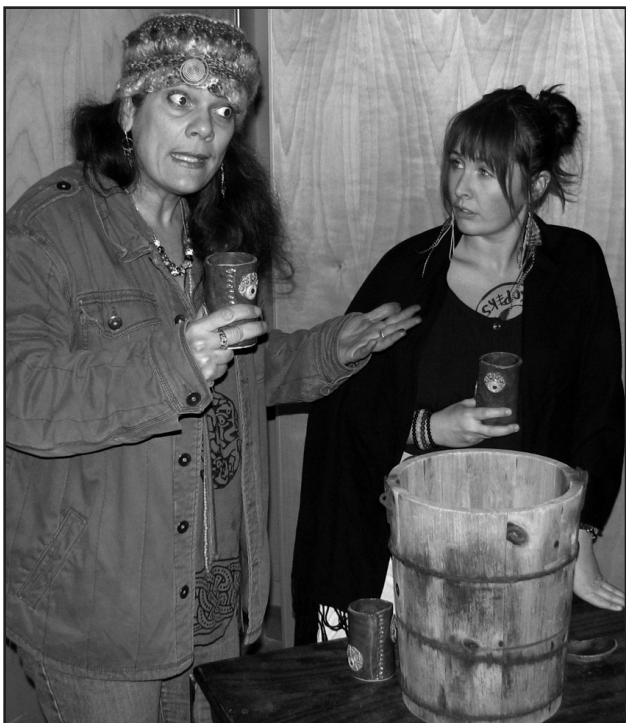
Rehearsals are ramping up, sets are lining up, props are piling up, and soon lights will go up on Village of Idiots, a tragi-comic play by well-known Canadian playwright John Lazarus. Expect to be entertained. The Hexagon Players pride themselves in the work they have dedicated to this play, and we want to share it with our community. We guarantee laughter. We guarantee some serious consideration: as Seymour Levitan asked about the UBC production of the play, "Is this benign wonderland innocent or suicidal, ethically admirable or passive and cowardly?"

There is a respected tradition of Yiddish folktales in which good and simple Jewish folk solve their problems in ways that defy common sense and rationality. In this folkloric world villagers may be impractical but they are always hopeful. They may be ill-prepared to tackle the evil forces of their world, but they know how to embrace chopped liver and wine. They may not have much military intelligence but their emotional intelligence just might win out.

Actors not cited in the pictures in this article include: Robert Agnew, Sandra Bernier, Michelle Moss, Gus and Grace George, Zyan Fukushima-Rael, Felix Wedge-Darchen, Lea Belcourt, and Janet Wallace. Crew members include: Sara Cadeau, Theo and Chris Artzoglou, Will Chapman, Mauz Kroker and Doreen Zaiss.

The play will see the light of night Friday, January 20 and Saturday January 21 in the Crawford Bay School Theatre. Doors will open at 7:30 and will be locked at 8 pm sharp. We will start promptly. Give yourself ample time to stake your claim on good seats. We can accommodate 90 audience members per night and highly recommend buying your tickets before the date of performance. There may be a few tickets left at the door, but don't count on it. (See ad for ticket info.)

Because the play is two hours in length and not appropriate for babies or small restless children, we need to limit our audience to those who have no ants in their pants ... or diapers.



The schnapps sellers sample the goods: Jacqueline Wedge and Kate Page. Photo: Ingrid Baetzel



The Sages of Chelm awestruck by the first snow of the season: Ali George, Tim Miller, Galadriel Rael, Carol VanR, Ingrid Zaiss Baetzel, Anna Rose.

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The Hexagon Players Present...

# VILLAGE OF IDIOTS

A PLAY BY JOHN LAZARUS



Fri, Jan 20  
Sat, Jan 21

\*\*

Doors open 7:30,  
doors lock  
8pm SHARP.

\*\*

Tickets: \$12 adults, \$8 students & seniors

AVAILABLE AT:

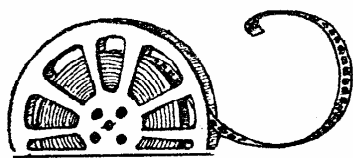
- Crawford Bay Store
- Riondel Market
- The Gray Creek Store



No babies  
or small  
children,  
please.

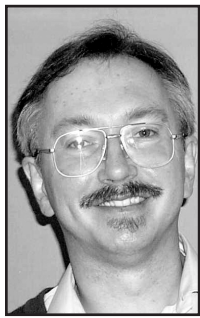
*Next Deadline:*

*Jan 25, 2012*



## Seldom Scene

by Gerald Panio



This one's for Eddie, who knows what he likes....  
*"The Westerner could not fulfill himself if the moment did not come when he can shoot his enemy down. But because that moment is so thoroughly the expression of his being, it must be kept pure. He will not violate the accepted forms of combat though by doing so he could save a city.... What does the Westerner fight for? We know he is on the side of justice and order, and of course it can be said he fights for these things. But such broad aims never correspond exactly to his real motives; they only offer him his opportunity. The Westerner himself, when an explanation is asked of him (usually by a woman), is likely to say that he does what he 'has to do.'.... What he defends, at bottom, is the purity of his own image—in fact his honor. This is what makes him invulnerable.... the image the Westerner seeks to maintain can be presented as clearly in defeat as in victory: he fights not for advantage and not for the right, but to state what he is.... The Westerner is the last gentleman, and the movies which over and over again tell his story are probably the last art form in which the concept of honor retains its strength.... in his proper frame, he presents an image of personal nobility that is still real for us."* --from Robert Warshow's essay on the Western in *The Immediate Experience*.

When Jim Donald mentioned that the one movie on heavy rotation in his house was his dad's favourite Western, Richard Brooks' *The Professionals* (1966), I was caught off guard. I've long been a fan of the kind of Western that seems to be a direct descendant of the old heroic epics where "a man's gotta do what a man's gotta do" even in the face of the ire of the gods and the risk of setting the world aflame. From *The Great Train Robbery* to *Stagecoach* to *High Noon* to *Lone Ranger* serials to *The Good, the Bad, and the Ugly* to *Little Big Man*, I thought I had a pretty good handle on the genre. So how was it that I'd never heard of *The Professionals*, a film that Eddie loves so unconditionally and that has a cast—Burt Lancaster, Lee Marvin, Robert Ryan, Woody Strode, Jack Palance, Claudia Cardinale—that's a Western story writer's dream come true? There's no mention of *The Professionals* in Ted Sennett's comprehensive *On-Screen Off-Screen Movie Guide*, no mention in *The New York Times Guide* to the Best 1,000 Movies Ever Made, no mention in *The Entertainment Weekly Guide to the Greatest Movies Ever Made*, and in *5001 Nights at the Movies* Pauline Kael dismisses it with some coldly cruel comments that I hope and pray Eddie never reads. What's going on here? A conspiracy of silence? Justifiable oblivion? I have my own theory....

I think *The Professionals* was not-quite-the-right Western at not-quite-the-right time. Nineteen sixty-six fell in between Sergio Leone's first "spaghetti" Westerns with Clint Eastwood (*For a Fistful of Dollars*, *For a Few Dollars More*) which, despite their dismissive moniker, were classic genre films that pushed the Western as far into myth as it could go before it lapsed into parody, and the new wave of more cynical, world-weary revisionist Westerns such as *McCabe and Mrs.*

*Miller and Soldier Blue* that would come out in the early 70s. Although Leone's films were solidly in the classic mode described by critics such as Robert Warshow and Andre Bazin, Clint Eastwood's *Man With No Name* was also something new—a Brechtian anti-hero. He was a blunt-force, godlike instrument of violence like the Achilles or Hercules of Greek myth—but without the tragic ending. He was a loner, with "an infallible moral sense," but stripped of the melancholy and regret that had given to the previous generation of Western heroes an "elegiac" or "novelistic" tone. Sergio Leone himself said, "The cowboy picture has got lost in psychology. The West was made by violent uncomplicated men, and it is this strength and simplicity that I try to recapture in my pictures."



And this is exactly what Richard Brooks captured in *The Professionals*, but without the anti-heroic slant needed to curry favor with a changing audience. In one way, he'd made an old-fashioned picture that looked backward to simpler days. Unfortunately, however, Brooks also threw in a plot twist that hearkened forward to the genre-bending Westerns to come. We end up with genuine heroes whose cause is not at all the heroic quest it was supposed to be. There is a kind of justice meted out in the end, yet the price paid is extraordinarily high and likely paid by the wrong people. Just as reclaiming Helen, beautiful as she was, probably wasn't worth ten years of war and the burning of Troy, reclaiming Claudia Cardinale, drop-dead gorgeous as she is, is a victory heavily on the pyrrhic side. Many Western fans who would have appreciated the film's heroic side were likely put off by the lack of a clear and simple moral triumph. For them, the film might have gone wrong from the opening sequence that features wide open spaces, horses, a train, and.... a Model A Ford. As Warshow points out,



in the "pure" Western it's always around 1870. *The Professionals* is around 1911—off the target by 40 years.

