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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

### INSIDE:

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

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

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Return  
undeliverable items to:

*The East Shore  
Mainstreet*  
Box 140, Crawford Bay, BC  
V0B 1E0

Agreement#: 40718537



Leone Lund Photography

*What's wrong with this image (below)?  
See inside, page 11, for a fun opportunity/  
challenge and prize.*



**the MARKET**  
Mon-Sat: 9 - 6:30  
Sun: 10 - 5

**DELI GROCERIES LIQUOR AGENCY  
GAS NATURAL FOODS FISHING TACKLE**

**We've got your BACK:** We stay open until 6:30 so those off the 6:10 boat can still get in before closing!

**We want you SAFE:** Come into the CB Market for all youmeeds - save the trip to town on dangerous roads.

**We're reaching OUT:** We are now distributing our in-store flyers to post office boxes that accept them...

**Bottle depot:  
Sunday, 10 - 2**





## MS Issues

by Ingrid Baetzel

In these times of feeling vulnerable when we are not sure if the ambulance will be able to arrive and several areas in Area A do not have home care, fire, nursing and other emergency services, let's not forget to thank those who are on the ground working to maintain and improve the health and safety of all residents from Riondel north to Wynndel south.

Warm thanks to:

- **Dr. Moulson, Dr. Grymonpre, Dr. Lee** as well as the clerical staff (**Kathy Smith** with back up by **Doreen Nault**) at the East Shore Health Clinic for service on TUESDAY, WEDNESDAY and THURSDAY.
- Laboratory Technician **Kathy Turner** who provides lab service on WEDNESDAY mornings.
- **The wonderful people in our region** who provide Home Support Services to those in need.
- **The ambulance staff** in Riondel who do their best even though they are sometimes under-staffed. Thanks also to the **Ambulance Auxiliary Society** members.
- **Riondel Fire Department** volunteers and Fire Chief **David Soanes**.
- All volunteer **First Responders**. Special thanks to **Boswell and Area Emergency Response Volunteers** and **Rod Stewart** who have offered to help train up East Shore residents all along the lake.
- Special thanks to the sub-committee of the health society which published their report in October

of 2013. Thanks to **Verna Mayers (Chair)** and others for filling executive positions with the East Shore Community Health Society.

- Physiotherapist **Anna Rose**, midwife **Sylke Plaumann**, counsellor **Alexis Philips**, therapist **Harrison Tanner**, yoga teachers, massage therapists, acupuncturists, and others dedicated to healthy practices.
- **Public health nurse** (Mary Jean Searle) from Creston who travels our way to do inoculations and other health care services.
- **Mary Donald** for 12 years of kind service as our community nurse. The East Shore Health Society continues to work to restore a resident nurse.
- Thanks to the **Volunteer Advisory Steering Committee** who stepped up to the plate to work with Selkirk College nursing students on a Health Strategy study under the banner of "Staying Healthy on the Best Shore".

## Emergency Phone Numbers

**Police and Ambulance: 911**  
**Poison Control: 1-800-567-8911**  
**Forest Fire: 1-800-663-5555 cell \*5555**  
**BC Nurses Line: 1-800-251-4700**  
**Fortis BC: 1-800-436-7847**

## LETTERS TO THE EDITOR

### A Huge Thank You From the East Shore Christmas Food Hamper Program

Dear Editor:

After much thought and hoping another would take this important program on, I called Shelli Bothamley and offered my time. The *Mainstreet* deadline had already past for November so I knew that I would need to rely on bright posters and lots of talking and emails. Knowing that there has been a wonderful core group of ladies helping out the previous coordinators in the years past I knew that with their assistance we could ensure the Hamper Program a go for this year again. Thank you firstly to the wonderful people that helped compile all 44 hampers this year, Malena Draper, Betsy-Anne Schultz, Nicole Plouffe, Julia Kinder, Lea Belcourt, Cory & Gina Medhurst.

I would also like to thank the ES credit union and local stores that put out donation boxes for non-perishables and cash: Lakeview Store, Gray Creek Store, The Crawford Bay Market and Riondel Market. The hamper program chose to stay local when purchasing the food and all four stores gave the program wonderful discounts to help out on the expenses.

Thank you to Flickering Goddess and The Soapstone for making soaps, Belinda & Will Stewart for accepting non-perishables on Halloween night (special thanks to Belinda for the knitting of some beautiful hats), Shadow Mountain Outfitters and their clients for the donation of moose meat (a highlight to many who chose to take some) and 105, The Bridge radio station for the donation of a radio spot raising awareness.

This program is not possible without the many large financial donations received. Please join me in appreciating and acknowledging those who give so generously:

- NewKey's for their "Better to Receive" fundraiser
- the staff and board of the Eastshore Branch of NDCU (donations made to the hampers in lieu of their Christmas party)

2 *Mainstreet* January 2014

- Kootenay Lake Lions Club
- Columbia Basin Trust & Community Connection
- Yasodhara Ashram
- CSAW Carpenters Union
- Riondel Community Church
- Boswell Ladies Club
- Kokanee Springs Resort
- Dutch Harbour Christmas Craft Fair
- Kootenay Lake Community Church
- *The East Shore Mainstreet*
- Starbelly Jam
- Safeway Nelson/Amanda Chirico
- Kootenay Insurance/Nancy Schmaus
- Ali & Al George
- Sharon & Chuck Lloyd

With all of the help that this program received we were able to create hampers for eleven families and 33 individuals - a total of 79 community members. Thank you to everyone in this wonderful community and beyond who donated non-perishable items, money and time to ensure this program continues every year.

Thank you,


*Gina Medhurst for the East Shore Christmas Food Hamper Program*

### CHRISTMAS MUSIC CELEBRATION

Dear Editor;

Thank you to all who performed and attended the Celebration of Christmas Music concert at Harrison Memorial Church on December 18, 2013. This little, beautiful church looked like a Christmas card, inside and out, thanks to Jim and Karen Gilbert.

The church was packed with an audience who had come to listen to the music - a selection of traditional and contemporary carols. Our community was serenaded by community musicians: singers, violinists, woodwinds and brass. Christmas carols were sung by all with enthusiasm and obvious joy! Hot mulled cider



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*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 2014 issue items by:

**Next Deadline: Jan 22, 2013**

*Subscribers: Did you know?*

*You can buy a one year digital subscription and get your newspaper online, nearly a week before it comes out in stores! Just go to [www.eshore.ca](http://www.eshore.ca) and click Subscribe! Then follow the steps to purchasing a digital subscription. A link will be sent to your inbox once a month and your fresh, new *Mainstreet* is a click away.*

and Christmas cookies were enjoyed at the reception which followed.

The "star" on the top of this concert was that over \$800 was donated for the maintenance fund of this amazing historic building. May 2014 bring all of you many blessings.

*Sincerely, Deberah Shears*

### THANKS FOR LEARNING/TEACHING

Dear Editor:

It takes a village to put on the successful Advanced Computer Training course through Selkirk College and the Essential Skills Access program. We did it! We pulled it off! Thanks to Branca Lewandowski for having noticed the program and planted the seeds to bring it to the East Shore. Thanks to Geoffroy Tremblay for being an excellent computer coach. Thanks to Leona Keraiff of the East Shore Community Facilities Committee who set up coat racks, applied for discretionary funds for blinds for the windows and otherwise was a cheerleader. Thanks to school staff and the hot lunch program, cook Lee Reidl, Jennifer Irving, and the local businesses who supplied the gas, food and assorted things needed to set up and run our first training program.

Thanks to Gregg Neelin, Dawn Lang, Denise Lenardon, Stacy Donald, and other staff of Selkirk College for their support. Thanks to College of the Rockies, Kootenay Employment Services and Creston Chamber of Commerce for training programs. Thanks to the families of the 12 graduates who supported them through the program. That's a lot of people, I hope I haven't missed anyone, thanks everyone.

*Laverne Booth Community Education Coordinator, East Shore Community Learning Hub partnership. (CLHUB)*

# Monthly Horoscope

by Michael O'Connor

**Tip of the Week:**

As is customary for this first issue of the year, each horoscope entry will provide an overview of themes and trends that can be expected in 2014. The year begins with a dynamic exchange of energy between Mars, Jupiter, Uranus and Pluto. All four of these planets are in Cardinal Signs which are symbolic of deliberate initiative. The particular 'aspects' or energy exchanges between them indicate powerful assertions of change affecting us individually and socially. This particular series of interactions already began in mid-December. As usual many of these will stem from official places and certainly not all of them will prove popular. We can expect more of the same over the first six weeks or so anyway of 2014.

On February 18, 2014 the moon's nodes will leave Scorpio and Taurus and enter Libra and Aries. This 18 month cycle will coincide with aggressive social elements seeking a new quality of diplomatic exchange towards fairer solutions.

The other big news includes Jupiter entering Leo in mid-July 2014. This combination is combustible, inflated and dramatic. Positively, it could produce more support of the arts and to services and laws linked to the health and welfare of children. As well, we will likely witness new, charismatic leaders coming to the fore boasting powerful slogans of change.

2014 is a universal seven year which is also in sync with the themes mentioned because it also indicates initiation. Since it coincides with the year of the Wood Horse, we can expect 2014 to be very fast paced and dramatic packed with new initiatives that will spur humanity on to its next stage of evolutionary experience.

**Aries (Mar 21 – Apr 20)**

Cultivating a new quality of exchange in some of your closest relationships will be a core theme in 2014. You will continue to undergo measurable changes which may be linked to the way you look, think and conduct your affairs generally. At best, this includes a steady rise of power, authority, responsibility and confidence.

**Taurus (Apr 20 – May 21)**

Plans, dreams and schemes that have been brewing in the back of your mind for a long time will be brought out into the open this year. By mid-summer the pace should slow and the scope narrow compared to the past couple of years. This will help you to feel happier and more at peace. Still, your sights set on the future will remain a core focus.

**Gemini (May 21 – Jun 21)**

A steady learning curve with a major focus on health and/or the overall quality of your lifestyle will continue. You will feel inspired to do something extra special in 2014. Yet, to make your dreams, visions, hopes and wishes come true, you will be challenged to be more disciplined. Expect to work harder towards realizing measurable results and returns.

**Cancer (Jun 21 – Jul 22)**

The process of or at least the prospect of entering new territory somehow will continue through the first half of 2014. Then even more attention will be directed to home and family than usual. Learning about and making investments will gain your attention especially during the second half of the year. Generally, your financial picture stands to improve.

**Leo (Jul 22 – Aug 23)**

You will become more assertive and decisive this year. Your focus upon the future will inspire and/or challenge you to increase your network of friends and contacts. By summer you will be in the mood to take bigger risks than usual. Increasing the scope and quality of your creative abilities especially where financial

returns is featured will emerge as a core motivation.

**Virgo (Aug 23 – Sep 22)**

Knowing your direction and empowering your focus with knowledge will continue all year. Taking calculated risks to strengthen your professional standing will remain a core theme. This could include a steady increase in your scope of friends and professional contacts. Yet, you will be inspired and perhaps challenged to move on somehow without looking back.

**Libra (Sep 22 – Oct 22)**

A process of establishing a whole new foundation which began about 1.5 years ago will continue this year. It will require, however, that you become even more assertive, determined, decisive and disciplined. Beginning in July this practical focus will turn to include a broader scope of social, political and/or humanitarian interests and causes.

**Scorpio (Oct 22 – Nov 21)**

A process of devising, designing and implementing the next major focus of your life will continue in 2014. Philosophical and/or metaphysical interests, especially towards gaining a clearer sense of your own individuality and particular needs will remain important all year. Yet, the focus will swing significantly to the importance of relationships by summer.

**Sagittarius (Nov 21 – Dec 21)**

The cycle of clearing, purging, dissolving and completion in your overall lifestyle will continue in 2014. According to your evolutionary need this process has probably already proven to be quite dramatic. At best, you are feeling more liberated. The pressure will ease off somewhat during summer and will guide you to be more social and communicative.

**Capricorn (Dec 21 – Jan 19)**

Increasing your scope of influence will continue in 2014. In fact, you can expect it to go up a notch or two before spring. It remains important that you forge even

stronger alliances with other key power players. As well, make sincere efforts to clear past debts and any other liabilities. Aim to establish a positive momentum by summer anyway and it could produce significant returns.

**Aquarius (Jan 19 – Feb 19)**

The steady if challenging task of refining your skills and establishing a more powerful place for yourself in the world will continue in 2014. The good news is that the cloud cover on your emotions will begin to clear by March. As well, your scope of social outreach will begin to increase by early summer. Overall, you can expect a progressive year.


**Pisces (Feb 19 – Mar 20)**

It is important that you build a promising momentum by summer that will help see you through and into 2015. You will have to pay more attention to the details this year so do what you can to keep your mind clear and sharp. It may prove necessary for you to deepen your commitment, resolve and efforts. Set a determined pace early in the game to win.

