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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

INIDE:

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

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Kill Me, Deadly: 8,11,20

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Tire Chains: 13

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V0B 1E0

Agreement#: 40718537

*Kill Me,
Deadly!*
Jan 23/24



“Ladies and Gentlemen, the dulcet tones of Miss Mona Livingston!” (Pictured here and portrayed by Galadriel Rael). Don’t miss *Kill Me, Deadly* on January 23/24 at the CBESS Performance Space.

Photo: Ingrid Baetzel



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At the Selkirk College Learning Hub

- **Telling our Stories, Autobiographical Writing** with Winnie Fung, CBay school library, Thursdays, 4 to 6 pm, January 8 to February 26. Thanks to CBAL partnership, the cost is free, please pre-register.
- **3-D Printing** with Jonas Plaumann, Learning Place, January 16 from 6:30 to 8:30, no charge, drop in OK.
- **Animal Track ID** introduction with Lorna Robin, Learning Place, Saturday January 17 from 1 to 4 pm, \$7/ person (children under 12 welcome to come with adults)
- **Track ID 2** with Lorna Robin, Learning Place, Saturday January 24, February 7 and 21 from 11 am to 3 pm, ages 12 and up. Cost is \$20/session plus gst.
- **Emergency First Aid- CPR-C and AED** with Darlene Knudson, Crawford Bay Hall, Saturday Jan 17 from 8:30 to 5pm, \$117 (includes manual), recertification also available.
- **5 Elements in Every Day Life** w/ Sylke Plaumann, Learning Place, Sunday Jan 18, 1-5pm, cost \$10 + GST.
- **Social Media Round Up** with Ben Johnson, Riondel Community Center, Tuesday January 20 from 1 to 3 pm. By donation suggested \$10, in partnership with Riondel Seniors Association. Drop in OK.
- **Gabby Gardeners** meet for lunch and chat about gardening, Wednesday, January 28 from noon to 2pm, by donation to create a visitors fund. Drop in welcome.

To register: Drop by the learning place at the school, fill out a form, put a cheque (payable to Selkirk College) in the mailbox, or mail to ES Learning Hub, Box 100, Crawford Bay, BC V0B 1E0. Or come by the Learning Hub on Tues to Thurs from 8:30 to 4:30pm. First to register & pay for each class gets name in a draw for a free class.

Email: eslearningplace@gmail.com,
Ph: 250-227-9218 ext 5518.
Cell phone (message) 250-551-5827.



MS Issues

by Ingrid Baetzel

The Gamble

It's always a risk to put on an event on the East Shore... Will people come? Will it go over well? Will people be safe and responsible but still have the opportunity to cut loose and enjoy themselves? We gamble all the time. We live far from immediate health care; our roads are precarious in the winter; we love to spend time together and need to invest the energy to make that happen. We throw parties and watch out for each other. We plan and we communicate with musicians, caterers, decorators, bakers and dance instructors. We sell tickets and stress ourselves out for the sake of fun. And it's worth it, all the time, because we live in a community that appreciates being entertained.

Being a theatre-lover, I take a gamble every year to slip into the skin of another person and basically goof around, play house/dress-up/pretend with a group of other adults who like to play-act. We spend months putting together the silliest of things - a two or so hour performance pretending to be someone else for a couple of hours and trying to do it well enough that we entertain the community. We simply slip out of our own ego jackets and put on a fedora, a mink coat, a sequined gown of pretentious alternate reality. It's silly. It's almost ludicrous - - and I could eat it with a spoon for the rest of my eternity.

As the paper comes out, we will have thrown a NYE party in the fashion of a 40's gangster-themed


dance event with live music, dj's, food, games and so much more (including a safe ride home courtesy of the Hexagon Players and the Riondel Volunteer Fire Department). I hope it's a success. It occurred to a few of us to help encourage arts and culture awareness on the East Shore and show how the two can marry well with a good party. Starbelly Jam has been doing this for many years now. They put on many smaller community hall music events and shows and this helps to keep the name of the festival fresh and flavourful on the tongues of those who love it. Hexagon is going to give it a try and we hope you came. We hope you loved it. Let us entertain you!

And, if that wasn't enough - be sure to get out to the stores in January and pick up your tickets to this year's production. It's been a lovely grind and we're hitting the boards soon. Big, loving, warm and overly-dramatic smooches to the cast and crew. Let's knock 'em dead, gang. Let's kill 'em, deadly. Merde, merde, merde!

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NEW LOCATION! We will now be doing clinics at the Crawford Bay Motel, Unit 6...

Mobile Clinic Dates:
January 13 and February 10 at the Crawford Bay Motel.



OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

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Next Deadline: Jan 28, 2014

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LETTERS TO THE EDITOR

AMAZING ALTRUISM

Dear Editor;

I would like to extend a most heartfelt THANK YOU to all of you who have offered and given support in my time of need. There are no words to fully express how grateful I am to be living in this community of such caring people.

It has been a very challenging and unsettling time in my life as I was diagnosed with Optic Neuritis and Multiple Sclerosis at the end of October.

I am still struggling to recover from the Optic Neuritis as well as coping with other MS symptoms that have been manifesting. It is challenging not being able to return to work, or fulfill the tasks of daily living. As a self-employed mother of two, this sudden and severe life change has been overwhelming.

It has been only with your help that I have been making it through this difficult experience. So many of you have offered your time, energy, service, and support in so many ways.

The amount of altruism shown by so many has been absolutely amazing. I feel that these selfless acts of generosity and kindness are one of the purist forms of love, so thank you for opening up your hearts to help and support me and my children. I am deeply and forever grateful, and feel blessed to be surrounded by such wonderful people.

Christine Peel, Crawford Bay

THANK YOU, THANK YOU, AND THANK YOU

Dear Editor:

Once again our community has shown its love for one another and has donated time, energy, money and non-perishables to those in need here on the East Shore. For the morning of December 17, 6 of us spent four hours putting together each hamper, one

by one, 48 in all. Together we were able to provide 12 families and 36 individual boxes of food ranging from pasta to chocolates including their choice of a turkey or ham for Christmas dinner. It takes an entire community to ensure everyone is taken care of, and this is one PRETTY AMAZING community we live in here on the East Shore of Kootenay Lake. We should ALL be proud of our community and bunches of thanks to those who also donated boxes and boxes of non-perishables

There are so many to thank and here are the ones who provided considerable amount of money, time and energy.

Fundraising Events:

- Jeff Windborn, Cod Gone Wild, Carol Bras-seur & Riondel First Responders (Fill the truck campaign-Cory Medhurst & Sharon Webster
- Newkeys (Pam & Gerry Newcomen)-Better To Give Than Receive (Meat Draw & Silent Auction). Thanks to Jennifer Irving for collecting and handling the wonderful goodies offered for the silent auction

Donations from Businesses & Associations:

- Crawford Bay Inn
- Kokanee Springs Resort
- The East Shore Mainstreet
- Nelson & District Credit Union (Community Initiative Fund)
- Nelson & District Credit Union (East Shore Branch)
- Yasodhara Ashram
- CMAW Local Union
- Bob's Bar & Grill
- Crawford Bay Store
- Riondel Market
- Lakeview Store

- Gray Creek Store
- Kootenay Forge
- Associated Grocers
- Save On Foods (Creston)
- Boswell Hall Association
- Crawford Bay Hall Association
- Columbia Basin Trust/Community Connections
- Kootenay Lake Community Church
- Kootenay Lake Lions Club
- Riondel Community Church
- Riondel Community Church Circle

Personal Donations:

- Belinda Stewart
- Ron & Janet Kuchinka
- Doug & Nancy Bothamley
- Allan Tucker
- Sharon & Chuck Lloyd
- Scott Angus
- Cathy Poch
- William Bannister
- Harreson Tanner
- Nancy & Arnold Ames

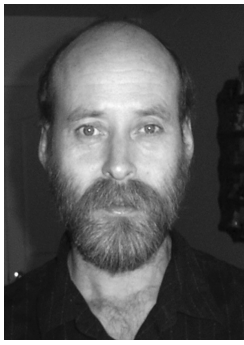
Thank you all once again.

Gina Medhurst, Coordinator

Next Deadline:
Jan 28, 2015

www.eshore.ca

mainstreet@theeastshore.net



RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

GRANTS AGAIN: A few months ago I covered a variety of grants which are available through the RDCK. I would like to recap here since I still get queries around the process and the RDCK board is trying to have all grant applications appear on the agenda for the monthly meeting to ensure the information is transparent and available to the public. In order to appear on the agenda, the completed forms must be sent to our administration section prior to the board agenda setting date. This way, when the agenda appears on the website and is sent electronically to the board, everyone can see who is looking for funding. Also, as an applicant for a grant you will also be able to see that your submission will be going to the board for review. Board meetings are generally on the third Thursday of the month (with exceptions when conflicts occur with other scheduled conferences of major events). The agenda setting meeting is 9 to 10 days before the meeting, so your application should be submitted a day or more prior to that in order to make the next meeting.

To find the website, go to rdck.ca or rdck.bc.ca. You can also just search "regional district of central kootenay". Under the "administration" tab you will see "grants" where the forms for community development grants, discretionary grants, Area A economic development grants, Area A Rec Commission grants, Community Works (gas tax) grants and Columbia Basin Community Initiatives Program grants. Some appli-

cants choose not to use the forms and simply write a letter asking for funds. The letter will not go to the board for approval, so the form needs to be filled out. They can be printed off the website and filled in manually, obtained from me or the RDCK office, or filled in and returned electronically. When filling in the form electronically, you must first save it under your own file name, as you can imagine that the master form cannot be modified simply by your typing over it.

While you are on the "administration" page, look under "reports and documents" where you will see information for accounts payable. If your organization frequently receives grants you may want to sign up for direct deposit payment.

Applications will be accepted throughout the year for discretionary, community development and Community Works (gas tax) grants. Applications for Columbia Basin Community Initiatives Program grants are only accepted once per year. This year the cutoff for applications is March 2nd. Application forms will be available as of January 11 2015. Applications for Area A recreation and economic development grants are by invitation as advertised in the *Mainstreet* or by posters at local information boards.

There have been changes to the eligibility criteria for the Community Works (gas tax) grants which I covered to some degree in prior columns. When the changes were first announced last April the new guidelines were quite vague. Over the months our province wide organization which administers the funds has been interpreting the guidelines as best they can and have proceeded with funding many small societies for the original criteria (energy efficiency, clean air and clean water) plus a more broad range of recreational facility upgrades. Information on this substantial source of funding, including application forms, directions to complete and contact information, are at the location noted above.

Could We Find You In An Emergency?

by Sharon Webster

Over this past year, a lot of effort has been put into training and equipping First Responders on the East Shore. In February, twelve new First Responders from Boswell to Riondel were trained and at least one firefighter has taken the training since then. The East Shore Health Society raised money to set up several of the First Responders with jump bags so that there would be people strategically placed all along the East Shore to react quickly in the event of a medical emergency. In addition, the Riondel Fire Department now has some First Responders only and some Fire Fighter/First Responders and it has set them all up with radios so that they can be dispatched efficiently. The Fire Department First Responders are working closely and practicing with the Boswell First Responders to everyone's benefit. More people with more equipment in more places should mean better, faster responses but it is all for nothing if we can't find you.

All of the emergency responders can tell tales of a call that could have been better but it took too long to find the place and there are several reasons why this happens. We are working with the dispatchers in Trail to ensure that they tell us which community we are responding to (we are often given a street address and don't know if it is in Gray Creek, Crawford Bay, Kootenay Bay or where?). One of our Fire Fighters is working with the RDCK on getting accurate maps as Google Maps does not seem to be reliable for all areas on this shore. And these improvements will help! But there is something that each of us can do that will also make a big difference and that is having a house number sign visible at the entrance to the driveway. The time saved when seconds count can make a big difference.

We would like to encourage everyone to put up a house number sign and to help make this easier, the Fire Department will be making number signs for sale. We will even come and install them for you if you wish. The signs will be made of aluminum, painted with reflective paint and can be one or two sided. They will accommodate up to five digits that are four inches tall and the numbers will also be highly reflective. These signs will comply with the recommendations in the RDCK Civic Addresses Bylaw passed in August 2014. You will have a choice of red, green or blue signs and the numbers will be white. The signs will cost \$25 for single sided and \$35 for double sided. Installation will be done for the cost of materials and perhaps a donation to the fire department. We would like to get 40 pre-orders so that we can make a large order and get a bulk discount. To encourage pre-ordering, the first 40 paid orders will receive a 10% discount. To get your order form, please contact Sharon or James at riondelvfd@rdck.bc.ca or phone (250) 551-1352.

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Dave Lymbery at the Gray Creek Store
(gcs@graycreekstore.com)

BUDGET: The RDCK budget must be submitted to the province by the end of March each year for their incorporation into your rural tax bill. We have not seen any preliminary figures as yet for 2015, but budget review meetings with the entire board in Nelson have been set for January 28 and February 10. Public meetings at various other locations throughout the RDCK will be announced in the coming weeks, likely for early to mid February. If you have concerns or questions please ask me for details after January 28 (when I will receive the first package).