Everyone in *The Professionals* has a code of honour and lives up to it, but the causes they fight for seem built on shifting sand. Lee Marvin's character, Fardan, has fought bravely in the Philippines, in Cuba with the Roughriders, in the Mexican Revolution, yet he knows his legacy probably isn't worth a damn. He was once Pancho Villa's weapons expert, and now looks at the Revolution

the same way a lepidopterist might look at a specimen pinned to a board. (When the group rides past a Cemetery of Nameless Men in the desert, I think it's Fardan who comments that they were brave men who fought in a heroic battle that no one will remember a few years down the road. Later, Lancaster's Dolworth comments, "Maybe there's just one Revolution, since the beginning. The good guys against the bad guys. The question is: Who are the good guys?" There's a particularly brutal, historically accurate, incident in the film, involving revolutionary leader Pascual Orozco's colorados that graphically illustrates Dolworth's point.)

Robert Ryan's Ehrengard, who sounds like he should be a character from *Lord of the Rings*, is an ex-calvaryman, ex-wrangler, ex-cattle boss, ex-bull whacker, ex-pack master. You know he's been damn good at every one of those jobs, so why has he ended up another of *The Professionals'* masterless samurai? Dolworth, whom we first make the acquaintance of being rousted out of a woman's bed by her cuck-

olded husband and fleeing in his long johns, is the traditional trickster figure, invulnerable and randomly lethal. Woody Strode's Jake is a first-rate scout and tracker, deadly with rifle, rope, and longbow. He'll do the job he's paid to do. Even the putative villain, Jack Palance's Jesus Raza, no longer has faith in the Mexican Revolution he's still prepared to die for. All that's missing from the cast is an itinerant Patron Saint of Lost Causes.

Had the plot of the film, which involves the typically impossible task of rescuing a kidnapped woman from a heavily-defended fortress in hostile territory, played out as expected *The Professionals* would have been Sergio Leone's *Once Upon a Time in the West* (1967). Same plot (Claudia Cardinale even reprises her role as the damsel in distress!); very very different agendas. Leone takes us squarely back to the universe of moral infallibility—evil is very, very evil and it gets what's coming to it via the agency of a mortal but unstoppable avenger (Charles Bronson, this time around).

In Brooks' film, evil is almost in its 21st century version of an Enron accountant. It's the least important thing in the film, although its impact is devastating. I'd still pick Sergio Leone as my critical favourite because I prefer my Westerns without irony, but it was a joy watching Burt Lancaster and company give us something old and something new. The entire cast clearly loved what they were doing with the picture. Brooks was one of Hollywood's most professional directors. Conrad Hall was nominated for an Academy Award for his cinematography on the film. Maurice Jarre did the soundtrack. Perhaps *The Professionals* can best be described as a perfect yet disconcerting blend of insouciance and gravitas. Lee Marvin has the best line about bastards since Edmund's in *King Lear*. He also captures the film's essence when he tells Lancaster early on, "You won't lose your pants [doing this job]. Your life, maybe. But what's that?" Lancaster's smiling response (and what a great smile it is): "Hardly anything at all!"



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**Our Hands:  
 A Map of Our Life?**

by Danielle Tonossi

Our hands are indeed a map of our life. Every hand and every part from the fingertips to the wrist is a unique landscape. Palmistry is an ancient art, practiced as far back as 5000 years ago. At one time it was considered a science and was taught at institutions of higher learning. After the invention of the printing press, one of the very first tomes to be produced was a treatise on hand analysis. In our hands we see the imprint of our brains neural pathways and energies accumulated during a lifetime of experiences. Goethe writes: "The hand is the visible part of the brain." Fingerprints have been an accepted and infallible means of personal identification for more than a century.

In her very interesting book about hand analysis, *Destiny at Your Fingertips - Discover the inner Purpose of Your Life and What It Takes to Live it*, Ronelle Coburn introduces the reader to a completely unique, innovative and powerful language for profound transformation.

Hand analysis is about deciphering some simple observations about thumb size, finger length, lines, skin color, and especially the dermatoglyphics of the fingerprints (from ancient Greek derma = "skin", glyph = "carving"). Each of our fingers and zones in our palms has an astrological and archetypal correspondence and by understanding about the mythologies of the gods and planets associated with each part of our hands we can gain many insights about oneself and others. It is a non-predictive exploration of all aspects of the hand and all these "markers" translated into a clear language tell a story about who we are so that we can gain a deeper sense of self and a clearer direction in life.

Since our fingerprints are formed five months before birth, and they are unique and unalterable, we could say that our fingerprints represent our soul contract: what we came here to do. And so a hand analysis consultation will reveal also how we are living our potential, expressing our unique strengths and gifts (life purpose) and facing our challenges (life lesson).

To know our life purpose is to see the big picture. It is about understanding the significances of past events and current circumstances and to see our own role, and choices, in the unfolding of our life story.

Faculty member of the International Institute of Hand Analysis/IIHA, Ronelle Coburn writes: "Your own unique fingerprints provide you with the Ultimate Life Purpose Assessment Tool. You no longer have to guess at your Life Purpose. Your fingerprints give you a direct view of what it means to fully savor every moment of your precious life, so you can stop choking on the crumbs of dissatisfaction, boredom, frustration, and meaninglessness. Tired of searching for your Life Purpose? Your Life Purpose is waiting for you if you have the courage and desire to claim the life you are meant to live... It is there just beyond the veil of conscious awareness, waiting to come out from behind the curtain".

Richard Unger, founder of the IIHA in the USA and author of the bestseller, *LifePrints - Deciphering Your Life Purpose from Your Fingerprints*, says, "Just as you would consult a map to reach an unfamiliar destination, reading your fingerprints gives you a compass for meaning and fulfillment as you develop into the person you were always meant to be".

I feel lucky to be trained by this LifePurpose Academy/ IIHA. It is an ongoing discovery and an honor to work with people who share their innate urge for a more creative and inspired life. For me it has been - and still is - a fascinating journey towards more consciousness. (See add under Directory Listing.)

*Next Deadline: Jan 25/12*



**REWARD**

**\$500 reward offered for information leading to the recovery of this motorcycle. It was stolen in Crawford Bay in mid-November. It is a 1998 Kawasaki KX250 motocross bike with the number 191 displayed on the side and front. It is green and white and covered with decals. This is an off road bike only. It has no kickstand but the separate triangle stand was also stolen. There is huge sentimental value attached to this item. My 2 older sons bought it for my youngest son after their father passed away when he was 14. If you have any information please call Darryl at 780-952-8309 or anonymous tips can be left at Crimestoppers at 1-800-222-8477 or online [bccrimestoppers.com](http://bccrimestoppers.com).**

**Starbelly Jam  
 BINGO!**

by Lea Rae Belcourt



Thanks to all who attended the Starbelly Jam Bingo at Crawford Bay Hall on Dec. 2.

A fun evening of friendly competition and light elbow jabbing was had by all as we played eight rounds, plus a special kid's bingo which involved a massive candy coated cupcake making prize at the end.

Thanks to Galadriel Rael for running the kitchen, Lorna Robin for being the queen of dishes, Irie Bel-

8 Mainstreet January 2012

court-Marcheterre for running the membership table, Jacqueline Wedge for making the hall festive with lights and garlands, Sandra Bernier for jumping in and helping with dispersing bingo cards and finding her hidden talent as a world class bingo caller, Amanda Hulland

for donating her amazing chai, Todd Halfnight and all who stayed a few minutes extra to help with clean up. Oh yeah...thanks to Sedona, Georgia, Rowan, Olivia, Jolie, and Morgana for your help with rolling the bingo balls!

Many thanks to the following businesses for providing gift certificates for our prizes: El Taco, The Preserved Seed, Kootenay Baker, Old World Bakery, and The

Royal on Baker.

**THE NEXT BINGO IS ON FRIDAY, JAN. 27 @ Crawford Bay Hall, 6:00 - 9:00 pm.**

The suggested donation for playing is \$0.50 per card, per game. Sweet and savory snacks and beverages will be available for purchase. This is a family/community event. Children are most welcome to attend.





# Thought For Food

by Farley Curzons

Credit for discovering the value of sprouted seeds traditionally goes to the Chinese, who learned to germinate legumes many centuries ago. They carried mung beans on their ocean-going ships, sprouted them throughout their voyages and consumed them in sufficient quantities to prevent scurvy. The Chinese instinctively knew that an important factor missing in non-germinated seeds was produced during the sprouting process - that substance is vitamin C.