Michael O'Connor

www.sunstarastrlogy.com  
sunstarastrlogy@gmail.com  
1.888.352.2936

\*Affirmation\*Inspiration\*Vision\* Strategy\*



**Astrologer**  
**Michael O'Connor**  
Coming to Crawford Bay

~offering in-person readings~  
**1.888.652.2936**

## THE AMBULANCE MIGHT NOT COME!

### Do you know what to do?

Join a community effort to train up as many East Shore residents in emergency response as possible in the next month. First Responders are needed in every community along the lake. Once trained, they will work with Boswell and Area Emergency Response Volunteers and/or the Riondel Fire Department.

Thanks to the cooperation of many community groups and regional agencies, every effort is being made to secure funds for training and equipment in order to keep the cost of training as low as possible for residents. Consider making a personal or an organizational donation to support these efforts and receive a charitable tax receipt.

**\*\*First Aid Essentials (non-certificate course)**

Instructor: Sharon Zeeman 1 to 4 pm Date: Jan 16, 2014 FREE  
Riondel Community Centre Info: Fran O'Rourke - 250-225-3268

**\*\*Transportation Endorsement (includes Oxygen training)**

Pre-requisite is Occupational First Aid Level One.  
Instructor: College of the Rockies Date: Jan 11, 2014 Cost: \$125  
Yasodhara Ashram Info: Jayne Boys 250-227-9224

**\*\*First Aid for Parents (includes CPR and AED) 16 hours**

Instructor: Charlie Hunter Date: January 18/19, 2014 Cost: \$135  
Location: Crawford Bay School Info: Kristy Winger at 250-777-2935

**\*\*CPR-C and Defibulator (AED)- Emergency First Aid (Red Cross) 8 hours**

This (or equivalent course) needed to certify as a First Responder  
Instructor: Darlene Knudson Date: Jan 25, 2014 Cost: \$120  
Location: Crawford Bay School Info: Kathy Donnison 250-227-9205

**\*\*First Responders**

40 hour course, ages 18 plus.  
Instructor: Rod Stewart (and other) January 31, Feb 1,2,7,8,9, 2014 Cost: \$320  
Location: Riondel Fire Hall Info: avid Soanes, Riondel Fire Chief 250-551-1352  
Rod Stewart, Boswell and Area Emergency Response Volunteers 250-223-8089

To register and make financial arrangements please contact Laverne Booth at the East Shore Community Learning Hub office on Tuesdays and Thursdays from 10am to 4pm. or call 250-227-9218 ext. 5518. Email: [eslearningplace@gmail.com](mailto:eslearningplace@gmail.com)

# Getting to Know You

## Mainstreet's Proust Questionnaire



**Carol Brasseur**

**1. What is your idea of perfect happiness?**

*Having my family all together.*

**2. What is your greatest fear?**

*Public speaking.*

**3. What is your greatest extravagance?**

*That's a tough question for someone so practical. Hmm.... a manicure!*

**4. What is the trait you deplore in others?**

*Laziness.*

**5. If you could sit down to lunch with anyone, living or dead, real or not, who would it be?**

*Pierre Trudeau.*

**6. What is your favorite journey?**

*On one now; it's called Life!*

**7. What is your greatest regret?**

*Not saying I love you as often as I should to my family.*

**8. When was the greatest time of your life?**

*Raising our family.*

**9. When and where were you happiest?**

*Every morning when I wake up alive.*

**10. What are you most grateful for?**

*The people in my life.*

**11. If you were to die and come back as a person or thing, what do you think it would be?**

*Prime Minister of Canada. Heads would roll!*

**12. What is your most treasured possession?**

*OMG... My coffee pot and chocolate!*

**13. Who are your heroes in real life?**

*My parents.*

# Drivers Training Course

submitted by Sharon Webster

*Young people have the highest rates of traffic death and injury per capita among all age groups and the highest death rate per kilometer driven among all drivers under 75 years of age. More 19-year-olds die or are seriously injured than any other age group."*

**This come from Madd Canada Statistics**

The RDCK has granted funds to bring a driving instructor over to the East Shore to teach Drivers Training. The 18 hour ICBC approved classroom course will be taught in Crawford Bay at the school over seven sessions between January 11 and 23. The course will help new drivers to become safe drivers and prepare them for good decision making behind the wheel.



## Driver Training in Crawford Bay

**Columbia Driving Solutions**  
 18 hour ICBC Approved Course  
 Only \$20, thanks to RDCK grant!  
 7 sessions between Jan. 11-23  
 See article in this *Mainstreet* for details  
**Call 1-877-365-6367 to register**

The course is open to anyone who is new to driving, or thinking about becoming a driver, and is recommended for people ages 14 and up. It would help prepare someone for taking their Learner's License exam or for their Novice or Driver's License. The course is being instructed by Wilf Warner from Columbia Driving Solutions and the only cost to participants is \$20 for the instruction manual. Anyone who completes this classroom portion and who also has at least a Learner's License will be eligible for in-car training at a reduced rate through Columbia Driving Solutions for the remainder of 2014. Completing the entire 18 hours of classroom and 14 hours of in-car training will qualify a student for two high school credits and a six month reduction on their Novice stage of licensing. Students could use credits from the \*Volunteering for Job Readiness Program (\*see January *Mainstreet* article) to help pay for their in-car training.

**The course dates are:**

- Saturday Jan 11 11:00 AM to 1:30 PM
- Tuesday Jan 14 6:30-9:00 PM
- Thursday Jan 16 6:30-9:00 PM
- Friday Jan 17 6:30-9:00 PM
- Saturday Jan 18 11:00 AM-2:00PM
- Tuesday Jan 21 6:30-9:00 PM
- Thursday Jan 23 6:30-9:00 PM

*To register, call Columbia Driving Solutions:  
 1 877 365-6367*

## Crawford Bay Auto (CBA)

250.227.9899

**Now offering:**  
 ~ Oil Changes & Tire Work ~  
 ~ Knife & Scissor Sharpening ~

New & used tackle shop open!

**Open 8-6, 7 days/week**



# Micro-Granting Opportunities

submitted by Sharon Webster

The East Shore Community Directed Youth Fund (CDYF) was established by the Columbia Basin Trust in consultation with community groups along the East Shore. The CBT has offered \$25,000 annually for four years to increase activities, opportunities and services for youth ages 12-19.

The East Shore Youth Council was set up to administer the funds and thus far has hired two co-coordinators to run and facilitate recreational programming and life skills training for youth ages 12 – 19 from the East Shore. As we near the end of year two in the four year program, we have a surplus of funds in our budget and we would like to have your ideas on how this could be used to benefit out teens.

The Youth Council has organized a micro-granting process that is open to youth and adults with ideas as to how this money could best be used. The rules are fairly simple: activities must take place within the Columbia Basin; the participants must be residents of the East Shore in the 12-19 year age range; and the activities should fall under the categories of recreation, life and employment skills, or engaging with youth from other Columbia Basin communities.

The Youth Coordinators, Lee Reidl and Sandra Bernier, will be available to help you with the application process or with running the activity. Applications will be considered for approval four times per year, as long as CBT provides funding. Priority will be given to youth initiated events. We know that you have skills and talents that you are longing to share, or perhaps have seen a need and know just how to fill it, so pick up an application and let the Youth Council hear your ideas.

Application forms are available on Community Notice Boards in Riondel, Crawford Bay and Gray Creek as well as at the kitchen of the Crawford Bay School. You can request an email version from eastshoreyouthcouncil@gmail.com.

The deadline for the first intake of applications is February 28, 2014.



**CALL FOR PROJECT PROPOSALS**

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

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

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

Application guidelines and forms are available at:

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

For information on preparing your proposal, contact Judy Madelung at 1.250.352.8170, 1.800.268.7325 or [jmadelung@rdck.bc.ca](mailto:jmadelung@rdck.bc.ca)  
**Deadline for proposals is 4:30pm, Monday, March 3, 2014.**  
**Late applications are not eligible for consideration.**

Administered and Managed by:  
 Regional District of Central Kootenay  
 Box 590, 202 Lakeside Drive, Nelson BC V1L 5R4  
 Phone: 250.352.6665 Fax: 250.352.9300  
[www.rdck.bc.ca](http://www.rdck.bc.ca)



## Non-profit Series for New & Experienced Board Members

submitted by Laverne Booth

One of the richest assets of the East Shore is our many non-profit societies and groups. Volunteers are the backbone of our community. How do we bring new people in to join the fun and help make things happen in the community?

The Non-profit Series for New and Experienced Board Members on the weekend of January 17 and 18 is a good opportunity to invite someone you think might want to join the board of your organization. Together you can review some important points on effective meetings, due diligence, risk management, insurance and other questions you might have.

Val Mayes is an experienced and fun facilitator, having worked to develop a Chamber of Commerce for non-profit groups in Alberta and worked for Revenue Canada as a facilitator of information sessions on Charitable Organizations. Val helped draft the original purposes for Community Connections. She is visiting the East Shore in January to share her in-depth knowledge of grant writing, effective meetings and risk management for volunteer groups.

Please register at [eslearningplace@gmail.com](mailto:eslearningplace@gmail.com) for a free copy of "teasers" from Val Mayes called "Are you Covered?" And "Top 12 tips for Grant Writers" The cost for each workshop is \$30. If your organization would like to cover the costs for members to participate, please discuss with Laverne, contact 250-227-9218 ext 5518 or drop in on Tuesdays or Thursdays between 10 am and 4 pm to The Learning Place (corner community use room).



by Greg Blackwell

## Reflecting on 2013 ... And the Year Ahead

Community Connections is keen to help you champion ideas or events in 2014. In 2013 we sponsored 14 projects or programs on the east shore. Funding for these was over \$82,000 and a HUGE THANK YOU goes to the Columbia Basin Trust, Regional District of Central Kootenay, East Shore Economic Development Commission, Nelson & District Credit Union, Kootenay Boundary Community Services Co-operative, Creston Credit Union, and our own fund raisers who wanted the money raised to be held publicly. The two largest projects, the Community Directed Youth Fund program and the East Shore Learning Hub made up approximately half of the funding for the year. Other events supported were the "What's Happening" Spring Forum, the Alternative Power Solutions for Small Communities speaker event, and the Energy Resilience Ashram Report and Community Discussion.

Thank you also to the many volunteer members of the community who have contributed to these valued community activities.

The level of activity in 2013 has meant strong growth for Community Connections and we will be reflecting on our plans, priorities, and organization going forward.

We intend to explore how we can

- enhance communications and connectedness

- develop stronger partnerships
- increase capacity and capabilities
- find additional funds and resources.

We want to engage the community and business in the process to be effective and ensure we are adding value and truly contributing to economic and community development. We look forward to your thoughts and ideas as we work through our plans and welcome those who would like to participate.

Our near term goals are:

- fostering grant acquisition related activities
- sponsoring grants and administering funds
- providing responsible project financial control
- contributing to east shore connectivity
- deepening resources
- conducting community forums and meetings
- building sound society management
- working with like minded groups such as Invest Kootenay [www.investkootenay.com](http://www.investkootenay.com) and the Chamber of Commerce [www.kootenaylake.bc.ca](http://www.kootenaylake.bc.ca).

Becoming a Community Connections member is easy and might even connect you to volunteer or paying work by placing you in our growing skills bank. Send us an email and we'll put you on our distribution list. As it makes sense, we will inform you of important projects and activities and may look for feedback on topics of interest.

We hope you had a great holiday season are looking forward to 2014 as much as we are.

Drop by our office 1-4pm Wednesdays at the Crawford Bay School and meet

Administrator Greg Blackwell at 250-227-9218 (ext 5505) or cell: 250-509-0751; [skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com) or [gblackwell@theeastshore.net](mailto:gblackwell@theeastshore.net). Community Connections can also be contacted at our website [www.cconnections.ca](http://www.cconnections.ca)

## New & Affordable Courses!

### Non-profit Series for New and Experienced Board Members

**Grant-writing:** Learn the basics of successful grant writing for groups of all kinds.

- **Instructor:** Val Mayes
- **Cost:** \$30
- **Date:** January 17, 1 to 3:30pm
- **Location:** Boswell Hall

**How to Run an Effective Meeting:** For new and experienced board members of non-profits, businesses and cooperatives.

- **Instructor:** Val Mayes
- **Cost:** \$30
- **Date:** January 18, 9:30 to 12:00 noon
- **Location:** CBESS, Crawford Bay

**Are you Covered?** Risk Management, insurance, due diligence for new and experienced board members.

- **Instructor:** Val Mayes
- **Cost:** \$30
- **Date:** January 18, 1 to 3:30pm
- **Location:** CBESS



### AREA "A" EDC Economic Development Commission

**next application deadline: Feb 28, 2014**

**A submission can be made at any time -- submit early so we can help you to succeed.**

**\$9,000 is available** in the current financial cycle for projects for Area A (East Shore) relevant to the promotion of economic development. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

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

email [skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com)  
or phone 250-227-9218 x5505.