VOLUNTEERS: Volunteerism supports many of the facilities and events which we enjoy through the year. Volunteers also support local government by extending the depth of communication into the greater community and making recommendations on how to best support some of our local activities and groups. Since we are marking the start of a new term for local elected officials, many volunteer positions need to be renewed or filled. These include participation in a handful of meetings each year on the Planning Advisory Committee, Economic Development Committee and Recreation 9 Committee as well as a once per year committee to review applications for the Columbia Basin Community Initiatives Program.

If you want to know more about any of these committees or want to be considered as a volunteer please give me a call or send an e-mail.

E-MAIL ACCOUNT: Starting in 2015 I am going to try to use my RDCK e-mail account as much as possible. Please send you questions or comments to gjackman@rdck.bc.ca in preference to my gjackman@kootenay.com account. I am still happy to hear from you by phone with questions or concerns regarding the Regional District or community issues at 250-223-8463.

Nelson & District

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Please direct inquiries to:

VIRGINIA MAKAROFF

Executive Assistant

Attn: Nominating Committee

Nelson & District Credit Union

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p. 250.352.7207 f. 250.352.9663

e. vmakaroff@nelsoncu.com

www.nelsoncu.com/CallForNominations

Eligible applications must be received
no later than Friday, January 30, 2015.

www.nelsoncu.com



December Horoscope

by Michael O'Connor

Horoscope for 2015

Happy New Year! 2015 His a Universal 8 year and will prove very eventful

and challenging and at a mass collective level. 8 is the power number symbolic of the culmination of the 9 year growth cycle. It can be compared with the harvest which implies abundance, on one hand, and hard work on the other. Number 8 is also a strong indicator of change and even transformation. All the signs are there, footings in place and the momentum is steady and strong. In terms of intensity, it can be likened to the playoffs or to end-of-the-year-exams. In this respect, an 8 year is also about returns on actions and efforts made in the past 7 years in particular. In this respect it may be accurately understood as a number of karmic returns. The returns may be very positive or very negative or something of a mix anywhere in between. February and November should prove especially eventful in terms of major new initiatives that come to mass attention, May will reveal a significant turning point where the plot noticeably thickens and key players leave the stage. July will reveal the ending of old alliances and the beginnings of new ones.

(Visit www.sunstarastronomy.com to read the longer version). Contact me to say: "Happy New Year, I read it in *The East Shore Mainstreet*, and I will send you a \$20 coupon towards a reading session by email. sunstarastronomy@gmail.com

Aries (Mar 21 – Apr 20)

In 2015 you will embark upon new adventures. These will be marked by a mix of enthusiastic moves and a more serious approach to education. This will become especially evident by late summer. Take a pro-active approach to have a say in the outcome of that process. Deep changes in you over the past few years will now direct you to a dynamic new learning curve. For the most part, 2015 stands to be a time of inspirations and aspirations to balance a more serious approach to the acquisition of knowledge with a creative and playful orientation.

Taurus (Apr 20 – May 21)

As 2015 gets underway there is reason to say that your confidence levels remain high. You will need all the healthy self-esteem you can muster as new developments, subject to a process of deep change, even what will in the course of time amount to nothing short of a metamorphosis, comes into effect. This will become increasingly evident over the first few months of 2015. You do have a say in this process and the change can be directed to occur at all levels – physically, mentally, emotionally and spiritually. Expect it and work with it. Expect new alliances and coalitions to come to the fore before 2016 begins.

Gemini (May 21 – Jun 21)

A prolonged cycle of mixed extremes in 2014 brings you to the advent of hopeful aspirations for 2015. At best, new creative inspirations are stirring and these are awakening latent creative gifts and leading you to important new relationships and professional involvements. You will experience challenges to better know yourself, understand people and be up to date with larger trends and events affecting the world. Be aware to direct your energies to a variety of creative fronts but avoid scattering your focus. 2015 will be a year of renewed vigour and deepened commitments.

Cancer (Jun 21 – Jul 22)

In 2015 you will be focused to make some key investments. How to invest and where to best direct

4 *Mainstreet* January 2015

your time, energy and resources will prove important especially earlier in the year, and with extra emphasis yet between June and September. Philosophical and spiritual interests and curiosities may also guide your focus to unprecedented degrees. Although 2015 may not prove altogether peaceful as circumstances provoke heated emotions, it does stand to be a year which both widens and deepens your overall levels of knowledge and understanding.

Leo (Jul 22 – Aug 23)

In 2015 it remains important that you continue to build for the future. This includes identifying what constitutes your greatest assets and aspirations for self-actualization. The key for the first half of the year is to initiate those projects and modes of self-expression that you feel moved and inspired to share. With these in place you can allow for a steady process of development for the coming few years. As well, this state or preparedness will support you to take yet another plunge into the deeper reaches of your subconscious to lay claim to creative gifts and treasures that await you.

Virgo (Aug 23 – Sep 22)

The time has come for you to retrieve some of your hidden reserves that have been waiting this time in your life. Your success may depend upon just how clear you are about your direction. This is a call to turn within. Even if you are clear about your worldly ambitions, this time represents an invitation and a golden opportunity to activate a stronger link between your conscious and subconscious, your personality and your soul. All outer reaches will ideally be complimented by your own inner connection. Do this now and by mid-summer you will have treasures to enjoy and to share with the world.

Libra (Sep 22 – Oct 22)

The past few years may well have been a time of 'paying your dues'. Now the tide is turning and you will feel inspired to increase you overall scope of knowledge, to get more educated and in a variety of areas. It is quite important that you get going early in the year to establish a momentum. This will weave into an increase of your overall mode of self-expression which includes sharing your beauty, whatever form it may take. By spring you will feel even more moved to exercise a quality of grace, harmony and diplomacy in the light that it is more advantageous in many ways to express positivity, and to make friends.

Scorpio (Oct 22 – Nov 21)

2015 stands to be an expansive time especially in your public and professional sphere. An increase in your urge to be more creative and imaginative will persist as well for much of the year. You will become increasingly interested to increase you awareness and overall scope of knowledge. Much continues to gestate especially in terms of who and what you love and desire and why. You will choose your associations more deliberately and with more forethought this year than you have perhaps for some time. By the end of 2015 you will have cultivated interests and friendships that support your 'work' with serious interests to nurture new appreciations of creative genius.

Sagittarius (Nov 21 – Dec 21)

With Saturn now in your sign you will undergo a powerful process initiating a new phase of growth in 2015. It will require patience and commitment to reconsider what constitutes security. Summer 2015 could prove rather trying if you are not stable and focused upon clearly defined objectives, so begin that process now. However, if these over-emphasize the material side at the expense of the spiritual, the imbalance could well produce confusion and fragmentation. Focus to strike a balance based on the realization that you are a spiritual being having human experiences.

Capricorn (Dec 21 – Jan 19)


You have come to an important turning point and it is time to activate a series of new commitments. This may well imply the completion of long standing involvements and/or these will have to undergo measurable changes. Improvements in your health and lifestyle in general are featured. On one hand this implies breaking free of limiting perspectives and destructive lifestyle habits and on the other engaging in some kind of apprenticeship and/or educational learning curve. Sometimes, this can come about simply by hands-on experiences. But the status quo of your life is changing. This will affect your public and/or professional life and will invariably affect your home and family life as well. This is a call to re-negotiate terms and to be inventive.

Aquarius (Jan 19 – Feb 19)

You have been undergoing a deep purification process at subconscious levels and this will continue. At best, this is leading you to stabilize your focus upon your own heart center and higher mind, to gain solace in the spiritual aspect of your life. A core theme here is to accept and trust in the 'law of change'. The 'Serenity Prayer' serves to illustrate this point. This will prove true in 2015 and perhaps especially during the last quarter of the year. Meanwhile, returns for previous efforts will begin to roll-in. This will be accompanied by a steadily expanding social sphere of involvement.

Pisces (Feb 19 – Mar 20)

Expect your overall focus to shift in 2015. Generating more confidence in your co-creative abilities will become even more important throughout the year. This includes an appreciation of the co-creative process which implies your deliberate will to participate, balanced by receptivity to higher powers and larger realities. Consolidating everything you have done, accomplished and achieved up to now in your life is especially wise and will prove invaluable from the latter half of the year on especially. So, focus to clear debts, tie-up loose ends, get your papers and affairs in order and get clear on your creative focus wherein all the preparations and ground work are well established.



Apply now

COMMUNITY INITIATIVES AND AFFECTED AREAS PROGRAMS

Wish to apply for project funding?


The Regional District of Central Kootenay is now accepting project proposals for CIP/AAP funding from non-profit organizations, societies, and groups throughout the RDCK.

Application forms and guidelines are available:

- RDCK office, Nelson
- Municipal and Village offices
- Electoral Area Directors
- Online at:
rdck.ca/cip-aap or
cbt.org/cipaap.

Apply by 4:30pm, Monday, March 2, 2015. Applicants are required to present their proposal at public meetings during the month of April 2015.


ADMINISTERED & MANAGED BY



Judy Madelung
Grants Clerk
jmadelung@rdck.bc.ca
250.352.8170

Box 590,
202 Lakeside Drive
Nelson, BC V1L 5R4

A PROGRAM OF



cbt.org/cipaap



Hacker's Desk

by Gef Tremblay
IN PRAISE OF MATERIALISM

As a kid, when I would see garbage in the street, I would think the wind brought it there. I never thought that

people would consciously drop litter on the ground. It took many years to understand that a lot of us simply drop stuff on the ground and never think about it again.

I always end up with my pockets full of litter. That is the way I was raised, and I have to admit that I do not understand how people could pollute so easily. When I see it happen in front of me, I tend to get angry, and in a strange way, I wouldn't ever date someone who litters. It's actually a major turn off for me.

I am not an extremist when it comes to being green. I drive an old Jeep, which guzzles a lot more gas than I need. I don't wear all organic fair trade cotton and hemp clothes (although I prefer natural fibers, and worry about synthetic fibers, which melted once on my arm and gave me second degree burns) but I don't like to waste or litter.

From a design perspective, pollution is really not efficient. In his book, *From Cradle to Cradle*, William McDonough explain how pollution is pointless and useless. If you look at nature, there is no pollution and we should inspire ourselves using that model.

On the other hand, I find the whole global warming debate a pointless waste of time (pun intended, if that is actually a pun). The debate goes on, as if we needed to have a justification to stop polluting. The point is simple: we are polluting and it's making our environment less enjoyable, more poisonous, and we actually don't need to be polluting. It's just a lazy alternative. Let's just not polite. It's useless.

Of course there is a whole machine that runs on pollution. Even if we wanted to completely stop polluting it would take major shift in how our economy works to make a major change. I think it's in the detail that we can make a change. You can buy off your carbon usage to feel good about what you do, but there is little things that could really make an impact, and it's often a change in perspective on how we use objects that would create a shift.

I can't say that I have a exemplary stance against pollution. I do my best to buy in bulk and burn and recycle and compost as much as possible, creating a couple of garbage bags a year. But I do still pollute a lot, and this article is not about condemning 'polluters' but simply giving some example of some precise ways we can make a small difference. I am often looking at objects in this critical way. Can this object last a long time? Does it create pollution to use it? If I discard it would it simple create pollution or can it be reused?

Here are some objects that, at at first look, it would seem to be 'green' but when you think about it it makes a huge difference in the consumption.

Straight Edge Razor: I am not sure why I got into using a straight edge razor. I guess I was always unsatisfied with shaving. Not only is it expensive, it's also uncomfortable, and it pollutes a lot. If you are to use a normal throw-away razor, you have to account for all the blades that you use, plus the packaging and the production of these blades. Add in the canned foam, and you end up with a huge amount of waste every year. If you look at a straight edge razor, the razor itself can last 10 or 20 years if you take good care of it, even more. Using a round of soap every three or four months the packaging equate for three or four small cardboard box that can be recycled. Shaving with only a small bowl of hot water is also enough, something I found quite useful.

Zippo: Midway Film (midwayfilm.com) published a small video of dead birds thousands of miles from our civilization, filled with plastic lighters and other pollution. Lighters seems to be these indestructible things... all these layers of plastic, which are probably there to prevent the lighter from exploding, creates this artifact that creates pollution for how many years? When you think a disposable diaper takes 500 years to decompose, we can safely assume it would take around 1000 years for these lighters to do the same. For what? Providing a bit of fire for couple of weeks? Of course the zippo is messy. You need gas to load it. You need

these little stones to get it to light and since I am not a smoker I don't know if it's actually very efficient to carry a zippo around. But for the amount of pollution you can reduce by simply using a re-usable lighter it's quite worth it. I wouldn't be surprised if some company would make a new metallic reusable lighter, like a zippo but more hip!