But it is a mistake to think that the value of sprouted grain was unknown in the west. For centuries, beers of all sorts have been made with germinated grains. Certain old French cookbooks recommend sprouting dried peas before using them in soups. Bulgur, used extensively in Middle Eastern cooking is made from coarsely ground, sprouted wheat. Throughout the pages of history we find that we ate most of our grains at least in partially germinated form. Grain standing in sheaves and stacks in open fields often began to sprout before it was brought into storage. Modern farming techniques prevent grains from germinating before they reach our tables.

The process of germination not only produces vitamin C but also changes the composition of grains and seeds in numerous beneficial ways, sprouting increases vitamin B content, especially B2, B5 and B6. Carotene increases dramatically- sometimes eightfold. Even more important, sprouting neutralizes phytic acid, a substance present in the bran of all grains that inhibits the absorption of calcium, magnesium, iron, copper and zinc; sprouting also neutralizes enzyme inhibitors present in all seeds. These inhibitors can neutralize our own precious enzymes in the digestive tract. Complex sugars responsible for digestive gas are broken down during sprouting, and a portion of the starch in grain is transformed into sugar. Sprouting deactivates aflatoxins, potent carcinogens found in grains. Finally, numerous enzymes that help digestion are produced during the germination process.

Sprouted grains should be a regular feature of the diet, and they can be used in numerous ways- in salads, sandwiches, vegetable dishes, as breakfast cereals and as additions to breads and baked goods. However, over consumption of raw sprouted grains should be avoided as raw sprouts contain irritating substances that keep animals from eating the tender shoots. These substances are neutralized in cooking. Sprouted grains should usually be eaten lightly steamed or added to soups and casseroles.

The sprouting of seeds is one of the most fascinating natural phenomena. From this minuscule appendage, this tiny part of a seed is born the plant. That this sprout has exceptional nutritional value is not surprising. But even more remarkable is the ability of this sprout to produce a whole range of substances -principally vitamins and enzymes- that are completely absent, or present in only extremely small amounts, in the un-sprouted seed. The seed becomes hardly recognizable and transforms itself into something new, which is less energetic but richer in nutrients. No special equipment is required to transform grains and seeds into sprouts, just wide mouth, quart-sized mason jars with a round of window screen materiel cut to fit in the lid of the jar, replacing the solid insert.

The method for sprouting all grains and seeds is the same-only the length of time needed to accomplish full germination varies, depending on the size and nature of the seed. Simply fill a mason jar one-third full with any

grain or seed. Add filtered water to the top of the jar and screw on the top with its screen insert. Allow the seeds to soak overnight, for one night only, and pour off the water. Rinse the seeds well (you can do this without removing the top). Invert the jar and let it sit at an angle so it can drain, and allow air to circulate. The seeds should be rinsed every few hours or at least twice a day. In one to four days the sprouts will be ready. Rinse well, shake out excess moisture, and replace the screen insert with the solid section of the lid. Store the sprouts in the refrigerator.

## Modern farming techniques prevent grains from germinating before they reach our tables.

Almost any grain or seed can be sprouted- wheat, barley, dried beans radish seeds, onion seeds, broccoli seeds, lentils, chickpeas and almonds. Fragile seeds such as pumpkin and sunflower also sprout nicely. Hulled seeds should be purchased in tightly sealed packages and not from open bins, so that oxidation is minimized.

Seeds that are difficult to sprout include flax seeds, which become too mucilaginous to rinse properly, and oat seeds, which will not sprout once they have been separated from their outer hulls. Seeds that have been irradiated, such as those sold as spices, will not sprout.

## The process of germination not only produces vitamin C but also changes the composition of grains and seeds in numerous beneficial ways, sprouting increases vitamin B content, especially B2, B5 and B6.

Nuts like pecans and walnuts that have been removed from their shells cannot be sprouted, but an overnight soaking in warm, salted filtered water will neutralize sprout inhibitors. Skinless almonds and peanuts will often sprout, an indication that their skins have been removed by mechanical means and not by a process involving boiling or roasting.

There is only one seed not recommended in sprouted form and that is -surprise- alfalfa. After mung beans, alfalfa is the variety of sprout that has been promoted in the health food world, unfortunately, it seem that all the praise heaped on the alfalfa sprout was ill advised. Tests have shown that alfalfa sprouts inhibit the immune system and can contribute to inflammatory arthritis and lupis. Alfalfa seeds contain an amino acid called canavanine that can be toxic to humans and animals when taken in quantity. (Canavanine is not found in mature alfalfa; it is apparently metabolized during growth.)

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

Next Deadline: Jan 25, 2012



Night Snow

Photo by Jacqueline Wedge

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**HOT LUNCH PROGRAM:** We have started with a three-week Hot Lunch menu for Winter and Spring 2012. Watch for flyers coming home with your children in early January. We are also offering occasional meat alternatives on the menu due to demand. Our beef comes from a Tarzwell Farms in Creston, free range, antibiotic and hormone-free. The chicken come through Save-On-Foods in Nelson and are from Bradner Farms in Abbotsford. They are free range, organic chickens.

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Snow on Wheel

Photo: Jacqueline Wedge

## Pantry Favourites R-R-R-Rice Pudding!

### Ingredients

- 2 C. cooked rice (I used 2 parts Jasmine white rice to 1 part wild rice)
- 4 C. vanilla almond milk
- 1/2 tsp. vanilla extract
- 1 tsp. lemon juice
- 1/2 C. raisins
- 1/4 C. figs, diced
- 1 slice of dried pineapple, diced
- 1/2 C. shredded coconut
- 1 tbsp. orange rind, diced finely
- 1/2 C. sugar
- 1 tsp. cinnamon
- 1/2 tsp. cardamom
- 1/2 tsp. allspice
- 1/2 tsp. salt
- 1/2 C. sugar
- 1 more tsp. cinnamon
- 1 tsp. Earth Balance or butter

Preheat oven to 250 degrees.

Combine 2 C. almond milk, vanilla and lemon juice in a saucepan and add dried fruit, spices and sugar. Simmer at low heat until dried fruits are plump. Stir in rice, and put the whole mixture into an 8" x 8" pan, then pour the remaining almond milk on top. Then put small amounts of Earth Balance or butter at intervals on the top. Put in the oven and bake for 2 hours.

Serve hot, and add a little more almond milk and a sprinkle of cinnamon...delicious! You can also add a dab of strawberry or raspberry — or any kind of jam to the top of rice pudding when serving.



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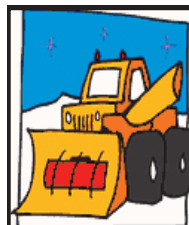
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## Thoughts from a Disturbed Mind

by Harvey Valgardson

### OBFUICATION:

Wikipedia defines it as making something harder to understand, usually by complicating sentences needlessly. It is usually used when people do not know what they are talking about or wish to hide their meaning. Remember that. It might be important later.

So, I went to India. I'm not sure why but I have long been interested in the country and the culture. It has always struck me as mystical and I guess I expected to experience that mysticism first-hand. Well, I did not find any mysticism. What I found, in copious supply, was filth. I saw garbage piled two feet high on the side of what could loosely be described as a road. Not just small piles but miles of the stuff. I went for a walk one day and a shop-keeper came to his door, beckoning me in. The sun was blazing and his shop was dark but by squinting I could make out a jumble of goods, many of which I could not identify. I wanted to venture into that warren but that would have required wading through the refuse. I was wearing sandals and there was a lot of broken glass mixed in with things I don't even want to think about. I figured any cut in that environment would bring complications I did not need so I stayed where I was.

While I was standing there, shaking my head at his enticing gestures, I got angry. It wouldn't have taken me more than a couple of hours to clean up that mess (his shop wasn't very wide) and I actually looked around for a rake or some other implement I could use. I had this vague notion that I could do a little work, get a little exercise and show the lazy bugger what could be done if he would just get off his arse. I didn't find one. Perhaps Indian technology has not progressed to the rake level. Why would it? They don't seem to have any use for them.

I know I'm a bit of a red-neck. It's been pointed out to me on numerous occasions and so, when I start to have ungenerous thoughts like I was then doing, I try to rein myself in and understand the situation from the stupid lazy bugger's point of view. How could anyone let their country reach such a state of squalor? I found a clue the very next day.

I hired a driver to take us on a tour of the country-side, hoping to find somewhere cleaner and quieter. Besides being filthy, India is very noisy. I was fighting an overwhelming urge to shove everybody's horn up their... oops, there's that red-neck thing again. He took us to some kind of commune where the goal was to create a society without religion or reliance on money. It occurred to me that Stalin could have very well started out something like that. Like most of the tree hugging hippy crap you hear, it looked good on paper but fell a little short in reality. There were various shops selling over priced mass produced goods and there were boxes where we were all encouraged to donate our much needed rupees. I don't know how they were doing with the religious angle but the whole monetary side was an obvious failure.