#### Approval/funding lag time 6 to 8 weeks

An application form is available online:  
<[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)>

More info: [lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca)  
250-225-3333

## Nelson & District

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## Hacker's Desk

by Gef Tremblay  
Wabi Sabi

In the last year I transitioned from a day to day employed job, to becoming a freelancer, and now to start our own business. One of the changes I didn't

think about was the relationship I had with money and how that would change my relation to everything around me.

I started working at quite a young age, and I've always worked for someone else. I've never made a lot of money but there was always money coming in. That created some sort of separation from what money was and what work meant to me. I would give away most of my life, and in return I would have the peace of mind, comfort and security, without questioning the whole process. I was disengaged with the time I was spending at work and the resources I was consuming.

That slowly shifted as I wanted to bring more and more meaning to my work, and slowly merging work, life and passion together. The fruit of this merging is Studio Ponnuki, but with it came a lot more learning. Now the money aspect as completely change. From a ever lasting flow of income, now a sporadic amount comes in; from hourly wages, now it's all about what quality I can bring into every second of work. Procrastination used to mean a boring day at work; now it means a loss of income. A sick day means no income, and I have to choose wisely what work I do and when I do this work.

But something else also arose. From the inconsistent income, I started to put a lot of care into what we purchase, what we make and how we consume. Everything started to be worth more. Expensive food represents more work for instance, and I started to question all purchases. Is this worth my time? If I buy this tool and it doesn't break I'll have this tool for the rest of my life... do I want to deal with that? That extra care also created a lot of clarity and simplicity.

I am starting to enjoy that simplicity, but also that lack of infinite careless resources. The fact that I have to count and look at what I have and spend more intelligently brings more care and awareness. That humble feeling of appreciation is something really nice and I couldn't describe it completely. What did I like about having fewer resources? Why was is enjoyable and tender to have to care more for less food and goods? Something inside me changed and I wasn't sure what it was, until I stumbled upon *Wabi Sabi*.


There is something about words and concepts that is quite enlightening. Sometimes a new concept has a striking effect on my mind, as if words themselves have teaching aspects. That happened to me few weeks ago when I heard for the first time, Wabi Sabi!

Wabi Sabi is a Japanese concept that is associated with finding beauty in simplicity, or the aesthetic of poverty. Not in the sense of being poor, but in the relaxed humble celebration of a simple life. **It's finding beauty in the marks left by time on a simple but efficient tool, the enjoyment of a small meal from our garden, while listening to the tune of a summer rain.** It's an aesthetic that is infused in Japanese culture, from architecture, to tea ceremony.

That simplicity, that humble attitude toward material around me is really what I felt happened with my

change of work. Although the change in my work has brought me to understand this idea of Wabi Sabi, as a designer, hacker and yogi, it's a concept that has always inhabited my way of life. Choosing to use a straight-edge razor so that I can keep it for the rest of my life, or reflecting on a design to see if it will abide the test of time and grow old nicely are examples which illustrate that desire, that affinity with the Wabi Sabi way of life. Even Linux, (the operating system I use) feels a lot more Wabi Sabi than Windows!

Wabi Sabi is quite counter culture to what I have experienced here in West. But I can see how the East Shore also embrace that idea. I believe that most of us who live out here is somehow researching that aesthetic of simple meaningful life and simplicity.






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## Hidden Taxes

by David George

It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the

epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way..." This is how Charles Dickens began his famous novel *A Tale of Two Cities*.

At the beginning of this new year, 2014 AD or CE, whichever you prefer, there is time for contemplation and reflection before we launch ourselves into an uncertain future.

Reflecting on the seven columns about Hidden Taxes which I wrote in the past year, some things suggest themselves for review.

Recycling continues to work reasonably well.

Transfer stations, part tax and part user funded are reducing the amount of garbage going into the landfill through recycling bins.

Container deposits and eco-fees also help, although administered privately.

Kootenay Lake Lions have set up bins for deposit cans and bottles, thus raising more money for our East Shore communities, around \$4,000 this first year of operation.

Still 'free' with no direct fares are the Kootenay Lake ferry and all other inland ferries. The extra two-and-a-half cents of the road fuel tax increase a few years ago is still lost somewhere among the bean-counters. It was supposedly going to be used for highway mainte-

nance. Tell that to the East Kootenay mayors who are contemplating lawsuits against the private contractors responsible for clearing roads in winter in their areas.

Many years ago, I spent a couple of years in Prince George working for the Department of Highways when it was directly responsible for road maintenance and snow ploughing.

There is no reason I can see why we should not go back to road maintenance through a public department directly, rather than placing ourselves at the mercy of contracts given to the lowest bidder. Public ownership and public accountability for the public good.

Looking back to the costs of our politicians, we see that our own MLA, Michelle Mungall was not able to represent us in Victoria since the election this year, because the upset victor party, the Liberals, have refused so far to hold a session. At a cost of around \$275,000 per MLA, the 85 of them cost us taxpayers more than \$23 million this year. For what?

One may well ask what good an expensive provincial government is when it won't hold a legislative session. By the way, only the provinces of Alberta and Ontario seem to have more expensive MLA salaries.

One thing that has not been done is reducing our local electricity costs, Fortis BC's infamous two-step Residential Ripoff Rate. It is worth noting that the BC Utilities Commission has received more than 150 complaints about this, and has in its hands some sort of response from Fortis. There will be more about this next month.

Closing thoughts on foreign ownership: while I admit that Newfoundland where Fortis is based is a part of Canada, it still seems like foreign ownership.

Fortis is a private, for-profit company. It is within the powers of our provincial government to take over the ownership of the former West Kootenay Power from Fortis. Years ago when it was sold to the Americans would have been a better and cheaper time, as the sale price then was less than \$80 million, but now is still not too late. This is no more socialist a notion than

the public ownership of BC Hydro, anyway.

Public ownership and public accountability for the public good. This applies to any natural monopoly such as a utility. Private ownership has its place, and that place is not ownership of a monopoly utility.

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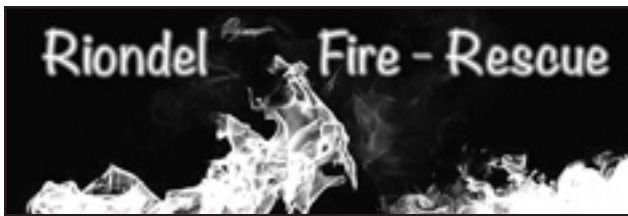
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<b>Lorna Robin:</b> lornarobin@bluebell.ca	250-225-3333	



## House Numbering – Kind of a Big Deal

by Francis Holman  
for Riondel Fire and Rescue

### The Importance of House Numbers for Emergency Vehicles:

In case of an emergency like a fire a single minute can mean the difference between life and death. Fire fighters are equipped with many tools to help improve their arrival time.

One of these tools is a detailed map of their designated area. However, house numbers are one of the simplest and most imperative tools for quick reference. The more camouflaged and difficult to find the numbers are, the longer it will take emergency personnel to arrive at the scene. You may be wondering, what the requirements are for display of house numbers. The following are the basic requirements for appropriately displaying your house number:

- The numbers must be ARABIC numerals. Fancy numbers or numbers that are spelled out may be aesthetically pleasing but are hard to read from the street.
- They need to be a minimum of four inches high and in a contrasting colour to the immediate background. Brass or bronze numbers are difficult to see in day or night light.
- They must be displayed on the front of the dwelling and visible from the street. If the dwelling is located 45 feet from the front lot line, the number should be displayed on a gate post, fence, mail box or another appropriate place that will make it visible from the street from all directions.
- They cannot be obstructed by shrubs trees or other decorations.

Thank you, and safe and Happy New Year from Riondel Fire and Rescue!

## Summary: What is Invest Kootenay?

submitted by Lorna Robin

### Q: What is Invest Kootenay?

Invest Kootenay (IK) is an investment attraction partnership. Kootenay communities pool their membership contributions to:

- Showcase the outstanding lifestyle and business opportunities in our communities through a marketing program that raises the profile of the Kootenay region
- Provide interested investors up-to-date information about a community's business environment
- Connect investors to opportunities by maintaining a database and free online listing service of local business opportunities on InvestKootenay.com

### Q: What are the benefits to communities that are members of the Invest Kootenay partnership?

- Increased exposure for local business investment opportunities: Free access for local businesses to use IK online listing service; promote opportunities on web site and to over 750 registered investors.
- Collaboration with provincial international trade and investment: Opportunities listed on IK are now also uploaded onto Provincial Opportunities BC web site and database, increasing international exposure.
- Investment attraction program at a shared cost: Comprehensive investment attraction strategy and marketing program with customized local materials provided cost-effectively through partnership.
- Participation in a regional economic development initiative: Regions compete globally, and Invest Kootenay provides Kootenay communities a higher profile by speaking with one voice and one brand.

### Q: What has Invest Kootenay accomplished?

Recent achievements by Invest Kootenay include:

- Growth of the Invest Kootenay investor database – 750 potential investors have registered their interest in the Kootenay region to date, with 2013 representing the highest number of total new registrants yet.
- Strong and growing web presence - over 13,000 visits; 62,000 page views in the past year at InvestKootenay.com.
- Stimulating Kootenay investment and business retention: 22 verified investments in Invest Kootenay listed opportunities representing over \$3.9 M in direct investment.
- Expansion of the Invest Kootenay partnership to include the Lower Columbia region – Cities of Trail, Rossland, and communities of Fruitvale, Montrose, Warfield and surrounding electoral areas.
- Creation of a marketing partnership with Kootenay Rockies Tourism - includes providing Invest Kootenay marketing materials at tourism trade shows. Most recently Invest Kootenay was featured at the Tourism Industry Conference in Rossland, BC.
- Kootenay Region currently maintains among the highest number of investment opportunity listings on the BC Ministry of International Trade Opportunities BC website – this is largely due to the work of Invest Kootenay.

### Q: Where can I get more information?

To list your business for sale, or inquire about investment opportunities within the East Shore Kootenay Lake region, contact Greg Blackwell at 250-227-9218 ext 5505 or gblackwell@theeastshore.net. For information on Invest Kootenay in general, please contact Lisa Cannady, Regional Coordinator at lisa@investkootenay.com or 250.352.1933 ext. 104. Please also visit the our web site at www.investkootenay.com.

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## Grants Available for Projects That Support Social Well-Being

press release by CBT

### January 9 deadline for CBT's Social Grants Program

Columbia Basin) – Groups with projects that support social well-being and address social issues in Basin communities are invited to apply to Columbia Basin Trust's (CBT's) Social Grants Program. The deadline is January 9, 2014.

After considering input from socially focused groups, CBT has adjusted this third intake of the three-year pilot program in two key ways: 1) the program will now have one intake per year (with \$1 million in funding available) and 2) there will be increased support available to applicants in developing projects and moving through the application process.

"We received feedback that applicants would like more support and guidance, which we're pleased we can now provide," said Sabrina Curtis, CBT Director, Sector Initiatives. "Plus a larger volume of funds available in a single intake will help ensure that more applicants with strong projects that are ready to move forward will receive funding when they need it."

CBT is committing increased resources to help applicants determine which projects are eligible for the program, discuss projects with them and guide them through the application process. The January 9 deadline means groups have over two months to work with CBT to prepare their applications. Groups interested in applying should contact CBT to access support from a Social Grants Program advisor.

Granting decisions are made by the Social Grants Program Selection Committee, a volunteer group of Basin residents that includes individuals who have experience and expertise in the social sector and individuals who have broader community development experience.

For more information about the program, and to download guidelines and the application form, visit [www.cbt.org/sgp](http://www.cbt.org/sgp).

CBT supports efforts to deliver social, economic and environmental benefits to the residents of the Columbia Basin. To learn more about CBT programs and initiatives, visit [www.cbt.org](http://www.cbt.org) or call 1.800.505.8998.

### Call for Instructor Proposals for Medley Arts Camp



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## TOM SEZ

If you are not going to use a vehicle for a month or so, please disconnect the **neutral** battery terminal and wrap it with duct tape so that it can't touch anything. Then your battery should remain fully charged until you re-connect the terminal. Today's vehicles do use some battery power even when the ignition is turned off.

A Dawson City, Yukon hunter has shot a moose with a world record set of horns. The moose was about eight years old, not unusually large but his headgear is. The rack has to set for some time to allow for shrinkage before the final Boone & Crockett measurement.

BC news online reports that Alberta is actively recruiting experienced workers from the UK and especially Ireland. It costs the employer about \$260,000 for each electrician or other specialized tech person to bring them to Alberta.

What we thought was an owl hooting in tropical Mexico turns out to be the mating call of an iguana.

A foot or more of undisturbed snow will melt the ground underneath, given time. So this may thaw your frozen pipes. Sometimes we might find an outside tap that had a below ground stop and waste that still operated. We could attach a garden hose to this and then bypass the frozen pipe. As long as we kept the tap and hose covered with snow this would not freeze, provided the water was left running gently – snow is a great insulator.