Chinese Ear Picker: Ah, the Chinese ear picker. I am not sure why I started using one, but it was probably 10 years ago when I was in Vancouver and I bought my first ear cleaner in Chinatown. I still have it today, and it's simply a small metallic spoon that is used to clean your ears. Once you've used one, it's hard to make sense of the disposable q-tip. Of course the Chinese ear cleaners are probably not approved as a safe tool, there is probably not enough warning on how to use these, and

letting these tools loose in our community would not only reduce our pollution, but probably reduce the race considerably.

Mechanical Pencils - Refillable Pens: A few years ago, the "green" pen was on the market. This was a rechargeable pen, where the inside part filled with ink, would actually be bigger than an actual pen. We don't need to look very far in our history to see that all pens were and have always been refillable. Not only that but why would we always need pen? I use a mechanical pencil, and the total amount of waste at the end of the year is a bit of discarded pencil lead (which doesn't contain lead, it's only graphite), some of which I even reuse on some other art projects.

Sea sponge: This one is a bit on the weird side of the North American civilization, but it's a great addition. While toilet paper is one of the worst inventions I can think of, I admit I still use a load of it, but I do on regular basis switch back to the good old sea sponge. It's sad to see how much forest is cut all around us,

here in the Kootenays, to create a lot of toilet paper. Now I am not against harvesting wood as a natural resource, but I would love to see less of that wood end up used in Scott towels and toilet paper, and more for fine wood work and house-making.

That being said, if you've never used a sea sponge to clean your bum, you're in for a treat. Use your own judgment, sometime it's still better to start with some paper, but you'll never feel your bottom so clean - it feels likes you want to whistle from down below.

Loose Leaf Tea: How much packaging is there in tea bag? First you have the plastic around the box, then the box, then the paper envelope for each bag, then the bag, the staple and the little piece of paper with a spiritual quote written on it. It looks like some people got into a room to brainstorm about what would be the best way to create the most pollution for an activity that actually doesn't require any pollution to be made.

'Put the tea leaf in a cup with warm water'

That's all you need. Buying tea in greater quantities creates even less pollution, and since you don't use tea bags, well, you need nice tea pots. All of these you can keep for millennium if you care for them properly.

The Design Problem: Design is often constrained by money. I seldom can bring a design to it's full potential because of the budget limit. In a capitalist society, where the capital is everything and squeezing profit from the product is the most important aspect, design becomes the tool to create cheap products that need regular replacement. From cars that don't last for more than 10 years, to electronics, everything has become consumer grade. We can't even qualify this as 'materialistic' as were raised to not even care for the material anymore. We're consumers.

If you look at design in it's purest form, you could see that most objects these day aren't designed anymore. In order to change that pattern I feel it's important to step out of the consumerism pattern, and step into materialism, were we value and respect our objects, our tools and what we surround ourselves with, from the handkerchief to the car we drive. That alone might bring a huge change in how we reduce our pollution and surround ourselves with cared for objects.

In native teaching, I've heard the idea that we don't need to become more spiritual, we actually need to become more embodied, to be grounded in our body and not floating around in the spirit world. It's something that resonates with me, and that I can see well fitting with a healthy materialism. Let's choose the objects that we surround ourselves with; let's use our tools wisely; let's try to keep the tools that are useful to us in good shape. Maybe then we can pass some of them to the next generation.

The continual consumption of new objects, new experiences, new relations, creates a deep craving for a grounding stability, which is something we can't actually consume, so we keep on consuming, looking for that satisfaction. Our consumerist society invite us to get a new device instead of fixing the old one, settle for divorce rather than working through our differences. In one sense there is a positive idea toward letting go of the old, and taking a step in the new, and it's not all negative. But there needs to be an understanding of why we give up the past, and why we want to embrace something new. This continual newness puts a lot of stress on our lives. Simply looking at how people react to a new computer or a new update on a computer shows me a lot of negative effects for these unwanted changes.

On one hand, there is a lot of habits I can let go of, a lot of objects and tools that should be removed from my life to de-clutter my reality. But on the other hand I see the value in choosing wisely what objects and tools I want to be a part of my life and how caring for these tools not only benefits me but my environment. What are these tools that you want to keep close to you? What are all the other things you can let go of? It's a new year, and it's always inspiring to bring some changes into our lives.

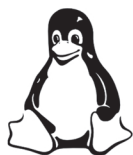
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Our Year in Review: Riondel Fire/Rescue

by Cory Medhurst, Chief

As the New Year gets going and we prepare ourselves for what's ahead, here is a quick recap of last year and a peak at our new one. It was an unusually busy year for the volunteers at the R.V.F.D. with a record 94 calls to service. These calls were made up of medical first responses (71); motor vehicle incidents (12); structure and wild fires (5); rescue (1); and miscellaneous calls (5). We had a 100% response rate this year, meaning no calls went unanswered as a result of our large contingency of motivated, skilled, and professional volunteer firefighters and first responders.

Last year we were also busy training and upgrading our members in a variety of areas which include FF1 certification; the First Responder program; Emergency Care Instructor certification; advanced auto extrication; advanced low angle rope rescue; as well as time at the live fire training grounds at Selkirk College, mutual aid practices in Balfour, and appearances at various local events. For the debut year of the Firefighter Games in Pass Creek, Riondel V.F.D. entered a team of members who made their mark by coming in 4th overall out of the fourteen teams competing. All of this has been possible through volunteer man hours. Our calls can vary in time from one to four hours each, and have occasionally lasted much longer. Our weekly two hour Thursday night practices combined with a minimum of 20 hours per specialty training course (like rope rescue), extra weekend practices and traveling across the lake for even more practice adds up to hundreds of volunteer hours. Not to mention the countless hours our families inadvertently put in to help us help others. Hours that we all gladly give to serve our community, help those in need, and maintain some peace of mind in our rural area.

The New Year will see us continually upgrading and practicing our skills; we're determined to see if practice really does make perfect. After finally tackling FF1, we are excited to continue the journey with FF2, completion could be a while. We'll be having another first responder course, a few specialty training courses, live fire training in Nelson and now Creston, and continue to make as many appearances at public events as possible. When you see us out and about, take the time to say hi and find out what's new. Our weekly practices are guaranteed to be captivating, and fun. As part of the largest Regional Fire Service in the province, we will continue to improve our relations with the other departments in the district and make new connections with departments throughout the province. We will also be looking into training for water rescue, becoming a satellite SAR (search and rescue) team of one of the other local and established teams, and are looking forward to some intensive officer and chief training in the spring and summer. As always, we will also be looking to recruit new volunteers. If you or anyone you know is thinking of joining a dynamite team of dedicated and professional men and women, stop by the firehall on a Thursday night at 7pm, or call the fire chief at (250)551-1352. We have some pretty major goals this year and beyond, none of which would be possible without the tremendous amount of support we constantly receive from our communities. A huge thanks to our past fire chiefs, mentors, associated agencies, and current and future members for bringing us to where we are, and helping us get to where we're going. An even bigger thanks to our communities for your continued and valued support.

Let's all have a safe and happy 2015.

Selkirk College FF1 Certified

by Cory Medhurst, Fire Chief

For at least a couple of years now, the members of the Riondel V.F.D. have been constantly training and learning, reading and practicing to complete the Selkirk College Firefighter Level 1 certification. The FF1 program is a modified training program designed to meet the needs of our Regional District, and is a requirement for all volunteer Fire Departments within the RDCK. It is a higher skill level than a basic FF, which is historically what we were trained to. The RDCK by-law has been in place for 8 years now, with Regional Fire Chief Terry Swan more recently implementing a mandate for completion. The firefighters met each Thursday night, including some weekends, for over two years to complete the certification, which includes 10 modules, written and practical tests. Modules involved orientation, hoses, ladders and knots, to name a few.

On August 1 of 2014, Chief Swan ventured over to our side of the lake for a full Sunday to evaluate all 14 members. The day was filled with theory questions, practical evaluations, and some great tips from Chief Swan. As a result, we all passed with honours. On December 4, Regional Fire Chief Terry Swan once again came over and presented the firefighters with their certificates in front of an audience of family and friends. Also presenting the certificates were Christine Schmidt from Selkirk College, Chief Al Craft from Beasley VFD, Deputy Chief Nora Hannon from Balfour VFD, and our local area director, Garry Jackman.

Certified that evening were Cory Medhurst, Robert Boker, Bob Fiedler, James Linn, Jonas Plaumann, Michael Guay-Ruffiange, Seb Cholette, Dan Seguin, Quinton Wastrodowski, Fynn Boker, Niels Elris, Francis Holman, Mickey Draper, and David Soanes.

We owe many thanks to our past Fire Chiefs for their hard work in pushing us to achieve this training. A special thank you to former Fire Chief David Soanes for his insistence, tenacity, and knowledge in firefighting. His constant persuasion helped push us through to final completion. I am personally honored to be a part of this dedicated group of volunteers and congratulate each and every one of you on a job well done. Now on to FF2....

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Community Connections

**Happy New Year!
by Greg Blackwell**

At Community Connections, we hope that everyone had a great Holiday Season and were able to welcome in a Happy New Year. We are pleased to have once again been able to sponsor a \$500 grant from Columbia Basin Trust towards the East Shore Christmas Food Hamper Program ... Thanks again, CBT.

Last month we wrote about the "Better Life Project" which launched the "Happy & Well from Yahk-to-Riondel" Happiness Survey conducted between December 1 and 12. This was part of the ongoing Community Directed Funds Initiative exploring how we can take advantage of Columbia Basin Trust's (CBT) offering of significant regional funding. We would like to thank so many of you who completed the survey providing us with a great turnout of responses. This will give the Steering Committee a better understanding of where to focus. The results are being compiled at this writing. Just before the survey closed we had over 700 surveys representing more than 5% of the region's population. This level of response well exceeds the survey's expectations ... Thank You for being our Champions!

Starting In 2013, Community Connections (CC) became more engaged in supporting ongoing programs that are being run on the east shore and focused on our specific needs. In our initial and start-up years, the focus tended to be on projects that were more of a local one-of-a-kind nature. Programs versus projects can imply different administration and dynamics in that they are multi-year, can be more complex, may involve several grants and sources, require interim budgeting and reporting, and demand heightened planning and organization.

Some programs where CC has played a bigger role are ...

Many of you will be familiar with the CBT sponsored Community Directed Youth Fund 4 year program which will complete its third year in March 2015 ... So much work by so many volunteers, so many hours from the Youth Council members and Coordinators, so many Youth inspired events and participation, so many interesting experiences by all, and therefore so many thanks to numerous to print! What a great program to be able to continue and be part of!

Mid 2013, CC took responsibility of the East Shore Alliance for Early Years (EASEY) program from Kootenay Kids in Nelson. This program is sponsored by Kootenay Boundary Community Service Cooperative, and has been in play for several years starting with original Coordinator Simone Stanley, who did such a great job that others continue to emulate her work! It then moved to Laverne Booth, then to Kristy Winger and now ... congratulations to Ellie Reynolds who has just been announced as the new EASEY Coordinator. Thanks to all of you for this tremendous effort, and to the volunteers supporting EASEY!

And last but not far from least, again in mid 2013, CBT and Selkirk College sponsored the East Shore Learning HUB (CLHUB) which was started to bring continued education, learning, and practical experience to individuals, groups, and organizations on the east shore. The effort to make this a reality has been almost exclusively the effort of one clearly dedicated person ... Laverne Booth. To be successful, this kind of program requires extensive outreach and understanding of community needs, multiple levels of coordination and

administration, partnership and relationship development with many players, coordination and participation of events and courses, as well as many volunteer hours ... a level of commitment that many are not willing to take on. Thank you Laverne for bringing so much more to the East Shore than would have been possible without you.

Community Connections is pleased to have been able to sponsor and support these programs and looks forward to continuing its role in 2015 of fostering community activities and economic development on the east shore.

To contact Community Connections www.connections.ca or please call or email our Administrator Greg Blackwell at 250-227-9218x5505 or cell 250-509-0751, at skootenaylakecss@gmail.com or gblackwell@theeastshore.net, or drop by our office 1-4pm Wednesdays at Crawford Bay School.

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**next application deadline:
 February 28, 2015**

Projects for Area A (East Shore, Riondel to Wynndel) relevant to the promotion of economic development may be eligible for a grant from the Regional District of Central Kootenay.

Potential applicants are invited to come to a meeting and tell us about your idea... we will help round out your plan and connect you with an appropriate umbrella organization.

For information please contact:
 Lorna Robin, EDC Chair 250-225-3333
lornarobin@bluebell.ca

Community Connections (aka South Kootenay Lake Community Services Society, SKLCSS) is a registered society that may be able to sponsor your application.
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Yasodhara Ashram to Rebuild the Temple of Light

by Dan Séguin



John and Patricia Patkau of Patkau Architects visit the transitional Temple. Photo by Dan Séguin

In June 2014, a fire destroyed the Temple of Light at Yasodhara Ashram. Although this was a time of grief for our community, we came together to express our sadness and our hopes for the future. The message in it for us was that this was an opportunity for renewal.