There were some words of wisdom, written by the 12 *Mainstreet* January 2012

deluded founder of that farce, on display and it was there I found my clue. "Spiritual happiness cannot be achieved until one has perfected disinterestedness." Is that a word? Well, I was seeing a lot of disinterestedness and after the driver had taken us to a couple of other places, including a beach that was covered in trash and excrement, that disinterestedness finally broke me. We had planned on spending six weeks in India but after only five days I gave the driver a fistful of rupees to take us the 165 kms back to the airport where we made our escape.

Those words however stayed with me and bothered me. There was something wrong with them. They didn't taste right but I couldn't quite figure out why not. I returned to Thailand where they actually have wifi that works and checked out the *Mainstreet Online*. I read Ingrid's blog, "Hoping For Heroes", and some pieces fell into place. What India was employing was not disinterestedness and the result was not spiritual happiness. The ingredients were despair and hopelessness and the dish being served was escapism. And I think it's appeared on the menu in Canada.

Why? Well, I think democracy is failing and we are the ones letting it happen. Somehow we, the common people, have allowed ourselves to become convinced that we are not qualified to shape our future. We're too stupid. Greater minds than ours are at work, in corner offices and on corporate jets, and it is better for everyone if we just let them look after things for us. If you look at the state that the world

**Besides being filthy, India is very noisy. I was fighting an overwhelming urge to shove everybody's horn up their... oops, there's that red-neck thing again.**

economy is in right now you will realize how useless those greater minds really are. So how did it come to this? How were we manipulated into relinquishing control of our own country and our own future?

Well, that takes us back to the ten dollar word I started with. Obfuscation. Nobody wants to admit they are stupid so when we are faced with something we don't understand it is natural to sit back and shut up. The powers that be count on that. They make sure we can't understand. I went to the link Ingrid sent out concerning the old Ministry of Transportation yard. Talk about obfuscation. I suppose it answered up to some law requiring public information but I find it hard to believe anyone without a degree in law and chemistry understood it. What we are supposed to do now is sit back and shut up but they didn't count on me. I have lived on the East Shore long enough for many people to realize that I'm kind of stupid so I have no problem admitting it. I didn't understand a word that was written and from now on, when a notice is sent out to us common people, I want it written in common language. It would be a good start.

**Stand up and admit you don't understand gibberish, then, everyday, see yourself as CEO of Canada. Democracy won't work unless we are all involved and stupid, smart or somewhere in between, we all have something important to contribute.**

I'm currently living in Krabi where I get three English channels on TV. All of them are news channels and I've been seeing a lot of footage concerning the occupy protests. I don't understand who they are protesting or exactly what they are protesting. Yeah Yeah, I know, it's financial institutions and the greed they exhibit. Well here's a flash for you. Bankers are thieves. They have always been thieves and they always will be thieves. That's why Jesus booted them out of the temple. Some wise man whose name escapes me once said that for evil to triumph all that is necessary is for good men to do nothing. A lot of good men have been doing nothing and evil has taken advantage of that but that is the nature of evil. So what are they really protesting. The people who make the rules? If that is the case they should set up their tents in front of a mirror and occupy themselves because believe it or not, those

are still the people who make the rules and anything else is just smoke and mirrors. Stand up and admit you don't understand gibberish, then, everyday, see yourself as CEO of Canada. Democracy won't work unless we are all involved and stupid, smart or somewhere in between, we all have something important to contribute.

Well anyway, if spiritual happiness is your goal I wish you all the luck in the world. It sounds like a wonderful thing. As for me, when I get home I think I'll just pick up a rake. The trash is piling up and disinterestedness is about the last thing my country needs from me right now. At least that's what I've been thinking.

## The Fitness Place



### January Hours:

*Hours may vary during holidays*

**Mon: 6:30-10:30 am & 6-8 pm**

**Tue: 8:30-10:30 am & 6-8 pm**

**Wed: 6:30-10:30 am & 6-8 pm**

**Thur: 8:30-10:30 am & 6-8 pm**

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**Sat: 8:30 - 10:30 am**

### Student Special:

\*Students, who always have free access during school hours, will now also have free access November-January

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Growing communities one idea at a time.

# Tipi Camp Yogathon Fundraiser 2012

by melanie faith

We would like to invite you to this Yoga-thon which is a fundraiser for Tipi Camp, a non-profit in our community that focuses on Wilderness Immersion and Self Esteem Programs (Wise) camps for children and teens. These programs are a powerful rite of passage for those participating, a great benefit that is hard to find in our society.

This 3rd annual Yoga-thon Fundraiser is at Self Design High at 402 Victoria Street from 9.00am – 6.00pm on Sunday January 8. Five women from our surrounding communities will be teaching throughout the day: Anie Boudreau, Maureen Jansma, Eliza Gooderham, Anna Colin and Karuna Erickson. Participants can stay for one class, all day or anywhere in-between. Spontaneous drop-ins on the day are encouraged too. Snacks and lunch will be available for purchase.

How does the Yogathon work?

Print out a pledge sheet off the website at [www.tipicamp.bc.ca](http://www.tipicamp.bc.ca) 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 <http://www.tipicamp.bc.ca/contact-us/support-our-work/>

Pledge sheets are a vital aspect to our fundraising effort. Imagine, if every person who shows up to the yoga-thon brings a little, or a lot, of money in their envelope amazing things can happen and who knows what fundraising heights we can reach. Every little bit helps, (no contribution is considered too small), as loonies, toonies and \$5 bills add up fast. We all know this from our own piggy bank experience!

When you arrive at the Yogathon, hand your pledge sheet in with the sponsorship money, make your own personal donation with cash or cheque and take in a class or spend the whole day with other people who love yoga and wish to support Tipi camp. If you are unable to attend please sponsor a friend and spread the word around town.

In 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, co-operation and fun. During the teen mountain camp, for ages 13-16, councilors 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. Fifty percent 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 in 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.

Thanks to last year's Yogathon and other fundraisers we were able to start an exciting new program for young adults aged 17 – 21 in 2011; This 8 day mountain adventure program leads young people to discover who they really are and provides them with the tools to express this new sense of self in effective ways. This first edition of the discovering and leadership program has been a great success.

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. At the top of this year's wish list is a new boat, a new propane hot

water tank, funds for further development of the new Young Adults Program. The camp also likes to get new or used life jackets, kayaks, tents, hiking boots, rain gear, hiking equipment and rope.

We look forward to joining together in a fun and rewarding day and take this opportunity to thank our ever-supportive communities for their kindness and generosity.

For more info contact Sandra or Dave at 250 505 3173 or email [tipicamp@theeastshore.net](mailto:tipicamp@theeastshore.net)

For the yoga schedule please go to our website [www.tipicamp.bc.ca](http://www.tipicamp.bc.ca) or look up "Tipi Camp Yogathon fundraiser" as an event on Facebook.



Peter Duryea, founder of Tipi Camp and Guiding Hands Recreation Society.

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*\$50 for 30 days of high visibility advertising.*

## Nelson and Rural RCMP Warns of Phone Scam

press release

Nelson Rural RCMP wishes to warn the public of a recently reported phone scam where a Nelson area resident was victimized and defrauded thousands of dollars.

An elderly female from Taghum first received a phone call in late August 2011 from Jamaica. She was advised that she had won the "Winners Circle International" for 5.5 million dollars. The woman recalled entering a contest through a magazine subscription and thought this must have been what she had won.

The caller advised that \$25,000 was required to obtain a "tax exemption" in order to process the winnings for delivery to Canada. The caller told the victim in this case not to discuss the winnings (and tax exemption) with anyone, even family members, until they received the jackpot. Following receipt of the initial \$25,000, the scam artist called back a number of times over the following months and convinced the woman to send additional funds.

RCMP advise NOT TO SEND MONEY in order to secure so-called lottery winnings. Any phone solicitation of this nature where a lottery win is required to provide funding to "obtain their winnings" is a scam. If it sounds too good to be true then it probably is.

The woman in this particular case doesn't wish to be identified. She was defrauded of over \$78,000.

If anyone has been a victim of a similar scam they are asked to contact their local police.

If you have information about who is responsible for this or other similar scams please phone the Nelson Rural Detachment at (250) 352-2156 or CRIMESTOP-PERS at 1-800-222-TIPS.

## Tom Sez

by Tom Lymbery

**When will they change** all the cigarette papers black to match the smoker's lungs? When Sharon was in Practical Nurse's Training they were shown an actual smoker's lung and it was solidly black, not at all red/pink.

**If you were given** Moir's chocolates for Christmas, did you find that they are by no means the same as Moir's used to make them in Nova Scotia? They are since taken over by Hershey, with the "Pot of Gold" signature brand no longer made in Canada.

**Ingrown toenail?** Work a nail file flat across the top of the nail – this will allow the nail some flexibility so that the edges don't dig into your toe.

**I have only once seen** a live cougar, and that was in car lights when it was tracking a deer. The cougar's preference for seclusion and aversion to people truly earn it the title of ghost cat. Shouldn't cougars be protected? They are the only natural control on the overpopulation of deer.