The only winter cold enough to freeze the lake from Gray Creek Hall to Crawford Bay was 1951. We could skate on the lake by our wharf from January 15 for two weeks, but fresh snow soon became too much to shovel. Deer were crossing to the peninsula. About February 10 a south wind came up and within a day the ice was broken up.

In re-reading *Fishes and Wishes and Fruit, the Diary of Colin Haddon*, I find that in 1918 when he stays in Nelson he refers to "three finger bowls today". The Hume Hotel provided hammered copper finger bowls at each meal, to rinse your digits after eating the main course, so Colin is referring to eating three meals that he, a bachelor, didn't have to cook. In later years the Hume hung some of these on the wall, calling their dining room *The Copper Room*.

If you have found *Tom's Gray Creek – a Kootenay Lake Memoir* interesting please remember that without Frances Roback's editing this would be much lesser product. I wanted her name on the cover as such a super editor, but she was too modest to allow that.

Please don't shovel and lift snow – use a **snow float** which can move snow lumps weighing over 100 lbs. You unload it without lifting – store staff will demonstrate.

Hydrogen buses in Whistler are being discontinued – the technology is not yet effective. However propane is a proven fuel which is much more economical as well as producing far less emissions than diesel or gasoline.

Up to about 1960 the Highways snow plow crews were only paid when they were called out for snow removal. Some of the crew felt that their religion could help, so would pray for snow. The truck plows (often with Johnny Oliver at the wheel) at that time could only plow at 15 miles an hour. This just pushed the snow to one side and soon the road was only one lane wide. It might be weeks before a grader could be brought across the lake to push the snow down the bank. Tractor-trailers weren't frequent as CPR Rail was still moving most freight and express, but the daily Greyhounds were the Trans Canada passenger link, and a coach loading passengers at our store would hold up other traffic.

## Dana Meise Completes TransCanada Hike

by Tom Lymbery

Dana Meise finally finished his challenging TransCanada Trail walk December 17, reaching the tip of Cover Point, all the way from the most eastern part of Newfoundland. He hit early snow on October 22, 2013, hiking in the moonlight over the Gray Creek Pass. Since then he has been challenged by more snow, finally getting off the white stuff when reaching Hope.

The TCT is not snow plowed where it follows the old Kettle Valley rail line, and only occasionally he could find a snowmobile track to make walking easier.

He was featured on Global News 6 pm newscast on Dec 17. Here's the video if you didn't see it then. <http://globalnews.ca/news/1036680/prince-george-man-walks-trans-canada-trail-from-coast-to-coast/>

## New & Affordable Courses!

### Non-profit Series for New and Experienced Board Members

**Grant-writing:** Learn the basics of successful grant writing for groups of all kinds.

- **Instructor:** Val Mayes
- **Cost:** \$30
- **Date:** January 17, 1 to 3:30pm
- **Location:** Boswell Hall

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- **Instructor:** Val Mayes
- **Cost:** \$30
- **Date:** January 18, 9:30 to 12:00 noon
- **Location:** CBESS, Crawford Bay

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## Tom's Corner

by Tom Lymbery  
Trapping Fur

Johnny Oliver said that during the Great Depression the most important revenue their family had was from

trapping – about \$100 a year (no small change in those tough times). Johnny's grandfather Tom Oliver and Frank Martin were killed in a snowslide when they were returning from their trapline in February 1922.

When I was in Grade 6 at our school in Gray Creek Hall it was wartime and fur prices had risen. Our teacher received a letter from R.J. Pop Co., furriers in Vancouver, offering to the rural BC teacher whose students trapped the most cats, a free fur coat – OF CAT FUR!

The letter specified that these must be from house cats that had gone wild – those that lived in warm houses wouldn't have sufficient quality fur. I don't know if any of us took up this challenge, as cats gone wild were non-existent in our area, and we never found out if any teacher actually received a cat fur coat. Of course, R. J. Pop would have marketed cat fur under some exotic name, such as Polar Wildcat.

A few years later, mining man Brynelson and R.J. Pop financed George Oliver a few years later to raise mink and marten. George built cages well away from his house, which were raised several feet above the ground and designed with full wire screening, so that the animals couldn't chew their way out. He and Johnny live-trapped mink and marten, and some of these were pregnant so that his stock gradually grew. All the animals were extremely shy, so that when you visited the cages you were lucky to have a glimpse of one. George set up a deep freeze, which was powered by a Briggs and Stratton engine, as this was before power came to the best shore. He used to buy or trade for an old horse to stock the freezer, as the animals are entirely meat eaters. It took a few years to get the operation producing fur, and unfortunately by then prices had dropped too much from the wartime high.

Frances Beaubien donated a 1943 fur price list to Gray Creek Historical Society which had been mailed to Gordon McGregor, a sometime trapping partner with Frances' dad, Cliff Derbyshire. This shows house cat fur prices at 25 to 40 cents each for black fur, while mottled fur was only 20 cents. The same price list

includes Weasel, Skunk, Mink, Wolf and many others, graduated in size from small to large and from No 1 to No 2, with the top price for large No. 1 mink at \$32. A feature of trapping revenue was that the skins never graded as high as you hoped.

Trapping is still a valid winter occupation on the Lake and you will sometimes see a trapline for sale in the classifieds, often for up to \$8000. Marv Syfchuck was trapping last winter after taking a course, which is most important as animals must be caught using a trap which kills instantly. Leg hold traps have been banned for many years.

The market today is South Korea, Russia and China, where people have not been intimidated by movie stars showing bloody scenes. Trapping could never be as horrific as today's TV fare of shoot 'em up, kill 'em off with bodies dripping with blood all over the place.

Up Here Magazine from Yellowknife had a recent article about the "Fur Table Auction" in Thompson, northern Manitoba. This is an early December event for trappers to sell their fall harvest. They line up to take a number, then the first takes his bundle of skins to the first table where the buyer gives him a written appraisal, then on to the next buyer,

so that the trapper ends up with up to five offers for his batch of furs. He or she can then choose cash up front, or an option for perhaps better prices if the furs go to auction in Toronto or Montreal. There are also classes at this event (many teenagers take part) to improve the quality and grading with more careful skinning and preparation of the pelts.

The article notes that the average price of a marten skin has risen to \$90. When I passed this on to Don Derbyshire, who is still an active trapper, he said, "More like \$150."

Colin Haddon's diaries of life in Gray Creek in 1915 and 1918 (reprinted in the book *Fishes and Wishes and Fruit*) mention that he published his column Along the Trapline in the magazine *Rod and Gun* in Canada. In this column, he replied with advice to those writing to the magazine with questions about trapping.

Perhaps Nelson needs someone to run a trapline - did you see a recent news story about a bobcat entering a house and climbing a window blind in its effort to escape?



George Oliver's wife Mary holds up a prime lynx pelt. Undated photo courtesy of Lynn Fowler

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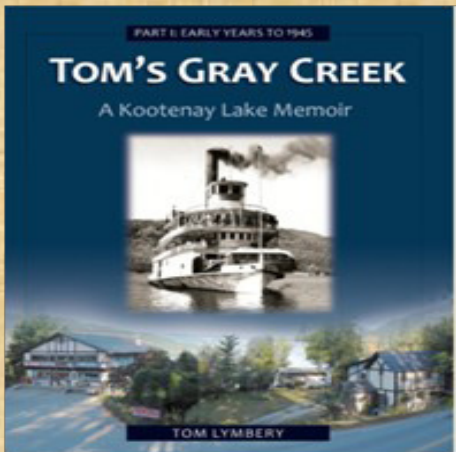
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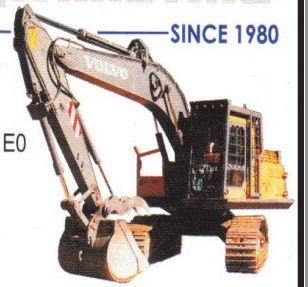
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**What is Wrong With This Picture?**



When residents were asked if they liked this image to represent our new community learning hub project, they replied that it “needs more work...”

So help us out. Send us your design; the Celtic Tree of Life image is available on Google Images. Make it belong to the East Shore! Or come up with your own design. It should express the ideas of community cooperation and regional partnerships, lifelong learning and .... what other values do we have on the East Shore?

Please send design digitally to [eslearning-place@gmail.com](mailto:eslearning-place@gmail.com) by January 29. Winner gets \$100 worth of free community education courses: driver training, wood lab, Espanol-eh? or others. Look in your Selkirk College insert coming in your mailbox...

**WATCH YOUR MAILBOXES!**

East Shore residents are soon to get a Selkirk Calendar in the mail. Before you recycle it, please note that there is an insert which is our East Shore mini-calendar for courses on the East Shore and for local residents... it is meant to be taken out and put up on your fridge. Don't miss out on some great opportunities!

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**We're reaching OUT:** We are now distributing our in-store flyers to post office boxes that accept them...

**Bottle depot:**  
**Sunday, 10 - 2**



## From the Principal's Desk

by Dan Rude

After a wonderful Christmas break, I want to once again thank everyone who helps make our school and community thrive. A recent visit from the vice-principal of Nakusp Secondary once again reminded me of how much we have to be thankful for here and how much we have evolved community involvement in support of learning here. She left me a note after spending some time in the school and with community members that read, "Thank you for an informative, stimulating, and energizing visit", and told me that we have a "great community". So, thank you for being great and helping us be stimulating and energizing.

In no particular order, I'd like to thank:

- Our Full Cycle Food program chef, facilitators, coordinator, and network of volunteers;
- Our North Kootenay Lake Community Service Society Counselors;
- Everyone involved in supporting early learning through StrongStart and EASEY;
- Everyone involved in our community Youth Council;
- All who have helped create and participate in the new Community Learning Hub adult learning centre in partnership with Selkirk College;
- Our Fitness Place volunteers;
- All who create, support, and participate in after school programming;
- All who have organized and contributed to our many important fundraisers;
- Our elementary music mentor and PAC for continuing to support music in this format;
- All community members who have offered learning experiences and resources for our students and who have dedicated themselves as mentors;
- Our parents who share in the partnerships of our children and youths' ongoing learning;
- Our students for being playful, interested, and providing us opportunities to continually grow;
- And, of course, our highly committed staff – custodian, bus drivers, maintenance workers, secretary, educational assistants, and teachers.

Have fun, be safe. I hope you enjoyed the rest, and make sure you have enough vegetables on your plate (Lee will find out if you don't).

## East Shore Summer School Invites Community Participation

submitted by Laverne Booth

East Shore residents are invited to participate in a three week summer school program at Crawford Bay School starting the week after Starbelly Jam and going until just after the August long weekend. The summer school will build on the success of the Medley Arts last summer, and add Global Gesture language week and a week called Shokunin based on the Japanese concept, not easily translated but meaning something like presence in work, work of love/love of work where more intensive arts and wellness classes are offered.

How can local people get involved? Would you like to facilitate or teach classes in arts and wellness? Any flamenco dance teachers or flute teachers out there? All genres welcome.

For the Global Gesture language week, we need native speakers of French, German, Spanish and English as a Second Language to facilitate multi-age groups to do activities together. The Shokunin classes are an opportunity for practising artists/ wellness practitioners to delve deeply in intensive sessions. The deadline for applications for instructors is January 30, 2014.

Please invite your visitors and all summer residents to participate. Spread the word. Volunteer positions are available. Billets may be required so if you have camping spots or cabins to offer, please let us know. If you are a business and would like to offer special deals to our visitors please let us know.

Contact: [eslearningplace@gmail.com](mailto:eslearningplace@gmail.com) or call 250-227-9218 ext 5518, or drop in on Tuesdays and Thursday 10 to 4 at the East Shore Learning Place at Crawford Bay School.

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## DPAC NEWS

submitted by Susan Wilson

The Kootenay Lake District Parent Advisory Council (DPAC) is pleased to announce our Executive members for the 2013/14 school year.

New to the chair position, but not new to DPAC, is Kendra Mann. Kendra has two children in the Nelson Family of Schools and has been the DPAC Vice Chair for a few years. Kendra is looking forward to working with parents, PACs and school district staff this coming year.

New to the DPAC executive are Nicole Rhynold and Ester Zdebiak elected to the Secretary and Treasurer positions, respectively.

Says outgoing DPAC Chair, Jenny Henri, "It has been an honour and pleasure to serve a DPAC Chair." Jenny will continue on the DPAC Executive as Past Chair.

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## Riondel Community Library

by Muriel Crowe

Another wonderful year has been accomplished by the Riondel Community Library. We had two very successful authors reading events and tied our open house into a wonderful arts day. We took part in the first Riondel Days stationery parade and had another very successful book sale that same weekend. We finished the year with three draws and are happy to announce that Anthony and Melody Arnold were our adult winners and Colben Hulland was our junior winner. We hope the coming year will be just as eventful and successful.