What has happened since? The Ashram wanted to find a creative way to preserve and protect the remaining Temple platform and foundation. Gitta Ridder and Sylvan Dempster, two local artisan builders came forward with a design for a simple beamed structure, covered in plastic like a greenhouse, that now forms a beautiful temporary space.

Having this transitional Temple has allowed us to plan for the rebuild of the next Temple of Light. In November we selected the renowned Vancouver firm of Patkau Architects to lead the design process.

When selected, principals Patricia and John Patkau commented, "We feel a real connection to what your community aspires to, and we are very interested in the potential of creating something luminously beautiful in that landscape of yours!"

The Patkaus will work with the Ashram to capture and elevate our vision for the new Temple. We will be working towards a net-zero building with creative, resilient systems. While we won't replicate the original Temple, we do plan to honour the original important elements, such as the dome shape, the light-filled space and the eight entrances.

The original temple, built by Ashram residents, local builders and craftspeople, was completed in 1992. This fulfilled a long-time vision of the founder of the Ashram, Swami Radha, to have a Temple that was open to people from all spiritual traditions.

Long a landmark on the East Shore, the Temple of Light attracted visitors and spiritual pilgrims from around the world to the Kootenay Lake region. It was host to the Ashram's celebrations and prayers, to weddings, baby blessings and memorials.

It was appreciated by many diverse groups throughout the Kootenays, from Buddhists to Anglicans to yogis.

President of the Ashram, Swami Lalitananda explains, "The Temple, which is so much part of the Kootenay region, is a symbol of hope in the world. The world can feel so divided, and the Temple is where we recognize unity – the Light in each other – not division. The Temple was, and will be again, a sacred space where we can come together in harmony."

The design and planning phases for the Temple rebuild will span 2015, with hopes to have the Temple under construction and completed in 2016.

We look forward to welcoming our friends and neighbours to the unfolding story of the Temple. Wishing you all many blessings for the holidays.

Prepare for Noir – Kill Me, Deadly Hits the Boards

by Lea Belcourt

“Why fall in love with a broad you can trust? That’s like reading a book you already know the ending to.” - Charlie Nickels

Happy New Year from the East Shore’s Hexagon Players. The New Year is such an exciting time for us as we come into our final rehearsals for our annual theatrical offering, traditionally performed in January.

This year we perform *Kill Me, Deadly*, a noir comedy by Bill Robens, on **Friday, January 23 and Saturday, January 24** at the Crawford Bay School Performance space.

Tickets will be available at Gray Creek Store, Crawford Bay Market, and Riondel Market at the price of \$12 for adults and \$10 for youth. Doors will open at 7:30pm and will close at 8pm sharp. Please do not be late or you will be shut out until intermission. We politely request that you do not bring your babies to the play... we love babies but sometimes the noises they make (such as crying) can be a huge distraction to the actors. In fact, we would discourage

you from bringing young children at all to this performance. The play does include some twisted violence and is also too long for little people. It may not be appropriate for your child. Thank you for your understanding and cooperation.

If we sell out, as we have in the past, we will most likely be offering tickets for our final dress rehearsal on Thursday, January 22.

A recap from past month’s articles on what *Kill Me, Deadly* is about:

It’s 1947, and hard-boiled private investigator Charlie Nickels has a hard life as a gumshoe in the seedy underbelly of Los Angeles. Things are only made harder by the murder of a client and the theft of her 300 karat diamond. With the help of his wise-cracking secretary, Ida, Charlie seeks out the many suspects: smarmy bookworm Clive, equestrian beauty Veronica, snooty butler Wilson, sensitive muscle Louie, and mob boss Bugsy Siegel. At the center of the case is femme fatale Mona, a nightclub singer who captures Charlie’s affections...and suspicions and forces him to do the one thing he vowed never to do again: trust a dame. Kill Me, Deadly is a film noir comedy with the feel and look of the classic noirs of the 1940’s. A love story with deceit, murder (moi-dah), and double crosses told in glorious black and white.

DIRECTOR: Doreen Zaiss

ARTISTIC DIRECTOR: Geoffroy Tremblay

PRODUCTION MANAGER: Tim Miller

Cast of Characters:

CHARLIE NICKELS, hard bitten PI - Ingrid Baetzel
MONA LIVINGSTON, femme fatale - Galadriel Rael
IDA, Charlie’s secretary & gal Friday - Kate Page
LADY CLAIRMONT, wealthy dowager & owner of
8 Mainstreet January 2015

the Bengal diamond - Carol VanR
VERONICA CLAIRMONT, leggy heiress - Lea Belcourt
CLIVE CLAIRMONT, bookish heir - Sandra Bernier
JAIME, Nicaraguan gardener - Ries Fowler
ADRIAN WILSON, English butler - Tim Miller
LOUIE, lovable thug - Paul Hindson
HENRY, smallish, crazy thug - Ries Fowler
DEWEY, not-too-bright cop #1 - Carol VanR
JONESY, not-too-bright cop #2 - Gef Tremblay
BUGSY, reknowned Hollywood mobster - Ries Fowler
FISTS, shadowy former boxer - Ries Fowler
LADY MARY, crazy hobo - Pam Spiers
STANLEY, sane Hobo - Lea Belcourt
HOBOS - Paul Hindson, Kate Page, Sandra Bernier
SHIRLEY, imposing tough guy/Clairmont body guard - Paul Hindson
LAURA-LYNN McALLISTER, deranged nanny - Pam Spiers
LIBRARIAN - Pam Spiers



We thank you for your continued support of the Hexagon Players, a group who began humbly and nervously meeting in the summer of 2010 in Doreen Zaiss’ hexagon-shaped living room and came up with the grand idea of performing the *15 Minute Hamlet* by Tom Stoppard. That came together under the wonderful guidance and direction of Doreen Zaiss and was performed for the community in the spring of 2011 at the CCR Pub and later that summer at Starbelly Jam. It felt good, more community members were

inspired by the performance and got on board and the Hexagon Players became a group that met weekly to do improv theatre sports and to select a play each summer, audition in September and perform in January. Since the *15 Minute Hamlet*, we have brought to you: *The Village of Idiots* by John Lazarus in 2012, *Interior Health* by Doreen Zaiss in 2013, and the *Dancing Mice* by John Patrick in 2014, all under the direction of the East Shore’s beloved Doreen Zaiss, champion of the arts and ultra inspiring mentor. We look forward to performing *Kill Me, Deadly* for you very soon and if you like what you see and are inspired to try your hand at acting, please join us for Hexagon Players antics and fun in 2015.

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 January 12 at the CBESS middle room (computer lab). 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/February, proceeds go towards the Hot Lunch Program. Call the school for more info: 250.227.9218 and place your orders for the January round right away!

HOT LUNCH: We have an interim chef (Lea Belcourt) cooking for Jan 2015, now that Lee Reidl has moved on. We wish Lee well in her new path. There is a committee hiring a new chef who we hope will start in late January. The hot lunch program is on-going through this transition time.

Creston Arts Displays

by Val Van der Poel

So, you spent too much money for Christmas and don’t see why you should bother to look at art because you are not going to buy anything?

Art displays are about more than just buying paintings; they are about artists sharing their vision and joy with everyone who sees the art. Every artist looks at and portrays the world differently and most of us love to share our art with the people around us. It is wonderful when someone tells you how much they enjoyed seeing your work. Take time to check out the new community art displays and then let the artists know that you did.

The exhibit at the Chamber of Commerce features the art of 11 area artists and most of the names will be familiar to viewers. The soft, subtle tones and humour from Andy Alfoldy are a fascinating contrast to the bold colour and humour of his wife, Elaine’s art. Ute Bachinski makes you think that you have never seen a vegetable before when you see her fascinating watercolour studies. Karen Arrowsmith and Carol Schloss each offer a different look at the world around us, one in watercolours and one in pastels. Joining these familiar artists are Val van der Poel with artworks in a number of different media, Audrey Orosz’ charming watercolours, Carrie Lucas with a variety of styles of art, Eleanor Van de Bogart displaying watercolour and acrylics, Julie Butt’s eclectic style and Win Dinn, master of colour, paper and imagination. The Art in the Chamber display starts on December 30 and ends on February 27 so you will have plenty of time to stop by and check it out. And, of course, the art is for sale and the Chamber staff will be happy to help if you find something you’d love to own.

The Art in the Library display also features some well-known artists. Emmie Roelofse and her fabulous and fun painted fabrics offers bold colour in a unique product - hang it, sew it, wear it and then learn how to make your own when Emmie gives a workshop in fabric painting.

Jenny Steenkamp also offers workshops so you can (maybe) learn to match her exquisite landscapes and still-lives in oil. And rounding out the exhibit is Val van der Poel displaying a variety of media and styles to show the versatility of art and artists. The Art in the Library display starts on Jan 3 and ends on Feb 28. If you happen to see an artwork at the library that you want to purchase, just contact the artist or Val van der Poel.

The community art displays are sponsored by the Community of Creston Art Council, the Creston Public Library and the Creston Valley Chamber of Commerce and Visitor Centre to enable artists from Yahk to Riondel to display their art and to let the public see the wonders of the world through the artist’s eyes. If you would like your name on the list to display at one of these venues contact Val van der Poel at 250-866-5772.

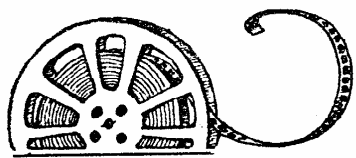
See the photo on page 11 - it is “The Old Birdhouse” a watercolour by Val van der Poel

Next Deadline:

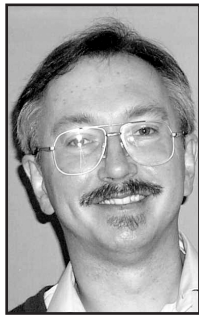
Jan 28, 2015

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Seldom Scene by Gerald Panio



"I can't breathe."—Eric Garner's last words

In his closing commentary, included with the supplements to the 2001 double-disk Criterion DVD release of his 1988 film *Do the Right Thing*, director Spike Lee points out that the kind of racist, lethal police brutality he used as the climactic point of his story continued to make the news in the new millennium. I wonder how he feels in 2015, when America has a black president, over 500 cities (in virtually every state) have black mayors, but only one state has a black governor (only the second to have ever been elected), police forces are being weaponized by hardware inherited from Iraq and Afghanistan, and the deaths of two young black men in Ferguson and Staten Island have once again polarized race relations. In fact, the death of Eric Garner, of a heart attack after being held in a choke hold by a New York policeman, is shockingly similar to the one Lee filmed over 25 years ago.

Do the Right Thing was Spike Lee's third film, after *She's Gotta Have It* (1986) and *School Daze* (1988). He was only thirty-two.

I'd call *Do the Right Thing* a cinematic tour de force—Lee directed, wrote the script, and played one of the lead roles. While my familiarity with black American cinema is pathetic, I have a hard time imagining any movie giving the viewer a more clear-eyed window on how quickly the black/white divide can spiral down into incomprehension, rage, and tragedy.

Having said that, however, it's not the film's prescience or its controversial climax that make me want to include it in this month's column. *Do the Right Thing* isn't meant to be a diatribe. That should be clear when it closes with two irreconcilable quotes from Martin Luther King ("Violence as a way of achieving racial justice is both impractical and immoral.... It destroys community and makes brotherhood impossible. Violence ends by defeating itself....") and Malcolm X ("I think there are plenty of good people in America, but there are also plenty of bad people in America, and the bad ones are the ones who seem to have all the power.... Because this is the situation, you and I have to preserve the right to do what is necessary.... and it doesn't mean that I advocate violence, but at the same time I am not against using violence in self-defence. I don't even call it violence when it's self-defence, I call it intelligence."). If there are easy answers out there, Spike Lee doesn't have them. He's pretty up front about that. What he does have, to an amazing degree, is empathy for the neighborhood—the community—he's shooting his film in. He chose to set his story in the Bedford-Stuyvesant section of Brooklyn, in Lee's own words "one of the most impoverished, drug-ridden neighborhoods in the United States." Despite pressure from Universal Studios to film in a more "secure"

location, Lee shot the entire movie on location on a single block in Bed-Stuy. The production offices, the carpenter's shops, the actors' holding area, etc. were all on that block. Residents were hired as extras and crew. Even Louis Farrakhan's Fruit of Islam organization was brought into the neighborhood to help liaise between residents and filmmakers.

All told, *Do the Right Thing* was part of these people's lives for almost six months, four in pre-production and two for the actual filming. I can't detect a false note, either in performances or in production design. The two sets created especially for the movie, on two facing empty lots, are master classes in realistic set design—as are other touches such as the large-scale murals on tenement walls.