**It is amazing how long** an AA battery will last in a clock! One that will only turn your toothbrush slowly, may last a year in a clock.

**Are Canadian football fans** more responsible than those of hockey? It appears so, since there were no riots after the Grey Cup game in Vancouver.

**Did you know?** Multi-coloured cats of orange/black/white and other shades called "Calico" or "Tortoiseshell" are always female.

**DISPOSABLE** – when disposable packaging came in years ago, long time Gray Creek campers, Ben and Eleanor Mitchell from Meadow Creek, Sask., reported visiting an ocean beach in California and finding that you had to walk to the water over continuous flattened beer cans. Did people think that disposable meant disappearing?

**Since they are now cleaning up** the former Highways site on the Kootenay Bay hill, I can't fail to remember the sign that highways posted a few years ago – "CRAWFAWFORD BAY" How on earth could the person putting that up miss the spelling error? Always regret that I didn't get a photo.

**Maple syrup** – yes, you can make it from almost any maple, including our native bush maples. We made quite a bit during the war years 1939-45 because of the sugar shortage. Why bother to tap a tree – just cut the end off a branch and tie on a container to catch the drip! The weather has to be just right, freezing nights and thawing days of February, March being too late. 35 gallons of sap will produce one of syrup, when boiled down

**Cranbrook has already disposed** of 9 whitetail and 11 mule city bred deer, with 5 more to go. After humane killing, they go to a butcher for processing and then the meat goes to the food bank.

**Next Deadline:**

**Jan 25, 2012**

**250.227.9246**

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

**January 2012 Mainstreet 13**



## Tom's Corner

by Tom Lymbery  
*The Nobelphone*

Today we can say that B.C. means Before Cell Phones, but how could you be in two places at once over fifty years ago? And this was before we had dial phones on the best shore – we still had the old hand crank magneto units.

Our old store had the business on the upper level, accessible from the highway, with our house underneath. If the person behind the counter needed help, a price on an item, or a bottle of milk from the cooler box in the stream from the creek, then he or she had to call down the stairs to our living room.



Tom takes a call from the store's Nobelphone behind the counter at the Gray Creek Store. Photo courtesy of Tom Lymbery 2011.

When my sister Alice married Stan Bruce in 1958, he gave us a set of phones that changed our habits forever. Stan was a mining development engineer for Noranda Mines, and knew that this would make our lives easier. The Nobelphone system uses the crystal radio system to send voice over wire, which is effective for several miles on any type of two wires. The Nobelphone consists of basic handsets which can be used without batteries, but you would then have to whistle loudly to get someone to pick up the phone.



One of the handsets from the Lymberys' Nobelphone set. Photo courtesy of Tom Lymbery 2011.

With two AA batteries installed in each unit, the sender presses a button which makes all the nobelphones on the line beep, and you answer to your beep.

I was two beeps, which I still answer to on the system. Everyone had their own beep number, sometimes for a station. I think the store counter was a long and two shorts (2Y), which had been our phone number in the magneto phone days. The first phones installed were between the store and downstairs, but I soon

**14 Mainstreet January 2012**

ordered more phones to extend the system to the saw service shop, and before long to the barn, and even a connection in the apple orchard! If I was doing repairs or improvements in a cabin, I would set up a temporary hookup. It was the closest thing to being in two places at once that we had ever seen. We were indebted to Stan's foresight.

When we got the Nobelphones, BC TEL still had us on the old magneto units that needed the hand crank to get an operator to connect to whoever you wanted to call. By mistake one day I connected our Nobelphone system to the telephone lines. This brought in someone's voice much louder than usual, and I quickly corrected the wiring. Those old magneto units each had two tall ½ volt telephone dry batteries in their system.

We needed more wire for longer distances. Our local BC telephone technician, Barry Simpson of Riondel used a strong two - wire rubber - covered type of cord to re-connect the phone lines where a tree had knocked them down, and this could withstand being driven over. Barry said that he often disposed of this wire at the dump. So that was where we got longer lengths to go through a culvert and up alongside the former road to Crawford Bay through the orchard and then over to the barn (now the Schwiegers' place.) No need to put the wire up on poles or trees - just drop it on the ground where the hay mower wouldn't find it. We could add as many phones as we liked to the same lines, you answered it wherever you were.

This was such good system that it presented a sales opportunity (please remember that there is only one thing never sold by Gray Creek Store - liquor) so I sold a set to the Jones Boys so they could have quick contact from the office to the dock. Wen McLeod set up a pair so that anyone wanting late night accommodation could call him in his house above the road from The Last Chance (now Bocalino's at Kootenay Bay). Wen and his wife had taken over the business after the previous owners got into financial problems and our Credit Union had to repossess, which is why the McLeods called it The Last Chance. Wen was a good mechanic and his wife was a great cook, so their Last Chance prospered.

This phone system is open line so you didn't really need the beep buzzer – you can hear what's happening wherever there is a unit on the line. Sharon would use this to check on David and Lorena when they were small, to hear if they needed attention after they were put to bed. After 54 years we still use units in the store, service shop and basement.

Who makes anything that durable today? Nobel Co. Ltd. is still manufacturing in Japan, and now has a blue handset available as well as the traditional black. We do have a brand new set with wall hangers etc in stock at the store, if you have a suitable use and hate cell phones (or perhaps have no reception).



### Invitation to AGM

Plan now to come to KLEECA's AGM in March 2012 at the Crawford Bay School to discuss the orderly wind up of KLEECA, the dispersal of residual funds, and options regarding your membership money.

## On the Dissolution of KLEECA

by Alanda Greene

This is not a failure.

To attempt what has not been done  
Because it is the only possibility seen  
And to walk a long way in that attempt  
Is not a failure.

To offer great effort in that attempt  
And to hold resolve to give our best effort  
Because the cause is great  
Is not a failure.

To resist defeatism when other voices say:  
*This is not the way it should be done*  
(Offering no alternative)  
*You need expert guidance, management, direction*  
(When no one comes forward in that role)  
*You need a different place*  
(Where none exists)  
*You need money*  
(Where none can be found)  
*This is not how things should be done*  
(When this has never been done)  
Is not a failure.

To persevere as far as possible  
For the sake of those elders whose presence  
In our community and our lives is a cherished treasure  
Is not a failure.

That our vision and goal was not achieved  
Is not a failure.

The only failure would have been to not try.

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

**Box 140**

**Crawford Bay, BC**

**VOB 1E0**

**250.227.9246**



pebbles  
by Wendy Scott

Winter's Promises

*Do you remember where you came from?  
Gravel remembers.  
Even the upper end of the river  
Believes in the ocean...*  
-William Stafford

With the rhythm of the Fraser River as a backdrop for my very early years, and the Pacific Ocean weaving the canvas of dreams into memories, it's really not surprising that I seek the tumble, the whisper, and the clarity that comes with the flow and power of water.

Cities that I called home, towns and small communities all had water as their dominant and perhaps determining feature. From the vastness of the Pacific to inland waterways and a tiny crater lake atop an old volcano in Mexico, my world has included water.

Now, while winter solstice brings celebration for some (often in secret) and hurries the rest of us into the Christmas rush, I am again beside the sea where solstice brings the drama of exceptionally high tides. Earth hesitates before leaning again towards the promise of longer days and, eventually, the colours, sounds, and scents of springtime; water creeps up the concrete steps leading from the Sidney beach to the brick walkway and water raises the sea below the fishing pier. Far out on the end of the pier men cast hopeful lines and crabs tumble from the lips of buckets. A rising tide is good for crabbing, but tends to carry the long cast of a fly rod quickly back again under the pier to hook on those waiting crab traps. Although they are not biting today, I'm told the salmon run is good. That makes for more drama further inland as bald eagles gather beside streams and rivers to wait in patient anticipation. Waterfalls gush from cliff faces, drift-logs long grounded lift again to float free and ride to another beach. Here at the Sidney pier, gulls circle and call,

cormorants stretch wings like ornamental crests atop pylons and posts, seals and the occasional otter break the surface, always curious.

Later in the day, when lights from the pier gleam across the water and the colours of Christmas glitter from condos and sailboats, I'm reminded of the large empty room on Beacon Street, Food Bank Central, that was just three days ago, a confusion of boxes, bags, bundles, and single white envelopes – brought in, gathered, accumulated and sorted by Sidney's fire fighters and members of the Lions Club. The donations and the generosity are worthy of celebration. The need saddens. And yet, a skeptic's doubt lingers, and a hesitation clouds acceptance of this so-called need. Doubt, that is, until a woman parks her shopping cart by a roadside refuse bin and begins to search the contents for something – anything. Thoughts revert to those of us who anticipate our celebrations and others who may have only memories of better times.