Our number of books borrowed is up slightly from last year and our membership has increased slightly. Publishers seem to be putting out greater numbers of books and we have many members who request some very good books that might otherwise be missed by our purchasers. Thanks for sharing your interests with us and for those of you who might feel shy about asking there are only two answers to a request for a book, yes or no, and rest assured nobody has been banished from the kingdom for asking.

Years end is always a time of reflection for me. I tally in my mind the good, the bad and wonder how to change what needs to be changed and how to keep my fingers out of what is fine as is. It is also the time when I think with thanks of those who have helped and encouraged me, in particular all those who volunteer or are the smiling face on the other side of a counter or desk. Thank you all with a special thanks to the regular library volunteers who are so unstinting in their efforts and to those others who pitch in whenever an extra muscle or brain is needed.

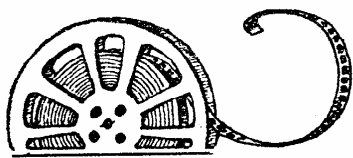
Happy New Year.

## The PAC Box

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

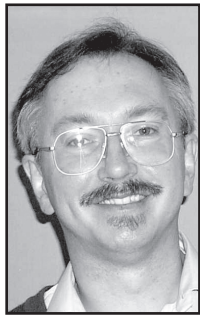
**PAC MEETING:** January PAC Meeting is on Jan 13 at the CBESS Library. All parents/guardians are welcome and are voting members. Join us!

**GROCERY GIFT CARDS:** The grocery gift card fundraiser is on-going throughout the year. For January/Feb, proceeds go towards the Hot Lunch Program and/or travel and outdoor education programs. Call the school for more info: 250.227.9218.



## Seldom Scene

by Gerald Panio



Although I hadn't planned it that way, the fact that this month's film (clocking in at 34 minutes!) is the shortest I've reviewed in this column gives me the opportunity to throw in some book and website recommendations that I've wanted to share with you.

I'm about halfway through another re-reading of Arthur Knight's *The Liveliest Art: A Panoramic History of the Movies*. I've had this 95¢ paperback since I was in high school, and it's one of the best general introductions to film history that I know. I love the long chapter on the evolution of sound in film. The book's long out of print, but can likely be purchased for peanuts through an online bookseller. The other superb one-volume history of cinema I always wind up going back to is Gerald Mast's *A Short History of the Movies*. There's a copy in our school library, and it's actually still in print in an updated, abridged edition.

There's always a collection of movie reviews on the mini-bookshelf in our bathroom, and the current occupant is Kathy Schulz Huffhines' *Foreign Affairs: The National Society of Film Critics' Video Guide to Foreign Films*. Collecting the work of some 35 of America's best film critics, and featuring reviews ranging in length from a paragraph to 10 pages, this 500-page reference work is one of the best of its kind. In particular, I'd highlight Andrew Sarris's review of Fellini's *Nights of Cabiria*, Michael Sragow on Visconti's *The Leopard*, Jonathan Rosenbaum on Bunuel's *The Discreet Charm of the Bourgeoisie*, Morris Dickstein on Bergman's *Silence & Persona*, and Pauline Kael critical rhapsody on Bertolucci's *Last Tango in Paris*.

It'll be a while, but when *Foreign Affairs* finally cedes its precious bathroom shelf space, it'll be to David Thomson's "Have You Seen...?" *A Personal Introduction to 1,000 Films*. Thomson is best known for his constantly updated, very opinionated *A Biographical Dictionary of Film*, now in its 6th edition. You can find his current reviews at the New Republic website.

One of the most popular textbooks for film studies courses is David Bordwell & Kristin Thompson's *Film Art: An Introduction*. It's gone through ten editions. David Bordwell's website on cinema (<http://www.davidbordwell.net/>) is also a treasure trove of articles and links.

Of all of the movie books in my library, one of the most thumbed-through is Danny Peary's *Guide for the Film Fanatic*. With 1600 mini-essays, it's the best one-volume guide to cult films. And now there's a fine website, [filmfanatic.org](http://filmfanatic.org), posted by a devoted Peary fan who's on a mission to view all of his recommended films and create an online dialogue.

And speaking of online sites, here are some of my favourites. Let's begin with Canada's own treasure trove, the National Film Board of Canada website. Other major institutional websites are those for the British Film Institute, the American Film Institute (<http://www.afi.com/>), the Cinematheque Francaise, and Vancouver's own Pacific Cinematheque (<http://www.thecinematheque.ca/index.php>).

Two of the widest-ranging collections of reference materials on cinema history are to be found at the Media History Digital Library (<http://mediahistoryproject.org/>) and Film Studies for Free (<http://filmstudiesforfree.blogspot.ca>). The former includes the mind-blowing Global Cinema Collection of digitized film magazines from multiple countries from 1904 to 1957, while the latter is a vast collection of free online articles and e-books. Browse your face off.

Some excellent film critics have their own sites. I've praised Roger Ebert many times in this column, and you'll find all of his writings at [www.rogerebert.com](http://www.rogerebert.com). Dave Kehr, who's just given up his long-standing column in the New York Times for a curatorship at MOMA, can still be found at [www.davekehr.com](http://www.davekehr.com).

Jonathan Rosenbaum is at [www.jonathanrosenbaum.com](http://www.jonathanrosenbaum.com), and you should also google "Jonathan Rosenbaum's 1000 Essential Films." Other cool lists with good short reviews include the American Film Institute's controversial Top 100, The New York Times' "The Best 1000 Movies Ever Made" and Time magazine's "All-TIME 100 Movies." Two other entertaining sources for film lists are [www.film.com](http://www.film.com) and [www.filmsite.org](http://www.filmsite.org).

It's unlikely that there are any movie fans out there not using the Internet Movie Data Base (<http://www.imdb.com/>), but I'd be remiss in leaving out the single resource I reference more than any other. Finally, for our Francophone readers out there, Larousse has two free cinema reference sites: the Dictionnaire du Cinéma (<http://www.larousse.fr/archives/cinema>) and the Dictionnaire mondiale des Films (<http://www.larousse.fr/archives/film>).

If you have personal film reference faves not mentioned here, books or websites, please drop me a line care of the Mainstreet. I'd love to check them out.

So, what was that 34-minute classic movie I mentioned back at the beginning of this column? It's Albert Lamorisse's children's classic *The Red Balloon* (1956). I had some vague memory of the title when Amanda Hulland recommended it to me recently (as a personal favourite that had just turned up in the Riondel Library), but I could have been mixing it up with *The Red Shoes*, another children's classic. I'd certainly never seen *The Red Balloon*, and it was a real treat for the Christmas season. Never released on video, this is the first time it has been available outside of theatres.

The story, told with only a dozen lines of dialogue, is about a six-year-old Parisian boy, Pascal (played by the director's own son) who, on his way to school one morning, befriends a bright red balloon he finds attached to a lamppost. I say "befriends" because we're talking magical balloon here. It trails after him like a puppy, and teases him like best friend. As a

metaphor for childhood innocence and wonder, a big red balloon is just about perfect. Some very clever effects work went into making this particular balloon a

convincing character in its own right.

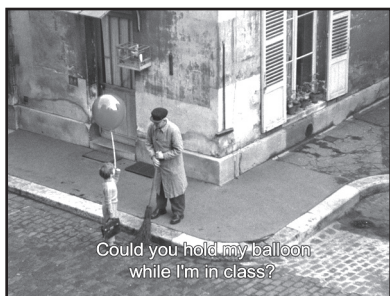
As with puppies, the adult world has a limited tolerance for cuteness. No big red balloons allowed on trolley busses, no big red balloons welcome in Pascal's school, and definitely no big red balloons in church on Sunday. There are a lot of uncomprehending looks from grown-ups with no time in their busy lives for balloons. Not everyone's a Grinch, though, and several passers-by are willing to shelter Pascal's companion under their umbrellas when the rain starts to fall. And, of course, there's the little blonde girl with the blue balloon....

Adults aren't the biggest problem, however. They're more annoyed than hostile. Bullies are another matter. For them, and their rocks and their slingshots, the balloon's just a big red bull's-eye. All of a sudden, we veer from whimsy to drama. I'll say no more, except that the ending is pure joy.

Albert Lamorisse, who also wrote the screenplay for *The Red Balloon*, began and ended his career as a documentary filmmaker. That background allowed him to overlay his fantasy with some of the best footage of Paris streets I've ever seen. The setting is as magical as the story. This is the Paris of all the songs, the Paris we've all imagined, both those of us who have actually spent time there and those of us who've only dreamed of doing so. There's the charm of the massive facades of the apartment buildings lining the cobblestoned streets, the bakeries, restaurants, outdoor markets, cafes, and the green trolleys. And yet, at the time the film was made, Paris still had its post-war rough edges—terrains vagues and crumpled buildings—and Pascal's red balloon contrasts powerfully with slightly down-at-the-heels Ménilmontant neighbourhood through which it dances. Part of the film's charm comes from the fact that Ménilmontant itself is not a favourite haunt of Parisian filmmakers—the landscape is both familiar and yet new.

Aside from story and setting, *The Red Balloon* stands the test of time because the new DVD release gives full play to the Technicolor film stock with which it was made. Technicolor was a glorious medium for fantasy, beginning with Douglas Fairbank's *The Black Pirate* in 1926, and reaching a peak with *Snow White and the Seven Dwarfs*, *The Wizard of Oz*, and *Gone With the Wind*. Whether it's multi-coloured balloons in Paris skies, or the sheen of rainwater on paving stones, *The Red Balloon* would be unimaginable without Technicolor's unique richness.

Lamorisse made one other extraordinary fictional film, *White Mane* (*Crin blanc*, 1953—Pauline Kael called it "one of the most beautiful films ever made"), but never topped the success of *The Red Balloon* (which won the Grand Prize at Cannes and an Academy Award, among a host of other awards). He later returned to documentary films, and was killed in a helicopter crash in 1970 while filming in Iran. In a final vindication of his talent, that final film Lamorisse was working on when he died, *The Lover's Wind*, was later edited from his notes and won an Academy Award eight years after his death.



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## It's A Small World After All

by Anna Rose

Book of the month: *The Autobiography of Martin Luther King, Jr.* edited by Clayborne Carson, 1998 Grand Central Publishing, 400 p.

January 15 1929 is the birth date of Martin Luther King Jr, although the United States observes a holiday for him on the third Monday of the month. A well-educated Baptist minister, King became a leader in the civil rights movement in 1955, received the Nobel Peace Prize in 1964 and was assassinated at just 39 years old in 1968.

King himself did not write a comprehensive autobiography, but he did write three books about various periods in his life. Besides parts of the books, the editor blends excerpts from articles, essays, speeches, sermons, letters, and unpublished manuscripts. A box at the start of each chapter lists important dates spanned by that chapter. Otherwise the book reads as an auto-

biography would, at least, one primarily focused on the writer's work rather than his personal life.

In the early chapters, King speaks about his delight in learning about the nonviolent resistance campaigns of Gandhi and about his (King's) choice to serve society from within the segregated South he had grown up in, rather than take a position in a Northern city where raising a family would be much easier. Of the following chapters, the most stirring ones are the ones in which he fills out historical details of the events that he was involved in with the thoughts that went into his decision-making, his sorrows and concerns, his faith in God, and his wonder at the power of a united, unarmed group committed to positive change.

King was a passionate speaker and writer, who roused people from all walks of life. He lit a spark in the "dormant and quiescent Negro community" who thought opposition to segregation was futile. He welcomed the help of empathic white "brothers and sisters" because he believed that only working together could create true racial understanding. King spoke to individuals and to crowds of thousands. He spoke to labour unions, high schools, his fellow clergymen, state governors and presidents. He claimed that the civil rights movement would have happened without him. He claimed he was just in the right place at the right time to be part of it, but we see in this book how extraordinary he was.

This book gives some amazing details about the year-long bus boycott in Montgomery, Alabama, about the lunch-counter sit-ins, the police shooting of four black girls attending Sunday school in Birmingham, and efforts to win voting rights. It spotlights passages from King's most important speeches such as "I have a dream" and his speech against the Vietnam war, with its insights and concerns still relevant to today's world. Poignantly, the last chapter leaves us with some of King's thoughts about his own death, including from the night before his assassination in Memphis:

*I left Atlanta this morning ... And then I got into Memphis. And some began to say the threats ... what*

the group changes direction and floats up instead of down until – like a snow magnet – it gathers more flakes and proceeds downward again to join the lump rising where, yesterday, the birdbath stood bare and elegant.

This is the time of year when the sparrows become noisy and quite demanding. If the feeder is empty or the water dish getting low there will be a bird at your window telling you all about it. Flickers keep busy with the suet blocks; Stellar's jays come and go from the hanging feeder, and two (only two) Eastern Blue Jays make brief surveys to confirm the available produce.

All this activity, coupled with the snow-covered path, and the approach (if not the arrival) of winter's solstice; all this can only mean that Christmas is two or three days away and you still have cards to send, parcels to wrap, and that most important baking to finish – time is running short.