A common thread through almost every interview with the main actors involved with the film is that the characters portrayed call up the actors' strong memories of people who actually lived in the impoverished areas in which they grew up. I don't usually recommend DVD "extras" in my reviews, but I'll make a definite exception for the hour-long "making of" documentary that's part of the Criterion release.

The movie's title is supremely ironic. Everyone's sure that he or she is doing the right thing. Danny Aiello plays 'Sal' Fragione, the owner of Sal's Pizzeria—one of only two viable businesses on the block. Sal is old-school

Italian-American and doesn't live in the 'hood; his entire clientele is black or Puerto Rican. Sal prides himself on the fact that he's been in business for 25 years and he treats everyone with the same with the same gruff mix of affection and disdain. Helping him in the pizzeria are his two grown sons, Vito (Richard Edson) and Pino (John Turturro). Vito's easygoing and contented with the status quo. Pino's a flaming racist and just wants his dad to sell the business and get the hell out while they still can.

(Spike Lee's choice of a pizzeria as the main setting was a deliberate one, based on the Howard Beach incident in Queens on December 19, 1986, where three black men whose car had broken down were attacked by a mob of about 10 white men in front of the New Park Pizzeria. Two of the men were severely beaten, while the third, Michael Griffith, was killed when he ran in front of a car while trying to flee.)

Working for Sal as a delivery boy is Mookie, played by Spike Lee. Mookie's a typical Bed-Stuy kid, marginally employed, marginally responsible, maximally cocky. He tries Sal's patience, and the patience of his Puerto Rican girlfriend Tina (Rosie Perez—in her first role)—whose child he's fathered. He's null as a parent, intermittently attentive as a lover. He's living in his sister's apartment.

Mookie's best friend is Radio Raheem (Bill Nunn), a bulked-up kid whose mission in life is to blast the block with Public Enemy's "Fight the Power" on a ghetto blaster the size of a portable electric generator.

A linchpin for the violence that will eventually rip things apart is another of Mookie's buddies, a young

hothead named Buggin' Out (Giancarlo Esposito). Buggin' Out becomes indignant when he notices that Sal's Pizzeria walls are covered with photos of famous white Italian-Americans. Given that no white Americans actually patronize Sal's, would it kill him to put up some photos of black Americans? Sal tells him he can start up his own business and put up any photos he likes. Buggin' Out takes umbrage and immediately tries to start a pizza boycott. True to the neighborhood's focus on day-to-day survival and taking simple pleasure where they come, no one's about to

give up cheap pizza to further Black Power. The only one who opts in is Raheem.

But unfortunately it's hot outside. It's the hottest day of the year. Everyone's a little on edge. On a wicked July day in the Bed-Stuy pressure cooker, even a failed pizza boycott can ramp up tensions to the point of no return.

If Spike Lee were just interested in plot, the cast list would be pretty much complete at this point. We have everyone we need for a meltdown. Since this is a film about community, however, we also meet Mookie's sister Jade (Joie Lee), Da Mayor (Ossie Davis), Mother Sister (Ruby Dee), Coconut Sid (Frankie Faison), Sweet Dick Willie (Robin Harris), Mister Señor Love Daddy (Samuel Jackson), the owners of a Korean grocery store (Steve Park and Ginny Yang), and several other locals. These are characters whose homologues I wouldn't have a hard time picking out from my years on the Eastshore: salts-of-the-earth, movers-and-shakers, eccentrics, cool cats, n'er-do-wells, hangers-on, geezers. There's a surprising amount of humour in *Do the Right Thing* (check out the Quotes section for this film at Imdb.com), much of it coming from this "secondary" cast.

I'll leave the penultimate word on this movie to Roger Ebert, from the closing paragraph of his review of *Do the Right Thing* in the first volume of *The Great Movies*. I can't say it better:

"None of these people are perfect. But Lee makes it possible for us to understand their feelings; his empathy is crucial to the film, because if you can't try to understand how the other person feels, you're a captive inside the box of yourself. Thoughtless people have accused Lee over the years of being an angry filmmaker. He has much to be angry about, but I don't find it in his work. The wonder of *Do the Right Thing* is that he is so fair. Those who found this film an incitement to violence are saying much about themselves and nothing useful about the movie. It's predominant emotion is sadness."

Perhaps even sadder was how some critics who were outraged over Mookie's "betrayal" of Sal never even mentioned the senseless death that triggered it. For shame.



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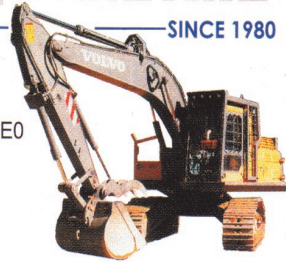
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- **Emergency First Aid- CPR-C and AED** with Darlene Knudson, Crawford Bay Hall, Saturday Jan 17 from 8:30 to 5pm, \$117 (includes manual), recertification also available.
- **5 Elements in Every Day Life** w/ Sylke Plaumann, Learning Place, Sunday Jan 18, 1-5pm, cost \$10 + GST.
- **Social Media Round Up** with Ben Johnson, Riondel Community Center, Tuesday January 20 from 1 to 3 pm. By donation suggested \$10, in partnership with Riondel Seniors Association. Drop in OK.
- **Gabby Gardeners** meet for lunch and chat about gardening, Wednesday, January 28 from noon to 2pm, by donation to create a visitors fund. Drop in welcome.

To register: Drop by the learning place at the school, fill out a form, put a cheque (payable to Selkirk College) in the mailbox, or mail to ES Learning Hub, Box 100, Crawford Bay, BC V0B 1E0. Or come by the Learning Hub on Tues to Thurs from 8:30 to 4:30pm. First to register & pay for each class gets name in a draw for a free class.

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Great Plans for the 2015 Fall Fair

by Nancy Galloway

It's only January and I'm already getting excited about the 2015 Fall Fair. We have some great stuff on the drawing board: goat races (provided the cougars don't get them all) and chicken bingo, for starters.

And, because a large part of the Fair's purpose is to educate, we will be asking folks to tell their stories about such topics as experimental growing techniques (winter gardens?); using beneficial insects or co-plantings; co-existing with wildlife or any useful knowledge that you feel is appropriate to the Fair.

And we're throwing down a challenge: how much produce can you get from a 4' square? That should be a hotly contested category! We'd like to see some of the gardeners at the school take that on.

We're also modifying some of the categories slightly. In produce, for instance, we are removing produce that isn't normally available at the time of the Fair; reducing the number of categories for beans, peppers and cucumbers; cutting out green tomatoes; requiring only one cabbage be entered rather than two; and so on. Wild (or cultivated) berries such as huckleberries or saskatoons can also be entered.

Farm products are being enlarged to include honey, grains, nuts and dried fruit. Baked goods will include more savory offerings, as well as gluten-free and vegan categories.

In response to demand, we will enlarge our food offerings to include vegetarian/vegan/gluten-free goodies, and ensure plenty of drinking water is available.

Now comes the hard part: we need help doing all this. Two critical board members, our treasurer Fran Kinder and Laverne Booth, who oversaw Educational Exhibits, have stepped down, and we desperately need to fill their shoes. In addition, we need a person to organize vendors of farm products, someone to oversee events and music, and finally someone to organize the food (the tea/bake sale & food vendors).

In 2014, the Fall Fair was basically overseen by four organizers, who vow never to make that same mistake again. With the work load divided among more people, it will be manageable. We can pull it off and still have fun. So please, step on up and help us continue this tradition that has lasted 103 years.

To discuss volunteer opportunities, please call Nancy Galloway at 250-227-9233.

Heist at Holbrook

by Tom Lymbery

The RCMP report in the *Advance* says that the ATV stolen from Holbrook Falls was found in Riondel, and two females from Surrey and Langley were taken into custody about a stolen U-Haul moving van. Presumably they used the U-Haul to take the ATV to Riondel? We hope the Holbrooks got their ATV back undamaged. It's hard to believe that someone could force a side door and take the ATV from the Holbrook's locked garage while they were at home.

When Walter Lane and his wife purchased about 200 acres from the Dick O'Neil family they set up a campground and chose the name "Lane Falls" after clearing trees away so that the falls of Twin Bays Creek could be visible from the highway. Walter came up with a most ingenious attraction "The Haunted Shack" that distorted your sense of the vertical so that you could actually see water run uphill. The last vestige of this disappeared only a couple of years ago.

One day when Walter stepped outside he happened on someone trying to siphon gas from Walter's car. The man ran towards his car with Walter chasing him. The car drove back and forth and eventually picked up the gas thief. Walter's son got their Volkswagen out of the garage and pursued and managed to pass the car. He got to Creston in time to alert the RCMP who apprehended the vehicle.

When the police searched the crooks car they found in the trunk a brand new, expensive set of silverware. Apparently this had been just purchased in Trail and the thieves had made off with it when the buyer went back into the jewellery store for his receipt. Crimes of opportunity can happen at any time.



Hidden Taxes

by David George

A Dog In The Manger

*A dog in the manger, no place for a bed;
No home for a senior to lay down their head.
Five vacant apartments sit wasting the wealth;
It's not our department says Inferior Health.*

It is a continuing scandal, these empty apartments. Yet Interior Health has the nerve to say they are not in the rental business, after taking over Jubilee Manor in Nelson. Paraphrasing Jacob Marley's ghost in Charles Dickens' A Christmas Carol: is not humankind their business? How can they deny homes to at least five seniors who need exactly this sort of accommodation?

Yes, it will take a few dollars to renovate these vacant apartments, but Interior Health has lots of money, doesn't it? Er, not exactly--we learned about their finances five columns ago, in Hidden Taxes 15.

We learned that Interior Health has a long term debt of more than a billion dollars (\$1,220,000,000). We learned that their so-called balanced budget for this year will result in more long term debt of about eighty million dollars (\$80,000,000). We learned that the interest alone on this long term debt will cost the people of this province more than eleven million dollars (\$11,634,000) this year. But don't worry: be happy! That interest is only going to cost each one of us two dollars and fifty-five cents (\$2.55) this year, less than a latte.

All of the above is particularly galling to us on the East Shore of beautiful Kootenay Lake, (where as our own Tom Lymbery reminded us a few years ago "We are all millionaires here") in light of the recent attempt to establish a seniors complex of independent and assisted living homes in Crawford Bay. Every time something got done, a new roadblock was thrown up by various departments of government bureaucracy until the project became impossible, and the society which was making the attempt had to dissolve.

We still have no fire department outside the borders of Riondel. True, we do have a much larger number of dedicated First Responders who have completed their training this year. They have saved a number of lives. Our ambulance service is improved because of them.

Further improvement may come due to funding from other sources than Interior Health, which still refuses to pay for the expensive training and re-certification of actual ambulance personnel. IH also still refuses to pay a reasonable wage for standby time, by the way. Small wonder there is difficulty getting qualified people to live here and work the ambulance unless they have another source of income. This has to change.

I suppose we are, most of us, resigned to being considered to be residents of Dogpatch, here on the East Shore. With no apologies for the doggerel verses at the top, I wish each and every one of us a happy and healthy New Year, 2015.

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Tom's Corner

by Tom Lymbery

The Clang Clang of a Loose Tire Chain

Last month's story of the Greyhound accident near Grand Forks on December 20, 1950 takes us back to the days before highway sanding, and even very little snow plowing. There just weren't the men or equipment for projects that we now take for granted.

Jim Burge of Gray Creek had a gas Caterpillar 10 (the smallest one made) and had fitted this with a homemade blade, so he was out working the roads for the Public Works Dept. He devised a manual lift for the blade consisting of a pole over his head that he could reach up and pull down to hoist the blade. As he plowed, the pole looked as if it would hit him on the head as the blade lifted up over icy lumps.

I don't know if Greyhound mounted snow plows on many of their buses. We have a picture of a plow-mounted coach loading passengers in Nelson. In Greyhound's corporate history there is also a picture of a bus out of Lethbridge plowing and leading a cavalcade of cars and trucks towards Cardston. They found this was necessary as road maintenance was minimal in the days when train travel was king.

Driving the highways in wintertime often depended on whether anyone else had tackled the route. If there were tracks in the snow, you just might be able to drive where you wanted to.

If enough vehicles were on the road, the snow got progressively packed down. After a few weeks you could be driving on top of eight inches of solid snow. You had to have a set of chains to climb steeper grades, and these left the surface quite bumpy. Your car would always fishtail somewhat, since rear wheel drive was standard. A very tender touch on the gas pedal was most important – or you might find your car facing south instead of north. Even shifting gears had to be done very, very gently – but most of all never use the brakes.

The small English cars that were shipped to Canada from 1946 on were surprisingly good on the snow, even though their track was narrower. I didn't have winter treads for my tiny 1947 Morris 8, but I found I could often climb the hill to Kootenay Bay without chains.

There were a variety of winter treads available, but one of the most effective was "Sawdust Retreads." The tire shops would mix sawdust with the rubber, leaving cavities where the flakes of wood fell out as the tread wore away. This created quite good traction on snow and ice, but the treads wore away fairly quickly.