This year, so far, the snowmen are absent, there are no angels crafted by children in bright red snowsuits, in fact the snow is precisely where my grandmother thought it should stay – on Christmas cards. This may not last, in fact it almost certainly will not, but a week ago as we came through the many mountain passes that define the route from Riondel to the Pacific Coast, instead of the expected snow, the tree trunks, branches, stems and twigs all glittered with hoar frost, as if a winter fairy had tossed a mist of magic across each tree and every shrub and blade of winter grass.

Tomorrow is Christmas Eve and small children and those not quite so small will gather in many households and the music, the lights, and the excitement that is a child's Christmas will spin down wet streets to transform raindrops into showers of gems encircled by halos of mist.

Today rain makes puddles for splashing and further away snow transforms a hillside for toboggans, and more distant still, friends enjoy the warm sand of southern beaches, but it will be the laughter of children that lifts these few special days into our Christmas memories. Even for those whose thoughts at this Christmas time hold a sadness of loss and a certain melancholy of regret – especially for those, the voice of a child will touch with the lightness of a gentler joy and the blessing of Christmas will settle amongst us all.

Bible Talk

by Pastor Doug Middlebrook



Revelation 22:1: *[The River of Life] And he showed me a pure river of water of life, clear as crystal, proceeding from the throne of God and of the Lamb.*

As we move into a new year, I started to reflect on the past and wondered about the future. As I read my devotions and looked to God I felt this scripture come to me.

The book of Revelation was written by John and tells of the vision God gave Him. I believe that all life came from God and the end of our scripture tells us that. That life came from the throne of God the Father and of the Lamb who is Jesus.

It's interesting the first book and chapter of the bible speaks of life coming from God as does the last book and chapter. The symbolisms in the bible of the pure river really spoke to me. Especially here on the East Shore.

Much of our water comes from springs, wells, lakes and rivers. We value the purity of this water as we drink it, cook and bathe with it. Water is an important part to our lives. As one who has lived in a major city, smaller cities and even in a third world country I can tell you there is a difference in the water. Man has done many things to "improve" the water we use. He has sterilized it, filtered it and bottled it. But the best water I have ever had has come right from the ground virtually untouched by man.

I believe that is what John is trying to tell us here when he says he saw a pure river of life. He was saying that the life that God gave and gives is pure. If we take it in from Him, if we do not add to scripture or take away from it, but leave it as God made it, it will remain as clear as crystal. God says what He means. There really is no grey areas to scripture. The word does not need to be filtered; it does not need fluoride or chlorine, Kool-Aid or any other additive to make it better.

Sometimes the Word seems a little harsh, hard to take but maybe it needs to be. It's kind of like the Buckley's commercial - it tastes bad but it works. Sometimes additives may weaken the medicine. It's the same with the Word of God, some have watered it down to make it more palatable, some ask for it to be given with a side of something to make it easier to digest. In doing this the Word has been weakened and when the real sickness comes (trials & tribulations) that will test our faith, the Word we have in us may not be strong enough to get us through it.

God has remained unchanged throughout time and will continue to stay that way. He is the same today, yesterday and tomorrow. His message has stayed the same and will not change. He loves us; He loves you and wants only what is best for us. It is my prayer that as we move into 2012 that we get this illumination from what John has written. That everything that comes from God is pure and gives life, to those who will receive it. The Word has remained unchanged for thousands of years; it does not need our help except to be shared. It is God's Holy Spirit that interprets the Word for us and to us; it is only through Him that its pure meaning can be made.

May the Lord bless each one and may He grant a very Happy New Year to you all.



Who Am I? Photo: Jacqueline Wedge

*Next Deadline:  
Jan 25, 2012*

## Book Reviews

by Tom Lymbery

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

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

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

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

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

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

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

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

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## East Shore Community Library Reading Centre News

by David George

**M**oving News - Yes, the move from upstairs to downstairs in the castle is proceeding. Book-cases have been built and are being built by Selka and HW, and David Kayle, and should be installed early in the New Year. David Kayle has also completed the entryway vestibule, so that heat will stay in the library in winter. Thanks also to Robert Agnew, Kathy Donnison, and Steve Mills for their help in moving furniture out of the great hall.

More help will be needed to accomplish the move. It is expected that your library will have to be closed for a few days, likely near the end of January. Several people have signed up to help with the move. We can use some more, so if you have time to help us, please put your name on the list in the library.

Check community bulletin boards to see when the move will actually happen.

You may have noticed that your library no longer has a landline phone. We are now on a cellular phone and the number is 250-777-1492. This phone will be answered during library hours. We hope all our readers are having a Happy New Year!

## The Fitness Place



### January Hours:

*Hours may vary during holidays*

**Mon: 6:30-10:30 am & 6-8 pm**

**Tue: 8:30-10:30 am & 6-8 pm**

**Wed: 6:30-10:30 am & 6-8 pm**

**Thur: 8:30-10:30 am & 6-8 pm**

**Fri: 6:30-10:30 am**

**Sat: 8:30 - 10:30 am**

### Student Special:

\*Students, who always have free access during school hours, will now also have free access November-January

### First Time Special:

Your first visit to the Fitness Place is always free! Come check it out.

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

## Riondel Community Library

by Muriel Crowe

**T**he library continues to grow in membership and to broaden its horizons with new books and other lendable items. Our most recent purchase of four audio books and twenty four DVD's was from the BBC Canada shop. They seem to be quite popular so we will be looking at adding more to this collection. Our annual general meeting will happen in the next two months and we would be happy to have more people attend the meeting and provide ideas. We may be in a position with sufficient volunteers to provide more services but we need to know what is wanted and needed.

Starting in January we will have a new contest with prizes to be awarded by draw. For those of us 16 and over the contest is "Oh, Canada" and to participate you must borrow and read books about Canada or by a Canada. When returning it fill out an entry form.

That will go in the draw box. If you are under 15 you can enter "I like books" when you return a book to the library. Your entry will also go in a draw box. There will be draws made either at an evening library event or in the spring.

Looking for adventure, need some busy work to help while away the winter months, need a reason not to go out and shovel snow. Come in and borrow lots of books. May the New Year bring peace and prosperity to us all and a new roof to the Community Centre.

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## Answers from the Physio

by Anna Rose, Physiotherapist

*Q. Do I need a doctor's referral in order to get physio treatment? Does the provincial Medical Services Plan (MSP) cover any part of physio fees?*

**A. The answer to both questions is "in some cases".**

I take a break in my series of columns explaining the most common conditions that I treat in order to answer a different sort of question which I am often asked. My hope is that this answer will help those of you who, formal New Year's resolution to take better care of your body in 2012 or not, may want to include seeking physiotherapy somewhere as part of that care and don't know the procedure.

**Situations in which a doctor's referral is required**

1. If you want to use the free physio services available at the hospital in Nelson. This service is available only to those people with a recent orthopedic surgery or mastectomy, an acute fracture (after the cast is off), a confirmed acute spinal disc problem with nerve involvement, an acute or chronic medical or neurological condition such as multiple sclerosis, an inflammatory arthritis such as rheumatoid (not osteo) arthritis, lymphodema, and cardiac conditions requiring specialized rehab. The waiting list is often around four weeks and visits typically involve only the minimum of individual attention. Call the physio department at (250) 354-2313 and leave a message if you have further questions.

2. If you have extended health benefits through an insurance company such as Blue Cross or Sun Life. You would pay the full treatment fee then submit your doctor's referral and receipts for re-imbursment according to your particular plan.

3. If ICBC, WorkSafe BC, or Veterans' Affairs Canada are involved.

The one situation in which MSP covers part of physio treatment fees

1. If your income level (as proved by the up-to-date income tax information received by the feds and province) is below that set by MSP in order to qualify for "Premium Assistance" for the monthly medical payments, and you have applied for that assistance. But a doctor's referral is not required!

If the above description applies to you, you are eligible for the partial coverage of \$23 per visit for up to ten visits in the calendar year, shared between physio, massage, acupuncture, chiropractor, naturopath, and podiatry visits. Large clinics may charge you just the difference between that \$23 and their regular fees, because with a high volume of clients, they can be part of a computer billing system whereby they get that \$23 directly. In my smaller practice, I ask that my fees to be paid in full each visit, and then I submit your claim to the MSP people in Victoria, who will mail a cheque to you.

Please note that the fees charged at different physiotherapy places vary considerably. Since the purpose of this column is to provide information to benefit the readership, not to toot my own horn, call me if you want some comparison figures.

Be reassured that any good physiotherapist, bound by principles of practice set by the provincial regulatory body, the College of Physical Therapists of BC, will try to give you the information you need to assume the largest share of self-care your condition permits, and will discuss with you your preferences regarding the frequency and number of visits, rather than dictating a long sequence of visits because it fills their money boxes.

## Notice of Passing

**McLaughlin, Douglas Richard**  
May 18, 1918-October 21, 2011

Doug or Mac as he was known to family and friends, passed away in Vernon, B. C. at the age of 93 years.

