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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

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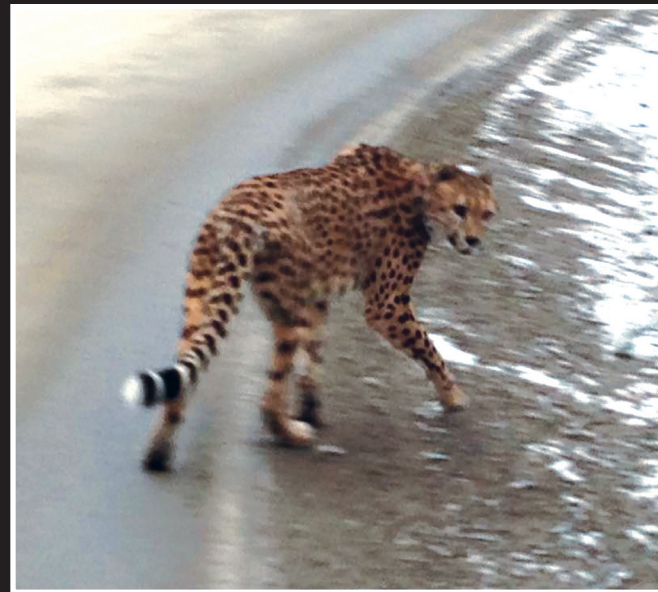
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On December 17, East Shore resident R. Samantha Istance snapped these photos of a cheetah roaming loose on the summit between Crawford Bay and Kootenay Bay. The cheetah was wearing an orange collar and disappeared into the bush after the pictures were taken. Conservation Officers and the RCMP were called and responded directly with a search for the animal using trackers and dogs and an invitation to the public to supply tips and information. For the next few days, the tips flew into the RAPP (Report a Poacher or Polluter) line (1-877-952-7277) and the Conservation Officers followed up. As of Dec 20, the search was suspended while tracks tips were analyzed and efforts were made by different provincial branches to locate the custodians of the unpermitted cat. The Conservation Officer Service was informed that the cat was possibly in Ontario, but at the time of printing, this had yet to be proven.

Penalties for offences under the Controlled Alien Species (CAS) regulation under the BC Wildlife Act are as follows: A person who commits an offence referred to in subsection 84(1)(a) of the Wildlife Act is liable, (a) on a first conviction, to a fine of not more than \$250,000 & not less than \$2,500 or to a term of imprisonment not exceeding 2 years, or both, & (b) on each subsequent conviction for the same offence or another offence, to a fine of not more than \$500,000 & not less than \$5000 or to a term of imprisonment not exceeding 3 years, or both.

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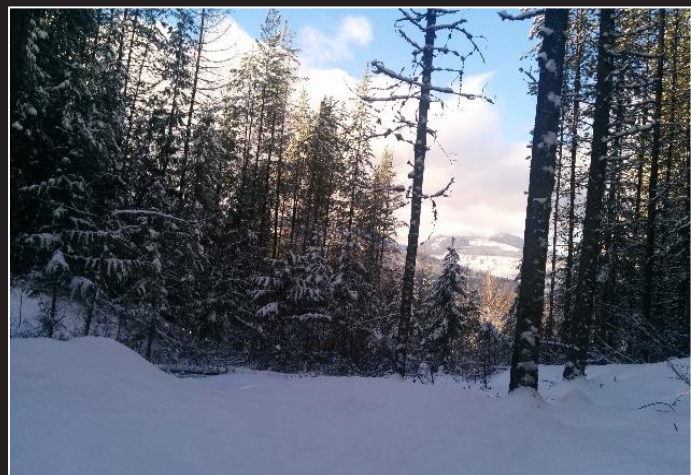
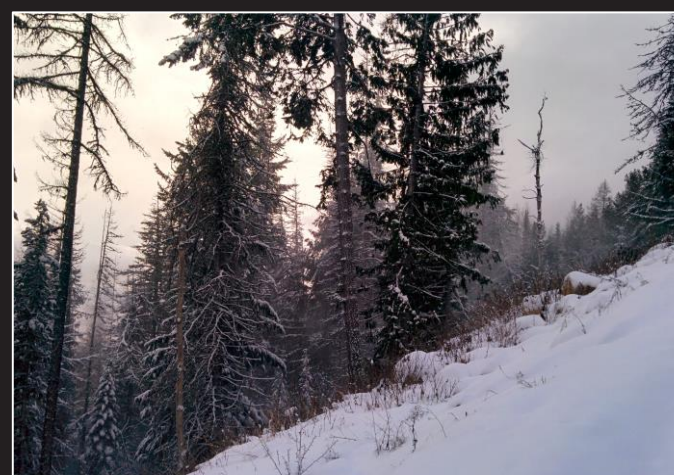
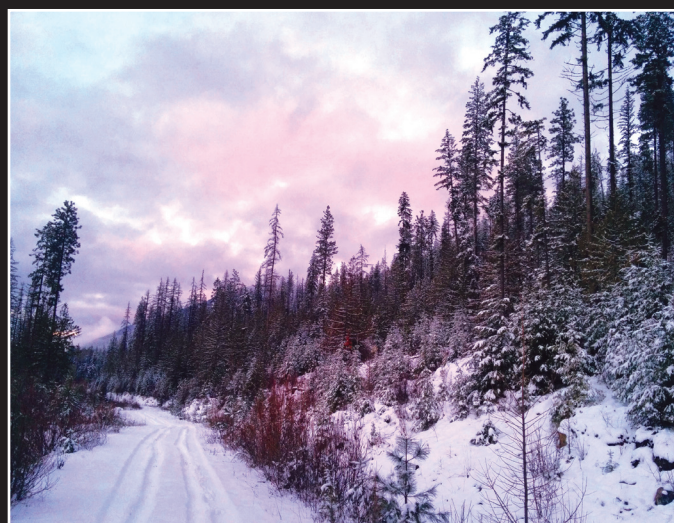
Sundays for brunch: 10am-4pm

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Snowy Road Above Riondel - Photos by Daniel Wensink, Grade 10



Editor's Word on the Mainstreet by Ingrid Baetzel

In December, we had the privilege of watching a couple of theatre performances at the Crawford Bay School and taking in some spectacular musical performances as well.