An alternative was to take your vehicle to a garage

to have the rear tires "Tractionized." This consisted of mounting each wheel on a simple machine – two wheels covered with small spikes, running freely on axles. The car needed to be jacked up to put this rig underneath. You then ran the motor in gear so that the wheel spun punching small holes in the rubber, then changed the device over to the second rear wheel. This allowed the rubber to flex and give you a better grip on the slippery stuff.

Who discovered that bleach softened rubber? You wiped the rear treads with a cloth moistened with Javex or Perfex. The ferry was a good place to do this and you hoped it would carry you through, without having to struggle your chains on. Chains usually required some



Hauling the Greyhound bus from Kootenay Lake at La France Creek (Mountain Shores), Dec. 1952. After skidding off the road and down a 100' embankment, the bus landed on its side in the lake. It was set back on its wheels, filled with inner tubes for buoyancy, hitched to long cables, and pulled through the water to the beach with a Caterpillar tractor operated by Bert Learmonth. Nelson Greyhound mechanic Roy McKay guided the steering from the roof of the bus. Photo courtesy of Mary Carne (Greyhound photo album)

time, as well as lying down in the snow, to try to get them connected and tightened correctly. Manufacturers were always trying to come up with an easier way of hooking these up. I was driving Highway 2 from Spokane to Seattle one April over the Stevens Pass. The road was bare and dry all the way until I came to the last climb to the summit, where there was fresh snow. A line of cars was pulled over to the right, all wrestling with chains. What were really alarming were the cars coming down the hill and sliding all over as they used their brakes. I could picture one of these crossing to our side and slamming into all those underneath their cars. I managed to get my chains on before many of the others and got away before an impending disaster happened. The highway down the western side was snow free, which explained why those sliders had no chains on to give some control.

We sold chain repair links that were supposed to close as the tire drove over them. But many people kept on driving after a chain broke, producing a loud clang clang as it hit a fender that you could hear long before the vehicle went by, and the sound continued until it had turned a couple of corners.

Lawson Hepher of Boswell was the road foreman and his equipment consisted of one dump truck which

had a blade installed for the winter, tire chains, and a load of sand to give weight for traction. For some years only this one truck served Kootenay Bay. This outfit could only plough at 15 miles an hour. This was not fast enough to throw snow but only moved it to the lower side, and the road got progressively narrower with the windrow nearing the road centre. When the Greyhound loaded passengers at the old store, it completely blocked the highway. This windrow could only be moved by a big machine and often some weeks went by before a grader could be brought across from the Nelson side.

One advantage of all the snow piled on the roadsides was that you couldn't drive off the highway – the heavily-packed snow stopped you when your car snowbanked it. You needed to carry a long handled shovel to be able to clear enough snow from under your vehicle to get back on the road. There wasn't anyone to pull you out unless a truck happened along, so mostly it was up to you and your shovel.

Sometime in February the weather would warm. Rain soon made the surface impassable for any vehicle as the eight inches of packed snow broke apart with the tires cutting right through. It would be two or three days before a grader was available to move aside the sodden mess. I was planning a trip to Edmonton in mid February 1949 and caught the first Greyhound in three days for the 20 hour bus ride. The trip was on schedule as the roads to the east were still frozen.

I don't think that road sanding started until about 1953, a year after Johnny Oliver started work for Highways under foreman Bill Thompson. The major accident on December 2, 1952, when a Greyhound tumbled into the lake at

Mountain Shores with the loss of three lives, accentuated the need for sand. A worker had to brace himself while standing in the back of the truck to try to throw sand in the wheel tracks. The next improvement on this was when sand was shovelled into a small trailer that had blades underneath to give more even distribution. This was a slow process so only the sharpest corners and narrowest spots got attention. Once there were more efficient trucks with salt added to the sand, the snow no longer packed solid for several inches on the pavement. (Our road was paved in 1949.)

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pebbles by Wendy Scott Freedoms, Dreams and Travellers

Canadians are travellers. Riondel is a microcosm of this phenomenon where

house and cat-sitting has become a necessary winter occupation. A few years ago in Mexico no less than twelve residents of Riondel gathered over the winter in one small Mexican town. Other seasons have seen friends return from Britain: visits are frequent to Greece and Hong Kong; to Germany and Spain. A neighbour takes off this week to Ontario, having returned not long ago from the Arctic. For at least part of the year, several pilots call Riondel home, thus extending the possible points of interest. Vancouver, of course sees many visitors from Riondel, and many of us come and go constantly from Alberta. Hawaii is an easy flight, but Mexico now has so many Canadian visitors that it is sometimes difficult to get away from us. And, make no mistake about it, we are a distinct breed, and for whatever reason, we are treated quite differently from our American neighbours.

In a little Mexican café, we met a woman from Richelieu, Quebec. She was enjoying a conversation with the owner—an immigrant to Canada from Czechoslovakia. They were speaking French. This man, who also spoke perfect Spanish and English, spends half his year in Mexico and his summers on Iles de la Madeleine in the Gulf of St Lawrence, where he runs another little restaurant.

Why do Canadians travel? Many of us do not have to look back more than a generation or two to find roots in another country. Unless we can claim some First Nations heritage, we are descended from travellers.

In 1929, two women—Margaret and her mother, May—boarded a ship in Liverpool, England to sail for ten days across a sea that was rough enough to confine most of the passengers to their bunks. Two of May's sisters and a brother were living in Alberta, but May—widowed for nearly ten years—was advised to continue to BC to find employment. Margaret was quite sure she would be able to pursue her professional acting career in this vast country. The jobs—so they were told—were in the Cariboo.

Lytton was a community with a boardwalk, a hotel, and a small business district. When the two women arrived, the town seemed to be a confusion of miners, loggers and Indians. There was work, yes. But apparently, no theatre. Margaret became a chambermaid at the Lytton hotel. May continued on to Kamloops to the position of cook at Echo Lodge on Paul Lake. This was not what they had expected, but neither was the trip by train. The rails seemed to go on forever through forests, past lakes, across plains, and up and over mountains.

The route across the continent is a passageway from Canada's historic eastern cities to the fresh new tangle of the west. It is Lytton where the stark beauty of the Cariboo mountains hesitates before dropping over a sheer cliff to the canyon floor. It is Lytton where two rivers surge together through the Fraser Canyon to the sea. In this place, these immediate images envelop the mind and settle in the consciousness. But it was the closeness of the friendly—and unexpectedly refined—community that transformed Margaret, the young lady whose speech betrayed her theatre training, into a con-

firmed citizen of the Cariboo. She lived in the Cariboo for twelve years. She remained under the spell of the rambling freedom and frightening edges of BC's Interior country for the rest of her life.

These two women arrived in Canada at a time when the 1920's were roaring into the Depression era and rushing from the end of one war towards the threat of another. Freedoms gained in the 20's were side-stepped or ignored in favor of maintaining the remnants of a withering economy.

In January of that year, 1929, a child called Michael was born in Atlanta, Georgia. He would become Martin Luther King Jr. When he was ten years old, he could have been among the 75,000 people gathered at the Lincoln Memorial in Washington D.C. This crowd had come to listen to a black woman sing. Marion Anderson had a successful ten year career behind her. She had performed to critical acclaim in Europe and England. She had sung at concert halls in several states. A concert was to be arranged for her at Constitution Hall in Washington, but the owners of that hall, the Daughters of the American Revolution, would not allow a black performer inside the Constitution Hall. Marion Anderson sang outside on the steps of the monument to Abraham Lincoln and to his abolition of slavery in 1865. She sang in praise of her country. The country that still allowed restaurants, hotels and concert halls to deny her entrance.

Martin Luther King grew up in this confusion of rights and freedoms and restrictions. He became an educated man with several university degrees. As long as he stayed in the northern states and remained in recognized black communities, he could lead a relatively safe, normal life. He did not do that. He took his wife and family to Alabama. Even then, in 1955, segregation was still in force in the southern states. Blacks were

not only required to ride at the back of buses, but were expected to give up their seats to whites. When Rosa Parkes, a black woman from Montgomery, was jailed for refusing to do so, Martin Luther King organized the boycott of buses by the blacks that lasted for over a year. King did not stop there. He planned meetings and rallies all over the south. As a Baptist minister, he managed to light the fires of peaceful protest and non-violent demonstration. Over the next eight years he turned the apathy and indifference of middle-class blacks, and the hesitation among many of the clergy, into confidence and courage. The culmination of his speeches and meetings came in August of 1963, on the steps of that same Lincoln Memorial, where well over 200,000 gathered to hear him. Martin Luther King's "I Have a Dream," speech, broadcast by radio and recorded on film, became well known internationally. The following year, Martin Luther King received the Nobel Prize for Peace. In 1968, Martin Luther King was assassinated.

Recently I heard the story of a man who immigrated to Canada from Somalia. He made the move several years ago, and acquired the education and knowledge to take a successful position in Ottawa. But he gained more than a good-paying job. He said he became aware of the culture of tolerance in this country; the power of confidence, and perhaps most important of all to him, the freedom to talk. He took these strong convictions back to the chaos of his native Somalia to join in the efforts of Horn Africa Radio. This is a station with little or no funding, one table and two chairs, that has produced programming not unlike CBC's Cross Country Checkup and As It Happens. Even though Horn Africa Radio is shut down frequently by the militias and Islamic courts, it continues to broadcast radio and

television programs, and has even managed live interviews with warlords of that troubled country. Offering listeners a voice on their own radio was an unbelievable gift to a people whose freedoms were virtually non-existent.

The fact that I can express my opinion and have my words printed is only one example of a freedom that all Canadians share. And if this freedom slips in any way, we are adamant in our demands for its retrieval. We know that the culture of tolerance in this country, and on this continent, is still lacking in too many ways.

Margaret was my mother. I was born in British Columbia. I grew up surrounded by the natural beauty of the rivers and lakes; the splendour of the mountains and the sea. I was quite used to the sights and sounds of BC—so much so, that it puzzled me somewhat to hear newcomers tell me how lucky I was to live here. Taking our province and our country for granted is a dangerous thing. Ambivalence can breed apathy.

In 1964, Gunnar Jahn, Chairman of the Nobel Committee, said of Martin Luther King, and of all nations and races, "life is not worth living without a dream and without working to make the dream reality." February is Black History month. It is a good time to remember all our dreams. It is a good time to make sure that our freedoms—and our dreams—are cherished and celebrated and protected. It is a good time to remember that other cultures must be given freedom to strive for their dreams.

Canadians travel because we are able to; because we have the confidence to explore; because we are comfortable in other cultures, and respect other beliefs, practices and traditions as well as our own.

All Canadian's rights and freedoms should be at least as important to us as they are to strangers.



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TOM SEZ

by Tom Lymbery

Highlights of 2014 include the School Reunion at Riondel and a mosquito free July 1 – even for the fireworks on the airstrip.

With Pacific Coastal Air starting daily (except Saturday) service to Kelowna from Trail the West Kootenay becomes more accessible. Shouldn't we call it Pacific Ghostal Air because of the way its planes can sneak into and out of Trail when Cancelgar is fogged in? Pacific Coastal also has daily service from Cranbrook to Kelowna.

Canada hosts the Women's World Cup of Soccer this year with games played in six stadiums from Vancouver to Moncton. Women's soccer can be every bit as exciting as the men's so soccer fans will be glued to their TVs for six weeks.

More snow coming? Please don't shovel snow – use a Snow Float instead which allows you to move even heavy wet stuff or large frozen lumps by pushing – store staff can demonstrate.

I have seen several Green Christmases in Gray Creek – that means no snow on the ground, even if there has been some that has been completely washed away by the rain. One I remember most was 1983 when Lorena and Dave were home from university and college; the 25th was a beautiful sunny day so we all walked past the hall and back over the upper bridge and the cemetery enjoying the clear day.

If your wood burning stove, fireplace or insert has a fan, then the fan needs to be cleaned more than once a year as fluff and dust tend to accumulate. Sometimes these get wound up so that the fan needs to be taken to an air hose when a vacuum isn't enough. If you don't do the cleaning you will be buying new fans.

With the lower Canadian dollar we expected our money wouldn't go as far this year in Mexico but Surprise – the peso has dropped as well so we are getting a rate of about 12 pesos to our dollar. Also we don't need medical insurance since Mexico has good doctors and health care at lower cost so this can be refunded by BC Medical.

Globo del Deseo or Magic Lanterns are only 20 pesos each and these hot air balloons can float more than 1500 feet into the sky. Each package has a most interesting write up of the origins of these in China and their use to even light roads. (At least that's my translation from the Spanish)

Ingrowing toenail? Filing the top of the nail will relieve the pressure on the sides. A faster alternate is a battery operated grinding wheel – these are in the pet department. I find these effective on toenails and can even work safely on those hardest calluses.