Doug grew up in the Kootenays and upon returning home from the army after six years overseas he married Barbara Burge, a local girl from Gray Creek. Together, they farmed with Doug working at times in the mines or logging, while Barb drove the local school bus. Doug and Barb decided they wanted to eventually retire in the Okanagan, so they moved first to Enderby and bought a little dairy farm in the early 70's before settling in Lumby.

Doug was well known in the community of Lumby where he and Barb lived on their acreage on Mabel Lake road for over thirty years. The both enjoyed having friends and neighbours drop in for a visit. Neighbours could count on Doug to plow their driveways in the winter and to till their gardens in the spring. It was a common sight around Lumby to see him riding his farm tractor down the road, no matter what the weather conditions. Sharing a story, joke or telling a little riddle to make the ladies blush made his day. Doug enjoyed gardening, fishing, feeding the birds and the company of their last little dog, Heidi. He also enjoyed playing darts, arm twisting competitions and the "odd" pint with his friends. The twinkle in his eye and his sense of humour will be greatly missed.

Doug moved to Vernon four years ago when Barb needed more care, but his old friends and neighbours got to see him on a regular basis when he was buzzing around town in his little car, checking on his community.

Doug was predeceased by Barb in January, 2010, and two sisters; Francis Aldridge and Jean Hewitt. Doug is survived by many nieces, nephews and good friends.

The Burge family will gather at Gray Creek Cemetery the weekend of Gray Creek Days, 2012. They will inter the ashes of Doug, Barb, and Bill Burge. There will be a gathering of family and friends at Crawford Bay Hall on July 28.

**Note by Tom Lymbery:** Doug and Barb had their farm near the junction of Wadds and Crawford Creek Road, before they sold to Kokanee Springs. Doug worked with Doug Male's Dominion Govt Wharf crew building a pile and timber boat ramp at Kootenay Bay (in front of where Fairy Treats is now). He was also employed by West Kootenay Power for the construction of the power line from Gray Creek to Kimberley in 1951-52.

## Remembrance Garden

by Muriel Crowe

This is certainly a season for remembrance and perhaps a feeling of regret for actions not performed and words not said. Those things sometimes cannot be changed but we can extend similar actions and words in the future that can in some measure compensate our previous lack.

My dad is commemorated on one of the benches as are several friends. When I walk through the Remembrance Garden I frequently have a silent and one sided conversation with them. There are times when I slip and the silent becomes vocal on my part so don't be startled if you should hear me. I tell my dad the things that I regret not having said while he was alive and let him know that all is well in my life and in Riondel. I assure Dr. Savory that others are showing the same care and concern that she did and tell Andree Bellanger that her garden still smiles at me when I go past.

If you are feeling the seasonal blues maybe you should have a little walk and conversation in the garden or any other place that holds good memories for you. You won't get vocal answers but will get silent ones in your heart. May the New Year be one of happiness and good health to all.

## Notice of Passing

**Burden, Jack Alfred Patrick**  
March 17, 1931 – December 5, 2011

Jack Alfred Patrick Burden, age 80 years, passed away on December 5, 2011 at Creston BC, after a lengthy illness.

Jack was born to Flora and John Burden on March 17, 1931 at Hastings, Sussex, England and received his education at Kent, England. Jack married Fay Huggett on May 1, 1954 on the Island of Malta, while he was a member of the British Royal Navy, serving for seven years. The couple immigrated to Red Deer, AB in 1964, where he was employed as an electrician. In 1965, they moved to Rossland, BC, where Jack gained employment with Cominco before moving to Elkford, BC where he was a supervisor for Fording Coal Ltd before retiring to Creston, BC.

Jack was a member of the Royal Canadian Legion and the Kootenay Lake Sailing association, competing in the Gray Creek Regatta for many years. Jack enjoyed sailing, which took him to many places.

He was predeceased by his parents, mother- and father-in-law, and brother-in-law, Les Cobb.

Jack will be dearly missed by his loving wife, Fay; son Jonathan (Jane) Burden and family, Holly (Saul) and Aszjeca; daughter Lorraine (Don) Leduc and family, Doug (Val), Michael, Melody and great-grandchildren Ryan, Annaka, Lorissa, Siarrah and Cara; sister Joan Cobb and nieces Marriane (Steve) and children, and Sandra and children.

The memorial funeral service was held on Monday, December 12 at the Royal Canadian Legion in Creston with Canon Randy Wood officiating. Friends wishing to make a memorial tribute in Jack's memory may do so to the Kidney Foundation of Canada, BC Branch #200, 4940 Canada Way, Burnaby, BC, V5G 4K6.

**Note by Tom Lymbery:** Jack and Fay Burden stayed at least 35 years in Gray Creek Auto Camp, first on their boat and then in their motor home. Because of Jack's love of sailing, he became a mainstay of the annual Gray Creek Regatta, almost single handedly keeping it going (with help from some of the regulars in the camp, including Gladys) when some of the organizers had moved on. He then initiated the great partnership that has built up with the Kootenay Lake Sailing Club based in Nelson – he was the first eastern shore director. Thus the regatta achieved continuity through Jack's efforts.

Because his name has the same spelling, I asked him if there could be any connection with legendary Oscar Burden, but he said there was none. Oscar worked on construction of the City of Ainsworth stern-wheeler in 1891, and later operated the Burden and Watson sawmill in Crawford Bay.



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**Snowshoes:** Many colors and sizes - Gray Creek Store 250.227.9315

**Echos Snowboards** - regularly \$115.95, Super Special \$69.95 - Gray Creek Store 250.227.9315

**Snowmobile & ATV Helmets:** Comfortable, try one on. Dave couldn't find any in Spokane at our special price! Gray Creek Store (from \$36.95), 250.227.9315

**The Hunter's Hoist Kit:** the easy way to string 'em up. Can we persuade you to delete some of our surplus deer? Gray Creek Store, 250.227.9315

**Log Lifter** with hickory handle, get your log off the ground for easier firewood cutting \$97.50 - Gray Creek Store, 250.227.9315

**YARD & GARDEN**

**Snow Pushers:** up to 36" wide. Snow floats, don't lift that heavy snow! Ask for a demo. Roof Rakes as well, Gray Creek Store, 250.227.9315

**Snow Floats.** Don't shovel that white stuff - float it, no lifting - Gray Creek Store, 250.227.9315

**WANTED**

**SEEKING:** A huge audience with a sense of humour, a sense of history and a open mind to witness their community peers put their hearts and pride on the line at Village of Idiots on January 20 and 21 at the Crawford Bay School theatre. Tickets available at Riondel Market, Crawford Bay Store and the Gray Creek Store. Limited rush seating - get yours now! Doors open at 7:30 and LOCK at 8pm sharp.

**Feedback for Yoga Classes**

• **Beginners yoga classes** starting in Feb  
 • **Evening power yoga classes** starting in Feb  
**Please call or email Lea if you are interested in attending to help decide on the best day/time to hold the classes on.**

250-227-9030

learae@telus.net

## 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 Riondel Seniors Association AGM and Potluck Luncheon will be held on Feb 8th at 12:00 in the Seniors room at the Riondel Community Centre.**

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 2012

Jan 3, Tues: NO DOCTOR  
Jan 4, Weds: DR MOULSON  
Jan 5, Thurs: NO DOCTOR  
Jan 10, Tues: NO DOCTOR  
Jan 11, Weds: DR MOULSON  
Jan 12, Thurs: DR LEE  
Jan 17, Tues:  
Jan 18, Weds: NO DOCTOR  
Jan 19, Thurs: Dr. Lee  
Jan 24, Tues:  
Jan 25, Weds: Dr. Moulson  
Jan 26, Thurs: DR LEE  
Jan 31, Tues:

We wish you all a happy & healthy holiday season!  
**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**

#### WEEKLY EVENTS AT BOSWELL HALL:

1. Yoga - Thursday mornings 9:30 to 11:00am beginning January 5th
2. Line-Dancing - Saturday mornings 10:00 to 11:30am beginning January 7th
3. Bridge - Monday afternoons 2:00 to 4:00pm beginning January 9th
4. Carpet Bowling - Tuesday evenings 7:00 to 9:00pm beginning January 10th
5. Book Club - second Thursday each month at 2:00pm beginning January 12th
6. BADEV (emergency volunteers) meet second Thursday each month at 9:00am beginning January 12th
7. Quilters Club - third Tuesday each month at 1:00pm beginning January 17
8. The Vintners Club and the Ladies Club will not be meeting in January.

#### THANKS FOR CHRISTMAS GIVING

Santa and his elves would like to express their gratitude to everyone that helped out and contributed to the Angel Tree and Christmas Basket projects this year. During a time that is already so eventful, it is wonderful that we have a community that considers and supports others. In the true spirit of Christmas, these selfless contributions have brought a little extra joy to other's holiday season. Happy New Year to All.