But it is also a time for friends, and for me, it means that I will see my sister again. We did not grow up together – my sister and I, in fact we grew up as only-children and did not meet until four years ago when a student found a manuscript in a university library and posted it on-line. It was the story of fifteen years in one man's life, and it caught the interest of both my sister and I – for different reasons. The story-line spawned questions that were posted on-line – a sign of the times – and answered, of course, in the same way.

Answers, as they so often do, bring more questions, which become discussions, until lives show familiar affinities, and suddenly two women who had corresponded on-line for at least eighteen months as strangers suddenly realize they are sisters.

When an only-child discovers her sister it is exciting, and at the same time quite ironic since it was my late-father's own life story that brought his two daughters together.

The trappings of this busy season are insignificant when compared to the family we have become; the family we delight in discovering. There are so many stories to tell; so many small details to fill in; so much life to catch up with.

Like that errant snowflake that chooses an arbitrary direction and in so doing gathers another flake – and another, the pattern is now uniquely complete.

I am grateful to my father who (unwittingly) saved a precious gift for his daughters; there, buried in his own words, we uncovered the lost Christmas present of sisterhood.

*would happen to me from some of our sick white brothers. Well, I don't know what will happen now; we've got some difficult days ahead. But it really doesn't matter with me now, because I've been to the mountaintop ... Like anybody, I would like to live a long life – longevity has its place. But I'm not concerned about that now. I just want to do God's will. And He's allowed me to go up to the mountain. And I've looked over, and I've seen the promised land (of the justice they were seeking). I may not get there with you. But I want you to know tonight that we, as a people, will get to the promised land.*

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## BOOK REVIEWS

**D**RUGSTORE *COWGIRL Adventures in the Cariboo Chilcotin*, by Patricia Joy MacKay, Heritage Publishing, 240 pages, \$19.95

Watching western movies encouraged Patricia Mackay to emigrate from England in the hopes of finding the cowboy culture she had seen on the screen. She spent her summers on guest ranches, getting employed as a cook's helper, but finding that she soon had to be the cook, often without a helper.

The Cariboo Chilcotin of the 1960s still epitomized the spirit of the Wild West and her story found the old time hospitality of the west. She writes in an amusing way and you will have trouble putting this book down, as she describes rodeos, roundups and campfires. She couldn't find a recipe for the bucketful of calves testicles that she was asked to cook after the first branding roundup.

She was frightened of horses, so it took her some time to learn to ride, but fortunately she was given a gentle horse that she found she could handle. As a very English girl, used to a cup of tea, it took her some time to feel accepted, and going to weekly square dancing in different homes every week helped a lot.

**V**ANCOUVER WAS AWESOME – *a Curious Pictorial History* by Lani Russwurm, Arsenal Pulp Press, 160 pages, \$24.95

This book generated from a Vancouver is Awesome website started in 1980, intending to accentuate the city's positive features above the news' daily dose of death and disaster. The cover shows Granville Street in 1958 when it was Theatre Row with all the world famous neon.

Among the famous is Boris Karloff who got his start as an actor at the Nelson Opera House. Later making the roll of Frankenstein duly famous. The article credits Greg Nesteroff with finding the original Bride of Frankenstein - the first of Karloff's six wives.

There is an article and photo on nearly every page of this book, most about actors such as Charlie Chaplin's week long Vancouver acting performance in 1910 before he became famous, but goes all the way to the Stanley Park Cougar who killed deer and goats in the park.

Buildings famous and infamous and people including the Sons of Freedom movement who followed Big Fanny's trek to the coast and filled the older hotels for a time, putting on daily prayer and sometimes nudity sessions by Victory square. From early day night-clubs and speakeasies to the Hollywood Hospital this book has it all. The latter was a place where you could take an LSD Trip in a controlled environment.



### pebbles by Wendy Scott

#### A Christmas Gift

Here I am – still in the midst of cards, paper, tape, and baking. The tree is yet to be stood in its place and I have to find that box of icicles – or are they in a bag? Or, for that matter,

what do they look like now? Of all the Christmas decorations it is the icicles that have been persistent in changing over the years. Now I'm about to say – do you remember – the icicles of my childhood were skinny strips of foil. A person could peel them one by one from their cardboard backing and drape each one carefully over a branch. The tree, most likely, had been dragged in from the top of the car having been purchased at one of the many lots run by Boy Scouts. Now – they're lined up like sausages (the trees not the Scouts) outside the supermarket and tied tightly to make sure their needles fall as quickly as possible once placed in that crisscrossed stand you made three years ago.

And the cards – where to put them and have you remembered everyone (why has Great Aunt Enid sent a card? And where on earth does she live – no return address...)

But – look outside. The world is white again, albeit briefly, but reminiscent of a long time ago when that world was much bigger and you (and your friends) were so much smaller. And it is the first snowfalls of the winter that remain in memory: to awaken on a school day and see flakes racing past your window and know without having to listen to the radio that the plough would not be coming down your street until at least the afternoon, or just as nice but more complicated, the blizzard at recess that falls so fast the sound of the bell can't possibly be heard and nothing comes of your tardiness since it involves too many children and teachers are busy arranging rides – and handing out homework.

Now it is the soft magic of those first flakes – whether we're standing at the window or in a field the reaction is the same – we stand still and watch. Soon there are many more flakes falling faster and we watch as one from the middle of

## Asana of the Month

by Jayanti Holman

### Virabhadrasana 1 Warrior 1



#### Benefits:

- Fully expands chest helping deepen breathing
- Relieves stiffness in shoulders neck and back
- Tones the ankles and knees
- Reduces fat around the hips
- Improves balance and concentration
- Softens the pelvic region
- Improves digestion & pain related to menstruation

#### Doing the pose:

- Stand in Tadasana (mountain pose) with your arms by your sides feet together.
- Deeply inhale and as you exhale, step or jump your feet and arms apart, so your feet are as wide as your finger tips
- Inhale and bring your arms over your head, palms together
- Exhale and turn your torso, hips and right foot to the right and your left foot in slightly
- Inhale stretching up through the arms and lengthening your torso
- Exhale and bend your right knee until it's directly over your right heel, and your thigh parallel to the floor
- Breathe deeply & evenly for 5-10 breaths

#### Focus while in the pose:

- Firm your left leg & root down through both legs, while arching up & back, opening your chest and heart
- Keep your heels in line with each other and the back heels outside edge firmly rooted
- Keep your shoulders over your hips & moving away from your ears
- Lift your torso up from your hips, stretching your side waists evenly

#### To come out of the pose:

- Inhale & straighten your front knee
- Exhale, lower your arms
- Repeat on the other side

## Health & Happiness

by Sid Kettner, MD, East Shore

### Forget About "Dieting" in the New Year

Instead, just continue your lifestyle of healthy eating through the holidays and all through 2014. Here are some tips:

- Enjoy your family's traditional food—but only in moderation and with discrimination
- Remember the Optimal Diet we discussed many times--fruits, vegetables, whole grains, legumes and a few nuts. Be very wary of meat, fish, poultry, sea food, dairy and eggs if you care about your weight or are serious about your health
- Don't snack or binge
- Learn to say, "No Thank You" when unhealthy food is passed
- Don't go to a party hungry—drink a lot of water and have a fiber bar an hour before
- Eat only one dessert at a party and only the best one
- Fill up on veggies, fruits, salads and grains on the first pass. Then you won't crave seconds or unhealthy food
- Beware—most Christmas goodies are loaded with fat and sugar—many are "cholesterol bombs"
- Avoid fried foods and calorie dense foods
- Scale down—control your portion size, your speed of eating and be aware of the endless variety that tempts you
- Exercise daily, 30-45 minutes, preferably out side
- Have a hearty, healthy breakfast and a light lunch so you won't be starved by party or dinner time
- Engage in conversation far away from the food
- Don't hesitate to leave food on the plate
- Overall Principle—Moderation. Eat less, eat nutritiously, and move more

Then you won't have to start a new diet on January 2, because you never went off your healthy lifestyle of eating and exercising during this festive occasion. Now, that's a treat!

A blessed holiday, filled with love, peace and joy, to all.

## Health Matters on the East Shore

by Verna Mayers

In recognition of the lack of health services in different areas of Area A, the East Shore Community Health Society is working with Selkirk College and University of Victoria Nursing program to develop an East Shore Communities Health Strategy. Three third year nursing students will be on the ground in our communities between January and April of 2014. We encourage all residents to participate in this community action research.

A local advisory steering committee of the East Shore Community Health Society is working in cooperation with Gregg Neelin, Manager of Community Education and Workplace Training and Linda Gomez of Selkirk Nursing 351, Lead Instructor to help advise the students who are doing the study. The objective of the Advisory Group and the Health Society is "Staying Healthy on the Best Shore".

The scope of the health strategy study includes doctor and nursing services, 911, ambulance, paramedic and First Responder services, Health Care Aids and Licenses Practical Nursing services, Mental Health Services, Hospice and palliative care services, health promotion, wellness services and programs and coordination of East-West health services.

## Hospice News

by Nicole Schreiber

*On Our Own Terms:* As the process of dying is altered, and often, prolonged, by advances in medical knowledge, we face increasingly complex choices, as individuals and as a society. Yet, most of us have a very difficult time talking about issues surrounding death.

In order to foster discussion on these topics, East Shore Hospice invites you to join us **Wednesday January 29 at 6 pm**, as we host a potluck, and a viewing and discussion of, 'A Different Kind of Care'. This is the second episode in a fantastic PBS series called 'On Our Own Terms', about the movement in North America to improve care at the end of life. Journalist **Bill Moyers** interviews terminally ill patients from a variety of cultures and backgrounds, in this fascinating look at the end of life and how society deals with the inevitable. This episode explores how our cultural attitudes towards suffering affect those who are experiencing pain, and the ways that palliative-care physicians are trying to change these attitudes, in order to make dying less painful and frightening.

After the viewing, there will be an opportunity to share ideas and responses to the program. Ali George has generously offered to hold the potluck and viewing at her place at 16286 Wadds Road, in Crawford Bay. Please call Nicole at 250-227-9006 ext. 29 or email at [hospice@theeastshore.net](mailto:hospice@theeastshore.net) for details and to confirm your attendance.

*We are always looking for new volunteers as well as input from the community on workshops, discussion groups, articles, or information that you would like to have access to on the East Shore. Please call us to discuss your ideas.*

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

**Next Deadline: Jan 22**

As most residents are aware, Area A is divided between two health regions and the services we can currently access differ according to which community we live in. We hope, through this study, to look for indicators of our health situation and support solutions to protect the health and safety of all the residents of Area A.

Residents who have not seen the REPORT OF THE SUBCOMMITTEE OF THE EAST SHORE HEALTH SOCIETY published in October 2013 may want to download it on the Community Connections website at [www.cconnections.ca](http://www.cconnections.ca). Further information coming out of the study will be added to this report.

Many thanks to everyone who works on and supports our various committees and societies which are working to fill community health service gaps. We appreciate all those who work in the health sector in Area A who do their best even though often understaffed. We continue to work for local community health services for all residents of Area A.

#### Contacts:

**Chair:** Verna Mayers 250-223-8474  
[vmayers@theeastshore.net](mailto:vmayers@theeastshore.net)

**Vice-Chair:** Bill Bannister 250-223-8615  
[thebannisters@telus.net](mailto:thebannisters@telus.net)

**Secretary:** Cathy Poch: 250-227-9457  
[cathy@higherpath.ca](mailto:cathy@higherpath.ca)

ES Community Health Society, Box 32,

**January 2014 Mainstreet 15**

# Riondel Community Church

## Annual Report 2013

by Wendy Scott

It always seems strange to write an Annual Report when the year is not yet complete; the snow has only just arrived, and the sun is shining.

It's cold, but not nearly as nippy as elsewhere in this vast country (or even the rest of the province.)

But the church year is ending and with it come the reports. It is rather nice to end before Christmas – that way we can take a breath and still have time to send all those Christmas cards.

The church is most fortunate to be able to contact ministers, pastors and priests willing to come to Riondel from various parts of the Kootenays, and even on occasion from much further afield.

We began 2013 with a visit from Br. Jeff Zak who traveled across the lake from Nelson. Jeff and Marilyn Zak would return half a dozen times this year and on one occasion introduced us to Pat and Greg Smith. Greg gave us a lovely rendition of his own guitar music. Jeff and Marilyn brought back news and stories from a fulfilling and very interesting time in Sri Lanka.

Brent Mason has joined us for four Sundays this year, and since he always brings his guitar, we know that we can expect some wonderful music. He is truly our pseudo Leonard Cohen.

Rev. Robin Ruder Celiz continues as our Anglican priest and has conducted our Third Sunday services here and at Harrison Memorial Church. Canon Derrick Smith from Kimberly stepped in twice when Robin was unable to attend and came to visit again on the first Sunday in September.