Nelson has converted their old ice rink to an indoor soccer field for young players with a coach from the Vancouver Whitecaps. Cranbrook hasn't yet gone indoor but is also part of the Nelson soccer initiative and coaching.

Locally grown seeds from Balfour and Kaslo will soon be on the store shelf giving you plans for next season suitable for our lake microclimate.

The road to Loon Lake above Ainsworth has completely fallen into the extensive mine tunnels and cavities – the road was actually the roof of a mine. It is not known when this road will be repaired.

Florence Fahnestock of Pasadena had a cottage in Gray Creek and invited my sister Alice to see the spectacular Pasadena Rose Parade about 1956. Alice travelled by Greyhound which at that time had a daily bus from Creston to Spokane.

Book Reviews

by Tom Lymbery

WHO WE ARE – Reflections on My Life and Canada by Elizabeth May, publisher Greystone, hardcover, 214 pages, \$29.95.

A few years ago Sharon and I took Via Rail across Canada and were surprised to find Elizabeth May on the same train. Her ambitious and demanding trip was to contact people in smaller places across our country, using one of the least polluting means of travel. The train's schedule has many "Flag Stops" listed and May had booked virtually all of these where the stop could be in the daytime. She would get off at the front of the train, use whatever minutes available to talk to those gathered at the station. The train would move slowly ahead and she would board the last of the 20 car consist and make her way all the way through the jolting cars to the front, ready for the next stop.

I got off at a couple of the longer scheduled stops and, met her daughter and was impressed with what Elizabeth had to say. Since most of the passengers in the all inclusive Silver and Blue Class were tourists from the US and England she was surprised when we clapped when she traversed our railcar. Because of all the extra stops in tiny villages in Ontario we were 4 hours late into Toronto, but this didn't matter as we had to overnight before catching the next days trip to Montreal and Halifax.

Former Prime Minister Joe Clark says "Most acknowledge that Elizabeth May is Canada's most effective MP, combining service to her constituents and causes with uncommon respect for Parliament and democracy. Her book *Who We are* reveals another dimension: a tough and thoughtful activist, zealous but with a gift for pragmatic compromise and accomplishment."

She uses a wealth of information to tell us that Stephen Harper has backed out of the Kyoto accord and dismantled all of Canada's services such as ocean sampling and everything connected with climate change and preserving life for the future.

A WOLF'S MOON - a Helicopter Pilot's Story by Hank Sands, Shanlin Publishing, soft cover, 227 pages, \$21.95

Having served many years in the RCAF as a pilot of the CF-100 Jet Interceptor Hank Sands is discharged in 1964 and takes a private course on helicopters. He gets to fly for Okanagan Helicopters and is first stationed in Nelson. One of the toughest jobs is learning how to fill the Monsoon bucket, designed by Henry Stevenson of Nelson. At that time it was basically a 45 gallon drum with an electronically controlled trap door in the bottom. This was difficult to drop in the lake at the right angle, but once learned was most effective on lightning strikes in locations that only a helicopter could reach.

He is sent to a staking rush in the Bugaboos where he has the misfortune to wreck a helicopter when it hits a snag after taking off in deep snow – and a helicopter creates its own snowstorm with its turbulence. This is the end of his employment with Okanagan and the only job he can find is as a labourer with CP Rail in Nelson. Eventually back with rotary wing employment he works all over BC for 18 years.

One town that he likes is Stewart even though the snowfalls are enormous and the weather unreliable. Since helicopters are employed mostly in very isolated places this book is full of exotic stories.

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Next Deadline: Jan 28/15

Riondel Community Library

by Muriel Crowe

Happy New Year to all. It is my hope that the New Year brings continued growth and prosperity to this East Shore. I no longer make resolutions but try to start the New Year with positive expectations for our library. This past year has seen growth in membership and in the number of items borrowed as well as requests for inter-library loans. We have welcomed several new volunteers and are looking forward to at least one other joining our ranks in 2015.

We are making changes as progress dictates. We no longer have a call for books on cassettes so will be clearing those from our shelves as well as most of our VHS tapes. We will retain the juvenile collection of VHS. If you wish to have some of these items we can arrange a time to go through the collection and will let them go for a small donation.

We have a new source for pocket books and look forward to replenishing and updating that section along with the other departments. In the meantime our DVD section is blossoming with purchases and some lovely donations.

My thanks go to Shirleen Smith for taking on the Riondel Library web page notice section. Check us out at <http://riondel.ca/library/>. I was not keeping it current and am delighted to have it up to date once again. There is a change over on the desk also, the ones you are missing are now working behind the scenes.

If you are not a member of our library please come and join us. Membership is free and you don't have to be a reader to enjoy our library. We have public use computers, also free, as well as DVD's and CD's and we could offer more services or items if people let us know they are needed or wanted. Are you already a member? We look forward to seeing you soon. Feel free to drop in, visit, browse and perhaps borrow a book or several.

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Riondel Community Church

by Wendy Scott

Another year is slipping past and leaving us in the dust wondering again how the days can vanish so quickly. Some say it's the season – blink and daylight has faded. Some might say it's the relentless forward march of time.

Nearly a century ago a science fiction author, Ray Cummings, wrote an all encompassing explanation: Time is what keeps everything from happening at once. If Mr. Cummings were to visit a few Kootenay kitchens right about now, he might question his own statement.

Time is a flexible unit, stretching and contracting as we move through the hours of our days, attempting to plan weekly events and yearly acknowledgements – especially when it comes to the church services on Kootenay Lake's East Shore.

Until this year, our friends at Harrison Memorial Church in Crawford Bay had shared an Anglican Sunday with Riondel Community Church, each taking alternate months, but now they have taken a break from weekly services, opting instead to focus on concerts and special events. Riondel Church is now open every Sunday for all services – these include ecumenical as well as Anglican.

Towards the end of the summer, Rev. Robin Celiz moved from the parish of Creston and the East Shore to take over a lower mainland church. Rev. Derrick Smith has come from Kimberly to fill the gap and we're very pleased to have him with us. Derrick's wife, Karen, often brings her tall conga drum and plays along with Marie Gale's music.

Our Lay minister, Brenda Panio, has taken several services and is always willing to step in (almost at a moments notice) when we are short of either a minister or a pianist. She's our gem, and we appreciate her – very much.

Rev. Shelley Stickle-Miles, from the United Church in Creston and Kaslo, has been with us for two or three services and will continue to travel to Riondel whenever she can.

Pastor Richard Dannhauer came from Grand Forks to Crawford Bay in late fall to preach at Kootenay Lake Community Church and has worshipped with us in Riondel as well. Richard and his wife, Ramona, bring music with their worship. Until their arrival, Linda Moreau was stepping in to take services in Crawford Bay and came to Riondel as well.

Jeff Zak has taken time from his very active mission with the young people in Nelson to come to Riondel with his wife, Marilyn, and Brent Mason, also from Nelson, has taken some necessary time to be with his wife, Barbara, who is very ill and in need of our prayers.

Canon Jim Hearne, one of the first priests to visit Riondel – even before our little church was built and dedicated, has made many trips across the lake to be with us and we are delighted with his wit and his dedication.

In September of this year, Archdeacon Dirk Pidcock – passed away and we lost a gracious, gentle, and kind man.

The church is ready to step into 2015 with our old friends and those who have just recently come to the East Shore. We welcome the new and we're truly grateful for our old friends.

January will bring Jim Hearne, along with Ramona Dannhauer, Rev. Derrick Smith, and Rev. Shelley Stickle-Miles. In the meantime, there will be a Community Christmas dinner to enjoy at Riondel Community Centre, and carols and Christmas music in Crawford Bay with our friends at Kootenay Lake Church.

And that's how we shuffle our sometimes slippery schedule and rein in and enjoy its variance.



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Application forms and guidelines are available:

- RDCK office, Nelson
- Municipal and Village offices
- Electoral Area Directors
- Online at:
rdck.ca/cip-aap or
cvt.org/cipaap.

Apply by 4:30pm, Monday, March 2, 2015. Applicants are required to present their proposal at public meetings during the month of April 2015.

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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 January 12 at the CBESS middle room (computer lab). 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/February, proceeds go towards the Hot Lunch Program. Call the school for more info: 250.227.9218 and place your orders for the January round right away!

HOT LUNCH: We have an interim chef (Lea Belcourt) cooking for Jan 2015, now that Lee Reidl has moved on. We wish Lee well in her new path. There is a committee hiring a new chef who we hope will start in late January. The hot lunch program is on-going through this transition time.

*Next Deadline:
January 28/15*

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Safety in Resource Industry Graduates!



Twelve participants of the Safety in Resource Industry (SIRI) successfully completed the twenty three day training program run by the Selkirk College Learning Hub in Crawford Bay. From left to right: Sean Stretten, Ebrahim Sarmast, Kelly Nault, Lorinda English, Dennis Goff, Mark Adam, LeeAnna Ingham, Kenji Fukushima, Sean McLaren, Yuri Macedo, Farley Cursons, James Simpson. Participants are seen here celebrating their new high viz work clothes purchased at Gray Creek Store with the help of Christy Musil and program coordinator Laverne Booth. Thanks to funding from the Project Based Training program of the provincial and federal government and Selkirk College.

Health & Happiness

by Dr. Sid Kettner

A Dozen Benefits of Walking, Part II

Last month we considered six benefits of this fun activity. In summary they were: Reversal of damage to one's arteries from sitting, improvement of creativity, lowered stress, lowering of blood pressure, energizing us and improving our moods. Hopefully many of you were motivated by the medical research into these areas and have laced up your shoes and are "pounding the pavement" with me. Now here comes a discussion of an additional six positive outcomes.

7. It helps at work. One will be less bored and stressed and more satisfied than those workers sitting or standing all the time.

8. Boosts our immune system. This benefit was proven at Appalachian State University. But it requires 30-45 minutes per day. Colds will be kept at bay. Exercisers get sick less often and their rare infections are shorter and less severe.

9. Lowers blood sugar. Fifteen minutes after each meal will drop your sugar for over 24 hours. A great reason to skip dessert and dash outside with your walking shoes. Research published in Diabetes Care.

10. Keeps older adults sharp. Better memory and cognition are added to the physical benefits of lower body mass and lower blood pressure. We can look sharp, feel sharp and now think sharp as well.

11. Lowers breast cancer risk. Even 2.5 hours per week, briskly, can cut breast cancers risk by 42%. Incredible! These results, published in Cancer Epidemiology, are of a study of 79,000 women. Exercise can break down estrogen into safe by-products and reduce fatty tissue, which secretes that hormone.

12. Eases fibromyalgia pain. Use light, lower impact walking here (even in a pool) and note improved muscle function, less pain, less fatigue and far less depression.

So lace up those shoes, get out and have fun for 45 minutes five times a week. Divide that time up into 2 or 3 equal parts, if you wish. Or take along a pedometer and put in ten thousand steps daily. Your body will thank you! And you will be grateful when you experience any, or all, of the above twelve benefits—all because you decided to make the right choice and do so today.

Interior Health Gets Sexy to Promote HIV Testing

press release

Interior Health launched a new campaign today to encourage all adults in the region to get tested for HIV. The "My Health Is Sexy" campaign uses intimate images to convey the message that knowing your HIV status is an important part of a healthy sex life and a good relationship. Campaign materials include a website (www.MyHealthIsSexy.com), as well as social media and print materials.

The campaign is part of the province's groundbreaking Seek and Treat for Optimal Prevention of HIV/AIDS (STOP HIV/AIDS) program. The STOP HIV/AIDS program aims to reduce HIV transmission and improve the health outcomes of those living with HIV by offering widespread HIV testing, treatment, and early engagement into care.

In B.C., it is estimated that approximately 3,500 are people living with HIV and are unaware of their status. The campaign sets out to change this.

"Expanding HIV testing and treatment has proven to be the best way forward to fight HIV and AIDS," said Dr. Perry Kendall, Provincial Health Officer for B.C. "Innovative testing campaigns like this will help ensure we reach as many people as possible and engage them in the care they need."

Today, people living with HIV and receiving treatment can expect to live longer, healthy lives free of symptoms. In fact, research has shown that an early diagnosis in combination with sustained antiretroviral therapy means HIV-positive people can expect to live up to an additional five and a half decades. In addition, sustained treatment can greatly reduce the likelihood of HIV transmission.

"There remains a great deal of stigma around HIV despite extraordinary advances in treatment," said Dr. Trevor Corneil, Medical Health Officer with Interior Health. "We hope this campaign will inspire people to take control of their health, be proactive in requesting an HIV test, and begin life-saving treatment if necessary."

The first phase of the campaign promotes HIV testing for all adults with specific materials targeting men who have sex with men. Future campaign materials will target additional high prevalence populations including injection drug users and sex trade workers. The campaign is being supported by health outreach nurses, a mobile team that offers discreet and confidential testing for those who may not access testing in traditional locations.

For more information on the campaign, visit MyHealthIsSexy.com.