#### FEEDBACK FOR YOGA CLASSES

Beginners yoga classes starting in February. Evening power yoga classes starting in February. Please call or email Lea if you are interested in attending to help decide on the best day/time to hold the classes on. 250-227-9030, learae@telus.net

#### MEDICAL CLINIC OPEN ON SUNDAYS!

After announcing the Sunday closures at the Kootenay Lake Medical Clinic, we had such a response in the form of letters and emails (including from the East Shore) that we are going to open up again on Sundays. Dr. John Dale will be available to see patients on Sundays as of January 15th from 11am until 2pm. That means we are back to being the only seven days a week, walk-in clinic in the East and West Kootenays.

#### EAST SHORE COMMUNITY CHRISTMAS DINNER

Thank you to all the volunteers that helped make the Crawford Bay Community Christmas Dinner such a wonderful evening. We would especially like to thank Ruminessence for their wonderful music which filled the hall with festive spirit. Big thanks all of the organizing committee. As always, it was wonderful that Santa was able to visit us again this year. We would like to thank the R.D.C.K. and the Crawford Bay Credit Union for the support and contributions to our dinner. Thank you to the decorators that made the hall look fantastic. We greatly appreciated all of the help offered during the dinner by the servers and by the marvellous clean-up crew that stayed on to finish up. Hope to see you all again next year.

**With sincere apologies to Blanche and Harreson Tanner, here is the Christmas wish they submitted for last month's Christmas Hamper Greetings page, which was overlooked at the time of layout:**

*Wishing all our dear friends, clients, family  
and this incredible community of wonderful  
beings a Christmas time filled with Love.  
May you be poor in misfortunes and rich in  
Blessings in 2012.*

**Harreson and Blanch Tanner.**

## The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzal

Phone: 250-227-9246 Fax: 250-227-9264  
Box 140, Crawford Bay, B.C. V0B 1E0  
E-mail: mainstreet@theeastshore.net

#### \*\* ADVERTISING RATES

- \$35.00 - 3<sup>1/4</sup>" wide by 1<sup>3/4</sup>" high
- \$40.00 - 3<sup>1/4</sup>" wide by 2<sup>1/2</sup>" high
- \$45.00 - 3<sup>1/4</sup>" wide by 3<sup>1/4</sup>" high
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Sample Sizes - more sizes available.

Column Width: 3<sup>1/4</sup> inches - double column width:

6<sup>3/4</sup> inches - full width: 10<sup>3/8</sup> inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

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

## CHURCH CALENDAR

#### RIONDEL COMMUNITY CHURCH JANUARY SCHEDULE

**January 8:** Bill Gooding, 1pm  
Music - Johannes van der Krabben & Fiona McLaren  
**Jan 15:** Robin Celiz, Ang, 1pm  
Combined service at Riondel Community Church.  
Music - Donny Clarke and Fiona  
**Jan 22:** Bill Gooding, 1:00 pm  
Music - Anne & Dave Rokeby-Thomas and Fiona  
**Jan 29:** Brenda Panio, Ang, 11:00 am  
Music - Wendy Scott and Fiona  
**Special music every Sunday. Please check www.riondel.ca for changes. Info at 250-225-3381**

**CHRIST CHURCH & EAST SHORE CONGREGATIONS  
ST. ANSELM'S CHURCH BOSWELL (Anglican)**  
For information call Christ Church Creston 428-4248  
**Feb 5:** 1:30, Rev Robin Celiz

**HARRISON MEM. COMM. CHURCH, ANGLICAN**  
**Note: during the fall/winter, we will only be having one church service per month**  
Crawford Creek Rd., Crawford Bay Everyone Welcome!  
**Sunday, Jan 15, 1pm: Rev. Robin Celiz**  
This will be a combined service  
with Riondel Community Church in Riondel  
**For information call Karen Gilbert: 227-8914  
or Sue Philp: 227- 9140  
email: 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

**TEMPLE OF DIVINE LIGHT**  
Dedicated to all religions. Satsang each evening 8:00 pm.  
Everyone welcome - Yasodhara Ashram 227-9224

**MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL**  
Reverend Thomas Kakkaniyil Phone: 428-2300 Fax: 428-4811  
Sunday Mass at 2 pm  
1st Sunday of the month, Fellowship Sunday.

**THE CHURCH OF JESUS CHRIST  
OF LATTER DAY SAINTS**  
1520 Campbell Avenue, Riondel, B.C.  
Meetings begin at 10 am, every Sunday. Info call, 250-227-9522

**CHRISTIAN SCIENCE CHURCH SERVICES**  
Held in the Anglican Church,  
8151 Busk Rd, Balfour  
Sundays, 9:30 am - All welcome  
For info, call: 250.505.8021

**Next Deadline:  
Jan 25, 2012**

## MEETING PLACES

**LIONS CLUB** - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay.  
Meeting Times: 7 pm.  
Second and Fourth Tuesday of the Month  
For more info, call Lion David at 250-227-9550  
or Lion Jim at 250-227-9622.

**TOPS** - Take Off Pounds Sensibly: meets every Thursday 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. (or Tues if Pro-D)  
Call Ingrid to be put on the agenda - 250.227.9246  
**January Meeting: Jan 9, 2012, CBESS Library**

**Next Deadline:  
Jan 25, 2012**

January 2012 Mainstreet 19

January 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Bottle Depot, 10-2	2 Yoga w/ Lea, Comm Corner, 10 am	3 NO DOCTOR	4 Knit Wits, Community Corner, 10 am 16+ Volleybll, CB School, 6:30pm Dr. Moulson Lab 7:30-10:30	5 Yoga w/ Lea, Bos, 9:30 pm TOPS, KLCC bsmnt, 8:30am NO DOCTOR	6	7
8 Yogathon for Tipi Camp Bottle Depot, 10-2	9 PAC Meeting, CBESS Library, 7pm After School Art, 3-5 Yoga w/ Lea, Comm Corner, 10 am	10 Lions Mtng, 7 pm NO DOCTOR	11 Knit Wits, Community Corner, 10 am 16+ Volleybll, CB School, 6:30pm Dr. Moulson Lab 7:30-10:30	12 Yoga w/ Lea, Bos, 9:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	13	14
15 Bottle Depot, 10-2	16 After School Art, 3-5 Yoga w/ Lea, Comm Corner, 10 am	17 Chamber Mtng, CBESS, 7pm	18 Riondel Golf Club AGM, 1pm Knit Wits, Community Corner, 10 am 16+ Volleybll, CB School, 6:30pm NO DOCTOR	19 Yoga w/ Lea, Bos. Hall, 9:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	20 Village of Idiots, CBESS, 7:30pm	21 Village of Idiots, CBESS, 7:30pm
22 Bottle Depot, 10-2	23 After School Art, 3-5 Yoga w/ Lea, Comm Corner, 10 am	24 Lions Mtng, 7 pm	25 Mainstreet Deadline Knit Wits, Community Corner, 10 am 16+ Volleybll, CB School, 6:30pm Dr. Moulson, Lab 7:30-10:30	26 Yoga w/ Lea, Bos 9:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	27 BINGO, CB Hall, 6pm	28
29 Bottle Depot, 10-2	30 After School Art, 3-5 Yoga w/ Lea, Comm Corner, 10 am	31				

## The East Shore MAINSTREET

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Box 140, Crawford Bay, B.C. VOB 1E0  
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### KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

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

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

ADVERTISER	PAGE
Angus MacDonald Reiki	8
Barefoot Handweaving	4
B-57 Excavating	10
Boswell Hall	6
Christine Peel Acupuncture	10
Community Futures	12
Crawford Bay Hall & Parks	16
Crawford Bay Store	11
Credit Union	11
Credit Union Board Noms	5
Creston Vet Clinic	4
Cull Brothers	10
EDC	5
ESIS	1
East Shore Express	11
East Side Mojo's	6
Eastshore Physiotherapy	17
Fitness Place	12
Gray Creek Store	18
G.R.S. Contracting	10
Harreson Tanner	8
Harrop Forest Prods	11
Hulland and Larsen	10
JB Construction	10
Junction Creek Hub	10
KLEECA AGM	14
Kootenay Insurance Services	5
Lakeview	1
Lea Belcourt Yoga	3
Lea Belcourt Yoga Feedback	3
PAC Box	10
Riondel Golf AGM	53
Stolen Bike	8
Sunnywoods Farm	7
Sunset Seed	17
Tim Faiers Snow Plough	11
Turlock Electrical	10
Village of Idiots	6
Will Chapman	10

### Transfer Station Hours

**CRAWFORD BAY:**  
Nov 6-March 10  
Tues & Sun  
10 am - 4 pm

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

### HAPPY NEW YEAR! 2012

### 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, Sat:  
10am-12:30pm

### ES Health Centre 227-9006 COUNSELLORS

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