Our good friend, Canon Jim Hearne filled in for Robin's holiday in August and has made the trip across the lake a total of six times this year. Jim has been crossing the lake to worship with this congregation for more than fifty years. It is a tradition he began before Riondel Community Church was built and dedicated in 1959. The first Anglican service in the mining townsite of Riondel was conducted by Rev. Francis P. Hughes on a Friday in 1914.

Brenda Panio, our Anglican Lay Minister has not only conducted six services this year, but has also played the organ many times. Brenda is but one of our organist/pianists. Marie Gale is at the organ for most Sundays with Deberah Shears sitting in for many of the Anglican services. We are grateful to all of them, not only for the service music, but the special pieces they prepare so thoughtfully to add to the spiritual completion of our Sundays.

Shelley Stickle-Miles, a United Church minister now residing in Creston, came up the lake in September and again in November. I'm sure we will welcome her again in the New Year.

Pastor Bill Gooding from Kootenay Lake Church took services here until August when he and his wife, Deborah, returned to their home near Cranbrook. Bill has had a few health problems and our wishes and prayers go with them both for their good health and happiness.

Linda Moreau kindly stepped in when Bill was not well; she has returned three times. And we will be welcoming her again in the New Year.

In March members of our congregation along with our neighbours from Most Holy Redeemer Roman Catholic Church and our friends from Harrison Memorial Church attended The World Day of Prayer at Kootenay Lake Community Church. The program for this year was organized by the women of France and coordinated by the Women's Inter-Church Council of Canada.

The theme from Matthew 25: "...I was a stranger and you welcomed me..." could be displayed in all 16 **Mainstreet January 2014**

the Eastshore communities and in each of the various churches, especially at this time of year when we are most conscious of those in need.

In the summertime, at the Riondel Campground, the Chili Cook-off that began a few years ago with an idea from the Riondel Community Church Circle was successfully carried off again this year. Several ladies from our church cooked up chilli and made many phone calls – the result was a grand total of sixteen pots of chili. The feast, which included fascinating breads, baked potatoes, and tempting desserts, was enjoyed by about seventy people, including campers who could not resist the aroma and the joyful music presented by Donnie Clark and the Many Bays Band. Donnie has played several times in Riondel Church and he will bring us the sound of his music again for our Christmas service with Brenda Panio on December 22.

Recently, Canon Randy Wood, a dear friend of Riondel Church, found his release from pain and illness. He died in Creston Hospital. A memorial service will be held Saturday, December 14, at 1:00 pm at the United Church in Creston. Our thoughts and prayers are with his wife, Nancy and his family.

Leslie Downing and her husband, Frank, were among the first pioneers in Riondel, and Leslie was the last of the original Board members of Riondel Community Church. In August of this year, sixty-five people with their own private memories gathered in the church to honour Leslie and Frank. Donnie was there as well with his music. Leslie was not only an energetic member of the church board, and a board member of the original Riondel Library, but she did her best to ensure that a significant community would develop in what was simply a mining townsite. My first meeting with this dear lady happened very shortly after our arrival in Riondel, she came to greet us, bearing a small pink rosebush. The bush now rambles on our fence and will always remind us of a little lady with soft blue eyes and a sincere smile.

Marilyn Johnson took over from Leslie as Chair of the Riondel Community Church Board, and then, six years ago, handed the books to me. This year I will step down for the next person, or persons, to fill that position and take care of contacting ministers, turning on lights and heat, and writing words which constitute reports such as this.

May each of you enjoy a lovely Christmas and a peacefully joyous New Year.

## Notice of Passing

**RANDY WOOD**

**April 11, 1934 - Nov 30, 2013**

Randolph Scott Wood passed away Saturday November 30, 2013 at Creston Valley Hospital, aged 79.

Randy was born April 11, 1934 to Ruth and Ralph Wood in Newburyport, Massachusetts. With his mother's unexpected death in 1947, he moved to Walton, Nova Scotia, where he was raised by his maternal grandmother, Rachel Card. He graduated from Walton High School and entered University of King's College in Halifax, where he studied theology. He was ordained into the Anglican Church in 1957. He joined the Canadian Army as a Chaplain in 1964 and served for 20 years, retiring in 1984 at the rank of Lieutenant Colonel. After leaving the army, he joined the Anglican Church, serving at St. Westmount, Quebec. He moved to British Columbia in 1987 to serve in Creston, and later Penticton. Randy retired from the Anglican Church in 1997. He then served the Creston United Church congregation in a deputy capacity until 2007. He was the Padre and president of the Royal Canadian Legion, Creston Branch #29, President of the Boswell Memorial Hall, an avid gardener, and gourmet cook.

Randy was pre-deceased by his first wife Joan and his brother Fred. He is survived by his wife Nancy of Mountain Shores, Boswell; children Peter (Bernice) of Calgary, Heather (Dave) and Kim (Michael) of Ontario, Miranda (Sean) and Gavin (Jane) of Vancouver; and seven grandchildren he is also survived by his brother Donald of New England.

A celebration of life took place at Christ Church, Creston, on Saturday December 14, 2013, by Archbishop John Privett. Reception followed at the United Church. Internment at a later date. Memorial donations may be made to the Royal Canadian Legion Poppy Fund.

## Notice of Passing

**Gunter Ferdinand Becker**

**Feb 23, 1934 - Nov 30, 2013**

On the morning of Saturday, November 30, 2013 Gunter Ferdinand Becker passed away at the Creston Valley Hospital at the age of 79 years. Gunter was born in Munster, Germany on February 23, 1934. The Beckers lived on Selkirk Road in Crawford Bay before moving to Creston.

Gunter will be lovingly remembered by his wife Ingrid; his daughters Brigit Becker and Edith Shaw; his sons-in-law Paul Hewitt and Chris Shaw; his grandchildren Sabrina and Mathew; his brothers Karlheinz and George; his sisters Beatrix and Mechthild, as well as many other relatives and friends. To honour Gunter's wishes there will be no formal funeral service.

Condolences may be left for the family at [www.markmemorial.com](http://www.markmemorial.com)

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**Lorna Robin:**  
[lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca) 250-225-3333



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**Jan 22, 2014**



## Something To Ponder

by Bill Gooding

I was at a Kootenay Ice hockey game the other night. This is major junior hockey and the game against Red Deer was a rather fierce rivalry. These guys can skate and handle the puck quite well, but what stood out was the number of crunching body checks. It IS a fierce rivalry, punctuated that night by a number of players dropping their gloves and having at it. A number of fighting majors and of course the usual number of hooking, slashing, holding and interference penalties were given. Even in this game one could see that there are penalties for breaking the laws of the game.

And we all know and have experienced that in our own lives. We blow it, we break the law and there are consequences. And we pay for it in one way or another. Last year I was caught speeding on the East Shore. I was only going 70 in that stretch between Gray Creek and Mountain Shores, but there were 175 consequences. It was for me a rather costly mistake. However this was one debt that I could pay

And as you and I journey through our lives we remember or know of many times when we have blown it: sometimes with our spouse or our children; a careless or angry word; a wee touch of gossip; that anger or bitterness or unforgiveness we hold onto; that stretch of the truth; the outright lies we've told; that involvement; that activity that we should have turned away from. Whatever it is, the truth is clear - we have some debts to others. There are consequences and most of the time we find that we cannot make them right.

Well, as you all know our God has designed a series of laws that would be beneficial and for our greater good, and we fail miserably and fall short. Try as we might, we still make wrong choices and wrong decisions. We need a true sense of real and total forgiveness. We need and want a fresh start. That is the core of the Christmas message we shared last month. Remember the angels message to the shepherds: "Do not be afraid. Today I bring you tidings of a great joy. Today is born to you in the city of David a Savior, who is Christ the Lord."

Harry Ironside used to tell about a young man who was a soldier in the Russian Army. Because the young man's father was a friend of Czar Nicholas I, the young man had been given a rather responsible post. He was paymaster in one of the barracks for the Russian army and it was his responsibility to see that the right amount of money was distributed each month to the soldiers. The young man meant well, but his character was not up to his responsibility. He took to gambling and eventually he had gambled away a great deal of the government's money as well as all his own.

In due course, the young man received notice that a representative of the Czar was coming to check the accounts and the young man knew he was in trouble. That evening he got the books out and totaled up the funds he owed. Then he went to the safe and got out his own pitifully small amount of money and as he sat there and looked at the two he was overwhelmed at the astronomical debt as opposed to his own small change. He was ruined and he knew he would be disgraced. The young man determined to take his life. He pulled out his revolver, placed it on the table before him, and wrote up a summation of his misdeeds. And at the bottom of the ledger where he had totaled up his illegal borrowings he wrote: A GREAT DEBT! WHO CAN PAY? And he decided that at the stroke of midnight he would die.

As the evening wore on the young soldier grew drowsy and eventually fell asleep. And that night Czar Nicholas himself customarily decided that he would make the rounds of this particular barracks. Seeing

a light, he stopped, looked in, and saw the young man asleep. He recognized him immediately and looking over his shoulder, saw the ledger book and realized all that had taken place. He was about to awaken him and put him under arrest when his eye fastened on the young man's message. A great debt... who can pay? And then suddenly with a surge of magnanimity he reached over, wrote one word at the bottom of the ledger and then slipped out.

The young man was sleeping fitfully and he woke suddenly in the middle of the night, glanced at the clock and realizing that it was long after midnight, reached for his revolver to shoot himself. But as he did so his eyes fell upon the ledger and he saw something that he had not seen before. There was his writing but underneath it was the word the czar had written: "Nicholas."

He was dumbfounded. He did not understand how it could have gotten there. There must be some mistake. He went to the safe where papers that bore the signature of the czar was on file. It was the czar's signature. Then the young man said to himself, "The czar must have come by when I was asleep and he has seen the book. He knows all and still he is willing to forgive me." So then the young soldier rested on the word of the czar, and the next morning a messenger came from the palace with exactly the amount needed to pay the deficit. Only the czar could pay and the czar did pay.

And so in the same way, only the Lord Jesus Christ is able to pay our debts to God. We look at the moral requirement of God's righteousness spelled out in His law. We compare it with our own tawdry performance, and then we ask the question, "A GREAT DEBT TO GOD. WHO CAN PAY?" And then the Lord Jesus Christ Himself steps forward and signs His name to our ledger. "JESUS CHRIST." Only Jesus can pay and He does just that.

And so here it is, and it is surely good news. Our debts to our God have been paid. We all know the value of having a fresh start. We long for that fresh start at times, like in our relationships with our spouse, our children, our neighbors, our employment, even our golf games, and especially in our relationship with our God. And that is what is offered freely to all of us. And here we find true freedom. Freedom from guilt. Shame, failure dysfunction and pain. A true fresh start and a chance to truly experience the relentless and immeasurable love and grace of our God.

Yes it will be a journey, but I can personally promise you this: it will be a journey that does not end, a journey with no regrets for stepping out in faith that you will look back upon with wonder and a growing sense of thankfulness. So as the New Year dawns, ponder what Jesus has done for you and what Jesus offers you.

To all of you, our very best wishes and prayers for 2014.

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Growing communities one idea at a time.

## Remembrance Garden

by Wendy Scott

The snow has come and gone again in the garden. The benches are bare (for the time being)

A new bench is in the design process. Miroslav Doval has been kind enough to take on the task. We live in a community of generous folks, but even these dear people have to make a living. We appreciate their help very much and, especially, their sincere interest in the garden.

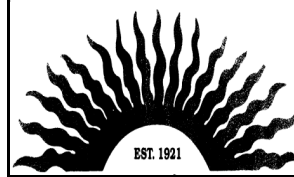
As I write this there are still a few days left before Christmas and even more before this year bows out. There are a few fallen branches on the pathway through the garden. I'll be taking this opportunity to gather up some sprigs of cedar. There's a double purpose here: one to tidy up a bit and two to mess up my house (with appropriately timed decorations!)

Enjoy the rest of the season - and the garden. Watch for that new bench and several new plaques.

Wendy: [wmescott@gmail.com](mailto:wmescott@gmail.com) - 250-225-3381

Muriel: [mcrowe@bluebell.ca](mailto:mcrowe@bluebell.ca) - 250-225-3570

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**FIRST CONTACT EAST SHORE MIDWIFERY** - Sylke Plaumann, registered midwife. 250-227-6846.