About Interior Health

Interior Health is committed to promoting healthy lifestyles and providing a wide range of quality health-care services to more than 742,000 people living across B.C.'s vast interior. For more information, visit www.interiorhealth.ca.

Asana of the Month

by Jayanti Holman

Camathakarasana

Wild Thing Pose

This pose is easier than it looks!



Benefits

- opens up chest, lung & shoulder area
- opens the front of the legs and hip flexors
- builds strength in shoulders and upper back
- brings confidence and trust

Cautions

- carpal tunnel syndrome
- rotator cuff injuries

Doing the pose

- bring feet together in plank (push-up pose).
- turn onto outside of left foot, stack right hip on top of left,
- extend right arm to sky.
- lift right leg, bend knee, place ball of right foot 6 to 8 inches behind left knee.
- extend right arm toward the top of mat
- lengthen through low back
- hold for 3 breaths.
- return to plank and change sides.

Focus while in the pose

- lift hips as high as is comfortable
- keep breathing deeply
- extend evenly & deeply through extremities

To come out of the pose

- rotate back towards plank pose
- placing hand on ground again in plank pose

My Health is SEXY
Take care of you for me



One in four people who are living with HIV don't know it


» Often there are no symptoms. The only way to know for sure is to get tested.
» Knowing your HIV status is sexy. It's an important part of a healthy sex life and a good relationship.
» Treatment is available at no cost and can suppress the virus, prevent transmission, and help people live long and healthy lives.

Find out more about HIV and where to get confidential testing at MyHealthIsSexy.com

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FIRST CONTACT EAST SHORE MIDWIFERY - Sylke Plaumann, registered midwife. 250-227-6846.
MASSAGE REBALANCING-SHIATSU - New in Crawford Bay. Help to re-establish your body's flow of energy and stimulate your inherent ability to heal with a unique combination of deep tissue, joint release and shiatsu. Veronique: 250-777-2471.
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

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 refl req'd. 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.

RESTAURANTS

CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING - available for community events, wedding receptions, workshops etc. Non-smoking facilities. Call Kathy, 227-9205.
MAXX AND NAMBI'S FAMILY RESTAURANT: Open 7 days a week, 9-noon. (located beside Newkey's)
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. Please Call James Linn at 250 225 3388

Creativity, Community, Conscience

Creativity, Community, Conscience

CLASSIFIED SECTION

BIZ ANNOUNCEMENTS

Sirdar General Store: A unique place to shop on Duck Lake. Fishing Licenses, CVWMA Permits, Tags & Tackle. Local Crafts--mitts, scarves, toques, slippers, & socks. Groceries, Island Farms Dairy Products & Egg Nog. Creston Valley Bakery Bread & Buns. Post Office Services, Faxes. Wishing All a Happy New Year. Drive with care, slowly for the students catching the School Bus along Hwy 3A. 8050 Hwy 3A Phone 250-866-5570, Fax 250-866-6811.
Insurance Certification requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

NOTICES/EVENTS

Check out East Shore courses in the SELKIRK CALENDAR which is coming in the mail. Didn't get one? Check inside your post office!
Are you on Employment Insurance? Would you be interested in building trails this summer? Please contact Laverne at 250-551-5827

WANTED

WANTED: Someone who could provide leadership for seniors in Crawford Bay. Call Laverne at 250-551-5827

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.

JOB OPPORTUNITIES

Seeking temporary coordinator for 6 weeks, beginning mid January 2015, to work in conjunction with ESIS board and tech manager. For more information, contact the ESIS board at: board@theeastshore.net

Happy
New
Year!
2015

www.eshore.ca

mainstreet@theeastshore.net

The MAINSTREET

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264

Box 140, Crawford Bay, B.C. VOB 1E0

E-mail: mainstreet@theeastshore.net

**** ADVERTISING RATES**

- \$35.00 - 3 1/4" wide by 1 3/4" high
- \$40.00 - 3 1/4" wide by 2 1/2" high
- \$45.00 - 3 1/4" wide by 3 1/4" high
- \$50.00 - 3 1/4" wide by 4" high
- \$55.00 - 3 1/4" wide by 4 1/2" high or 6 3/4" wide by 2 1/4" high
- \$65.00 - 3 1/4" wide by 6" high or 6 3/4" wide by 3" high
- \$85.00 - 3 1/4" high by 9" high or 6 3/4" wide by 4 1/2" high
- \$100.00 - 3 1/4" wide by 10 3/8" tall
- \$130.00 (quarter page) 5 1/4" wide by 7 1/2" tall
- \$150.00 (third page) - 6 3/4" wide by 7 1/2" high or 3 1/4" wide by 14 1/2" tall or 10 3/8" wide by 4 1/2" tall
- \$225.00 (half page) - 10 3/8" wide by 7 1/2" tall
- \$400.00 (full page) - 10 3/8" wide by 14 1/2" tall

Sample Sizes - more sizes available.

Column Width: 3 1/4 inches - double column width: 6 3/4 inches - full width: 10 3/8 inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

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

YOUR HALL IS AVAILABLE...

For community events, wedding receptions, workshops...You name it!

Booking info, Kathy Donnison @ 227- 9205

CRAWFORD BAY HALL

"your community hall"

A non-smoking facility.

EAST SHORE PHYSIOTHERAPY



Anna Rose
BScPT

- Full Assessments
- Home Programs
- Gentle Treatments

Health Center, Crawford Bay

(250) 227-9155

- Planning a wedding?
- Holding a meeting?

Consider renting the **BOSWELL HALL**

Booking/info: Judy @ 250-223-8664

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 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 2015

**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 6: No Doctor
Jan 7: Dr. Moulson
Jan 9: Dr. Lee
Jan 13: No Doctor
Jan 14: Dr. Moulson
Jan 15: Dr. Lee
Jan 20: Dr. Grymonpre
Jan 21: Dr. Moulson
Jan 22: Dr. Lee
Jan 27: Dr. Grymonpre
Jan 28: Dr. Moulson
Jan 29: Dr. Lee

**Please Note: Lab hours 7:30 - 10:30 am, Weds
Tues Dec 23 INSTEAD OF Weds Dec 24
and Dec 30 INSTEAD of 31.**

**Call to make appointments at 227-9006
on doctor days and Thursday morning.
Tues, Weds & Thurs (8:30 to 12:30)
Phone: 250-227-9006 Fax : 250-227-9017**

BOSWELL HALL HAPPENINGS

Yoga: Thursdays, 9:30-11:00 am. Marilyn Arms 250-223-8058

Tone & Trim Fitness: Mondays & Fridays 9am

Darlene Knudson 250-223-8005

Vinters - Cancelled for January

Book Club - January 8, 2pm

Contact Melody Farmer 250-223-8443

Quilters Guild - January 20, 1pm

Contact Jan Brooks 250-223-8667

BADEV - January 8, 9am

Contact Rod Stewart 250-223-8089

CARPET BOWLING - Tuesdays, 7-9pm

Contact Tom or Linda Sawyer 250.431.8404

CHRISTMAS PARTY SWEET TRADITION

The Community Christmas Potluck Dinner at the Crawford Bay hall was once again a scene right out of a Norman Rockwell painting. The evening was beautiful and magical and there are MANY people to thank: Thank you to the organizing committee (Garry Sly, Dana Gallinger, Ali George, Amanda Hulland, Palma Wedman and Nicole Plouffe), to Melina Cinq-Mars for organizing the turkey raffle and Gef Tremblay for the raffle poster. Betsy Ann Schultz and Tim Miller for being our lovely greeters, the fabulous decorating committee (Ingrid Baetzel, Carol VanR, Terry Fiddick, Jacqueline Wedge, Shen Fiddick-Halfnight, Jennae, Olivia Wedge-Darchen, Maya Sly and Dema Fiddick-Halfnight) Garry Sly and Alexis Phillips for organizing the food, Ben Johnson for providing the sound system, Jacqueline Wedge for lending us her Xmas lights, the Ruminence for singing, Al George for emceeding the evening, Indra and Ali for being such great Santa's helpers, and SANTA! Cory and Gina Medhurst for the Santa's chair and lamp, Lorna Robin and John Smith for guiding Santa, Russ Anderson for the Xmas tree, Leah Wilson for creating our promo poster and for her incredible creative contribution and Dan Silakiewicz as her helper. We would also like to thank The Nelson and District Credit Union for their generous grant and the Crawford Bay Market, The Lakeview and the Gray Creek Store for their generous food donations. Whew! And finally to all of you, the Eastshorians who attended and contributed and continue to make this such a sweet tradition!

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect

All times listed in Mountain "East Shore" Time

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

January 2015 SCHEDULE

Jan 4: Canon Jim Hearne, Anglican 10:30am
Music: TBA

Jan 11: Rev. Derrick Smith, 1pm
Music: TBA

Jan 18: Brenda Panio
Music: TBA

Dec 24: Ramona Dannhauer
Music: Richard and Ramona

Dec 28: Pastor Richard Danhauer, 1pm
Music: Richard and Ramona

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

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

For information call Christ Church Creston 428-4248

**No services at the present time. Contact Christ
Church Creston for info - 250.428.4248**

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

No services at present time.

For info, please contact *Karen Gilbert: 227-8914*

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay 250.227.9444

YASODHARA ASHRAM

Satsang (non-denominational, "in the company of the wise"),
each evening 8pm. Everyone welcome, 250.227.9224

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:
January 28, 2015**

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 Mike Jeffery - 250-227-6807 or Lion David
George 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
on (usually) the second or third Monday of the month. (or Tues)
Call Ingrid to be put on the agenda - 250.227.9246

**January PAC Meeting:
January 12, 2015**

January 2015 Mainstreet 19

CRESTON VETERINARY CLINIC

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

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



**NEW LOCATION! We will now be
doing clinics at the Crawford Bay
Motel, Unit 6...**

**Mobile Clinic Dates:
January 13 and February 10 at the
Crawford Bay Motel.**

The East Shore Mainstreet

Creativity, Community, Conscience

January 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Prickly Pig Arts Club, GC Hall, 11-4 Many Bays Practice, 7pm	3
4	5	6	7	8	9	10
		NO DOCTOR	Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	Telling our stories - thru Feb 26, CBESS Library, 4-6 Prickly Pig Arts Club, GC Hall, 11-4 Many Bays Practice, 7pm Dr. Lee		
11	12	13	14	15	16	17
	PAC Meeting, Middle Computer Lab, CBESS, 7pm	Lions Mtng, 7 pm NO DOCTOR	Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	Telling our stories - thru Feb 26, CBESS Library, 4-6 Prickly Pig Arts Club, GC Hall, 11-4 Many Bays Practice, 7pm Dr. Lee	3-D Printing, Learning Place, 6:30	Emerg 1st Aid, CB Hall, 8:30-5 Animal Track ID, Learning Hub, 1-4
18	19	20	21	22	23	24
5 Elements in Every Day Life, Learning Place, 1-5		Social Media Round Up, Riondel Comm. Cntr, 1-3 Dr Grymonpre	Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	Telling our stories - thru Feb 26, CBESS Library, 4-6 Prickly Pig Arts Club, GC Hall, 11-4 Many Bays Practice, 7pm Dr. Lee	Kill Me Deadly, CBESS, 7pm	Animal Track ID #2, Learning Hub, 11-3 Kill Me Deadly, CBESS, 7pm
25	26	27	28	29	30	31
		Lions Mtng, 7 pm Dr. Grymonpre	Gabby Gardeners, 12-2 Mainstreet Deadline Bingo, Rio CC, 7pm Dr. Moulson	Telling our stories - thru Feb 26, CBESS Library, 4-6 Prickly Pig Arts Club, GC Hall, 11-4 Many Bays Practice, 7pm Dr. Lee		

Hexagon Players present

Kill Me, Deadly

a noir comedy by
Bill Robens
January 23-24, 2015

Crawford Bay School Performance Space
Ticket prices: \$12 adult, \$10 student
Doors open at 7:30 and lock at 8pm sharp

*No babies or small children please
Tix available at Crawford Bay
Market, Gray Creek Store &
Riondel Market

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Barefoot Handweaving	7
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Crawford Bay Market	11
Credit Union	10
Credit Union Board of Directors	3
Creston Vet Clinic	2
EDC	7
ESIS	10
Eastshore Physiotherapy	13
Fitness Place	17
Gray Creek Store	10
GC Store Manager Job	3,10
G.R.S. Contracting	10
Harreson Tanner	6,10
Hulland and Larsen	10
JB Construction	10
KES	11
Kill Me, Deadly	11,20
Kootenay Insurance Services	6
Learning Hub/Selkirk	11
PAC Box	8
Riondel Market	10
Sapphire Hair Salon	10
Studio Ponnuki	5
Sunset Seed	14
Turlock Electrical	

Transfer Station Hours

CRAWFORD BAY:
Sun & Tues
9am - 3pm

BOSWELL:
Weds/Sat
11 am - 3 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



ES Health Centre ~227-9006~

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