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

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

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

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

**MASSAGES & WELLNESS FOR WOMEN** - Reflexology according to the clock of Chinese medicine, Rebutology: European method for deep tissue, Breuss spine massage with St. John's Wort oil, relaxing massage, Reiki, hot and cold stone therapeutic massage. Call Geraldine, certified therapist in Europe, over 15 years of practice, 250-227-9890

**RESTAURANTS**

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

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

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

**YARD/LANDSCAPING/SITE PREP**

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

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

**CLASSIFIED SECTION**

**AUTOMOTIVE**

**'09 BRECKENRIDGE PARK MODEL RV:** One owner, NS, pets, 12' X 42' box, vinyl sided, 2 bedrooms, fridge, stove, microwave, washer/dryer, air conditioner, carpet/hardwood floor, partially furnished/all window coverings, peaked shingled roof, patio/deck optional. Must be moved. ONLY \$41,500 o.b.o. CALL 250-551-4739 or 250-551-3758

**BIZ ANNOUNCEMENTS**

**Sirdar General Store:** A unique place to shop on Duck Lake. 2013-14 Angling & Hunting Licences, CVWMA Permits, Tags, Tackle. Groceries, Island Farms Dairy Products, Egg Nog, Soft Drinks, Juices, Energy Drinks, Chocolate & Energy Bars, Chips, Locally made crafts, aprons--ladies and children's, PJ and baby dresses, placemats, oven mitts, wooden cribbage and cutting boards. Post Office, Stamps Money Orders, Express Post Envelopes. 8050 Hwy 3A, 250-866-5570, Fax 250-866-6811, Happy New Year & watch your steps on the icy walks. **Insurance Certification** requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

18 **Mainstreet January 2014**

**BUILDING SUPPLIES**

**HARROP-PROCTER FOREST PRODUCTS:** Your local source for sustainably harvested building materials. Timbers, decking, siding, paneling, fencing, flooring and a wide variety of cedar lumber. We also do speciality cutting to your specifications. HPFP also does contract milling saving you money by turning your logs into lumber. Make the green consumer choice by supporting BC's only Eco-Certified Community Forest. Check out our products and story at www.hpcommunityforest.org. Free local delivery on minimum orders. Monday-Friday 8am-4:30pm. Saturday's by appointment. Call today for a quote: 250-551-5452.

**BUSINESS SERVICES**

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

**CLASSES/WRKSHOPS**

**EAST SHORE SUMMER SCHOOL 2014:** Art, music, wellness, dance, great food, and local culture at Crawford Bay School.

Fun and learning for the whole family! **GLOBAL GESTURE LANGUAGE SCHOOL-** July 21-25 language learning groups in French, German, Spanish, and English as a second language, World Sign Language, computer languages, makers club and more. **MEDLEY ARTS CAMP-** July 28 to August 1 - ukulele, violin, singing, hip-hop, multi art forms... www.medleyartscamp.ca **SHOKUNIN-** August 4 - 9 "love of work/work of love" ... Intensive mastery classes with local and regional artists and wellness instructors. For more information contact: eslearningplace@gmail.com or call Laverne Booth at 250-227-9218 ext 5518

**EVENTS**

**Film Viewing:** 'A Different Kind of Care', 2nd episode in the PBS series 'On Our Own Terms' with Bill Moyer, about the movement to improve end of life care. This episode explores how our cultural attitudes towards suffering affect those who are experiencing pain, and the ways that palliative-care physicians are trying to change these attitudes. Potluck event. Discussion to follow. Weds, January

29, 6 pm. 16286 Wadds Road, Crawford Bay. Contact Nicole at East Shore Hospice: 250-227-9006 ext. 29 or hospice@theeastshore.net.

**NOTICES**

**Are you selling land** or a business? Have a joint investment opportunity? Register with Invest Kootenay to present your opportunities and connect with investors. Listings are FREE, sponsored by Area A Economic Development Commission (RDCK). There are lots of investors looking for opportunities, let them know what you have to offer. Visit InvestKootenay.com **Investors** - Are you looking for investment opportunities in the Kootenays? Register with Invest Kootenay at InvestKootenay.com and stay connected with opportunities that match your investment preferences.

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

**WATCH YOUR MAILBOXES!**

East Shore residents are soon to get a Selkirk Calendar in the mail. Before you recycle it, please note that there is an insert which is our East Shore mini-calendar for courses on the East Shore and for local residents... it is meant to be taken out and put up on your fridge. Don't miss out on some great opportunities!

*Creativity/  
Community  
Conscience*

**Next Deadline:  
Jan 22, 2014**

# BULLETIN BOARD

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

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

Will be at the East Shore Health Centre monthly.  
For information, call Creston Health Unit at 250-428-3873.

### EAST SHORE 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.  
Interior Health Authority, Community Care Nursing  
and Home Support Services - 250-352-1433.

### PHYSICIAN COVERAGE FOR January 2013

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

Jan 1: Closed  
Jan 2: Dr. Lee  
Jan 7: Dr. Grymonpre  
Jan 8: Dr. Lee  
Jan 9: Dr. Moulson  
Jan 14: Dr. Grymonpre  
Jan 15: Dr. Moulson  
Jan 16: Dr. Lee  
Jan 21: Dr. Grymonpre  
Jan 22: Dr. Moulson  
Jan 23: Dr. Lee  
Jan 28: Dr. Grymonpre  
Jan 29: Dr. Moulson  
Jan 30: Dr. Lee

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

### EAST SHORE HOSPICE

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

### WATCH YOUR MAILBOXES!

East Shore residents are soon to get a Selkirk Calendar in  
the mail. Before you recycle it, please note that there is an  
insert which is our East Shore mini-calendar for courses on the  
East Shore and for local residents... it is meant to be  
taken out and put up on your fridge. Don't miss it!

### RIONDEL GOLF COURSE AGM

January 13th 2014, Annual General Meeting for the  
Riondel Golf Course at 2:00 PM at the Riondel Curling  
Club.

### 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 and The  
Eastshore Brass for the wonderful music which filled the  
hall with festive spirit. Big thanks to all of the organizing  
committee: Ali George, Nicole Plouffe, Garry Sly, Dana  
Rude, and Jacqueline Wedge and to Leah Wilson and Geoff  
Tremblay for their artistic poster designs. Shout out to Melina  
Cinq mars for her work on the turkey raffle. As always,  
thanks to Santa and his hard working elves, always fabulous  
to have you visit. We would like to thank the RDCK and the  
Crawford Bay Credit Union for their generous support and  
contributions to our dinner. Thanks to the Mainstreet. Thank  
you to the decorating team for making 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.

### BOSWELL HALL HAPPENINGS

**Yoga:** Thursdays, 9:30-11:00 am.  
Merilyn Arms 223-8058  
**Tone & Trim Fitness:** Mondays & Fridays 9am  
Darlene Knudson 223-8005  
**Carpet Bowling:** Tuesdays 7pm  
Tom & Linda Sawyer 250-431-8404  
**Line Dancing:** Saturdays 9am  
Cheryl & Greg Place 223-8694  
**Vinter's Group:** 2nd Weds of the month, 7pm  
Jeanne Kay Guelke 250-402-3791  
**Book Club:** 2nd Thursday of the month 2pm  
Melody Farmer 223-8443  
**Quilter's Guild:** 3rd Tuesday of the month 1pm  
Diane Shaub 223-8273  
**Boswell & District Emergency Volunteers:**  
2nd Tuesday of the month 9am  
Rod Stewart 223-8089

## CHURCH CALENDAR

### RIONDEL COMMUNITY CHURCH

#### JANUARY 2014 SCHEDULE

**Jan 5:** Canon Jim Hearne, 10am

music - Brenda Panio

**Jan 12:** Br. Jeff Zak, 10am

music - Marie Gale

**Jan 19:** Rev Robin Celiz, Anglican, 1pm

PLEASE JOIN US FOR A COMBINED SERVICE AT RIONDEL

COMMUNITY CHURCH

music - Deberah Shears

**Jan 26:** Linda Moreau, 12:30pm

music - Marie Gale

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

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

For information call Christ Church Creston 428-4248

There are NO services this winter at St. Anselm's. The next service  
will be on Sunday, April 6, 2014.

### HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

**Jan 19:** Christmas Concert - Rev Robin Ruder Celiz. This is  
a joint service w/ Riondel Community Church, in Riondel.

**For information call Karen Gilbert: 227-8914**

### KOOTENAY LAKE COMMUNITY CHURCH

*A Lighthouse on the East Shore*

Pastor Bill Gooding - Come & join us Sundays at 10 am.

Sunday School for Children.

Coffee fellowship after the service.

16190 Hwy 3A, Crawford Bay 250.227.9444

### TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2:00 pm

1st Sunday of the month, Fellowship Sunday.

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

1520 Campbell Avenue, Riondel, B.C.

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

### CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

Sundays, 9:30 am - All welcome For info, call: 250.229.5237

## Next Deadline:

# Jan 22, 2014

## MEETING PLACES

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

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

or Lion Jim at 250-227-9622.

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

### PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School library  
on (usually) the second Monday of the month. (or Tues if Pro-D)

Call Ingrid to be put on the agenda - 250.227.9246

**Nov PAC Meeting: Jan 13 (Monday) at 7pm in the  
CBESS school library.**

All parents/guardians welcome!

**January 2014 Mainstreet 19**

## Subscribers:

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*You can buy a one year digital subscription  
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[www.eshore.ca](http://www.eshore.ca) and click Subscribe! Then  
follow the steps to purchasing a digital sub-  
scription. A link will be sent to your inbox*

*once a month and your fresh, new*

*Mainstreet is a click away.*

## KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

*Winter Schedule in effect - Subtract one hour until Nov 4*

*All times listed in "East Shore Time"*

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

January 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			NO DOCTOR	Family Fun, CBESS, 3-5pm TOPS, KLCC bsmnt, 8:30am Dr. Lee		
5	6	7	8	9	10	11
		Badminton, CBESS Samba, 7-9, CBESS Dr. Grymonpre	16+ Vball, CBESS, 7pm Dr. Lee	Family Fun, CBESS, 3-5pm TOPS, KLCC bsmnt, 8:30am Dr. Moulson	Dancing Mice, CBESS, 8pm	Driver Training Begins Transportation Endorsement Course, Ashram Dancing Mice, CBESS, 8pm
12	13	14	15	16	17	18
	PAC Meeting, CBESS 7pm	Badminton, CBESS Samba, 7-9, CBESS Lions Mtng, 7 pm Dr. Grymonpre	16+ Vball, CBESS, 7pm Dr. Moulson	1st Aid, Riondel, 1-4 Family Fun, CBESS, 3-5pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Grant Writing Course, Boswell Hall	Running Effective Mtng Course, CBESS Are You Covered Course, CBESS 1st Aid for Parents, CBESS
19	20	21	22	23	24	25
1st Aid for Parents, CBESS		Dr. Grymonpre	Mainstreet Deadline Dr. Moulson	TOPS, KLCC bsmnt, 8:30am Dr. Lee		CPR-C and Defib, CBESS
26	27	28	29	30	31	
		Lions Mtng, 7 pm Dr. Grymonpre	Hospice Film Viewing and Potluck, 6pm Dr. Moulson	Dr. Lee	1st Responders Course Starts... Continues Feb 1,2,7,8,9 Riondel Fire Hall	



**Junction  
Creek Hub**  
Lounge and Coffee Shop 250.227.9339

Open Tues - Sun, 12-11 (Closed Mon):  
Open later for special events!

\*Now serving breakfast daily from 12-3  
\*Weekend Brunch Sat & Sun 11-3  
\*New Menu!

Watch for live entertainment and food specials...

**Visit us online!**  
[www.eshore.ca](http://www.eshore.ca)



**RIONDEL  
MARKET**  
Hunting and Fishing Licences  
Groceries - Liquor Outlet  
Fresh Baking - Ice Cream  
Bait - Fishing Tackle  
Post Office - Videos  
Camping Supplies  
Ice - Fireworks  
Winter Hours  
Mon. - Sat. 9am to 6:30pm  
Sun. 10am to 5pm  
250-225-3214

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Fitness Place	7
Gray Creek Store	10
G.R.S. Contracting	10
Harreson Tanner	12
Hulland and Larsen	10
JB Construction	10
Junction Creek Hub	20
Kootenay Insurance Services	9
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PAC Box	12
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Riondel Market	10
Sapphire Hair Salon	10
Selkirk Non-Profit Series	5,8
Sunnywoods Farm	12
Sunset Seed	8
Turlock Electrical	10
Will Chapman	10
WordPress Workshops	6

**Transfer  
Station  
Hours**

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

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

**Library Hours:**

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

**Riondel  
Library:**  
**Mon: 2-4 pm,**  
**Weds:**  
6-8 pm  
**Tues, Thurs, Sat:**  
10am-12:30pm

**banklocal**


By banking locally with our credit union, you ensure a vibrant community and a dynamic local economy.

Nelson & District Credit Union

**ndcu MoneyWorks**

Going To Nelson? Be sure that coming in to see Vivi is on your "To Do" List!

Or call 250.352.9256 to make your appointment with Vivi on her next visit to the East shore.



Vivi Lindsay

**ES Health Centre 227-9006**  
**COUNSELLORS**

Drug & Alcohol: 353-7691 Child & Youth: 353-7691  
Public Health Dental Screening/Counseling: 428-3876  
Community Nursing: 352-1433 Hospice: 227-9006 Mammography Screening: 354-6721  
Baby Clinics: 428-3873 Physiotherapy: 227-9155 Massage Therapy: 227-6877  
For more on facility, call Kathy Smith, 227-9006