The CBESS high school students (under the direction and guidance of Lori O'Neill) put on two showings of A Christmas Carol - Pantomime which very clearly demonstrated some fantastic acting chops and behind the scenes talent in the youth of the area.

Huge kudos and recognition must go to our Grade 12 rising star, Ries Fowler, who has dedicated himself to continuing in theatre in post-secondary, and has proven himself over and over in the past couple of years to be a force of performance nature. His comedic timing is brilliant, his love for the stage is palpable, and his support and appreciation for ensemble work is evident. Ries will also be appearing in the Hexagon Players February production, One Flew Over the Cuckoo's Nest, and the adult ensemble has gratefully and gladly received Ries as one of our own over the past couple of years and wish him all the best in his future on the stage or screen. Don't forget us, Fowler...

This year we also welcomed student actors Zyan Fukushima-Rael, Arlo Linn and Zoe Zaiss-Baetzel and are proud of what they are delivering in big ways. These three also appeared in the Pantomime and did fantastic jobs there. Well done CBESS students as a whole and a big thank you, huzzah, hurrah and hug to Lori O'Neill who is taking retirement (hopefully not forever) as of this spring.

Meanwhile, warm recognition must be given to Jacqueline Wedge (music teacher) and Alvin Dunic (Grades 4-7 teacher) and the elementary students for their fantastic performance on the music/play night of December 17.

Jacqueline has been teaching marimbas, ukelele and other instruments in a music program to rival most other public school music programs. The skill and talent that these kids show playing complex and delightful percussive peices should do nothing more than solidify our resolve to help support this program (it is not a funded position in the school, so the teaching position that Jacqueline currently holds must be fundraised for every year. PAC pays for the first half of the year, but the rest must be scrounged for). Well done, Jacqueline. What you provide is immeasurably valuable.

Alvin and his Grade 4-7 class did a wonderfully fun and entertaining play called Gift Wrap for the audience after the music performances and the evening was a resounding success. Thank so much to all who participated and showed up to watch the performances. It was a jam-packed evening. Please see page 9 for John Smith's photos of these events. Happy New Year!

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

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Growing communities one idea at a time.



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Next Deadline: Jan 27, 2016

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LETTERS TO THE EDITOR

A GOOD ACT TO FOLLOW

Dear Editor:

The Riondel Commission of Management would like to express its gratitude to Muriel Crowe for her work with the Commission over the past several years.

She has been a steady hand on the tiller during all that time. It is likely that without her efforts during the critical period when the Community Centre's roof failed, the building's current users would be without a home.

Muriel has been unfailing in her organization and support of volunteer work to improve the condition of the Community Centre building, the old Medical Clinic, the skating rink, and our local regional park.

Her most recent accomplishment was seeing to the installation of the outdoor toilet in the park, built locally and at a cost far below original estimates.

We will miss her level-headed handling of her role as Chairperson of the Commission of Management, but are certain she will continue to provide input and advice to the new Commissioners.

We're sure Muriel will have no trouble at all finding new uses for those countless hours she spent on Commission business!

Thank you for providing us with such a fine example of what public service really means.

Gerald Panio for the
Riondel Commission of Management

DELICIOUS AND MAGICAL CHRISTMAS

Dear Editor

The Community Christmas Potluck Dinner was once again delicious and magical. This event brings the community together in such a beautiful way and there are many people to thank so here it goes:

The Christmas Party committee: Garry Sly, Nicole Plouffe, Amanda Hulland, Melina Cinq Mars and Ali George

- The Fabulous Decorating Committee - Ingrid, Carol, Jacqueline, Mandy, Juergen, Joli, Jett, Olivia, Luka, Benj and Jordan
- Russ Anderson for the tree.
- Al George for MC-ing.
- Allan Hughes for offering his photography services, and Amanda for organizing.
- Melina for organizing the turkey raffle and doing the hard-sell on tickets at the party.
- Leah Wilson for the beautiful poster.
- Elisa and Willow for being our lovely greeters.
- Palma Wedman for canvassing for food donations, and Crawford Bay Market for donating.
- Garry and Alexis for organizing the food for this evening, and the wonderful kitchen crew: Carol, Greg, Maria, Virginia, Nicole and Darrell.
- Ellie Reynolds for the craft table.
- The Nelson and District Credit Union for their generous grant.
- The RDCK for our Rec. 9 grant.
- The Crawford Bay Hall and Parks board.
- Ben Johnson for providing the sound system.
- The Ruminence for singing with us again.
- SANTA! For coming to Crawford Bay early to visit with us.

- John, Lorna, Gina and Corey for their help with the big guy.
- Lorrie Rhead for her festive contribution.
- Our wonderful and much appreciated clean-up crew, especially Leona Karaiff for doing our dishes EVERY YEAR!
- James Linn for filling some big boots.

Thank you, one and all.

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: The next PAC meeting is January 11 at 7pm in the school library. All parents and guardians welcome. If you have an item to discuss, please contact Ingrid at 250.227.9246 or mainstreet@eshore.ca

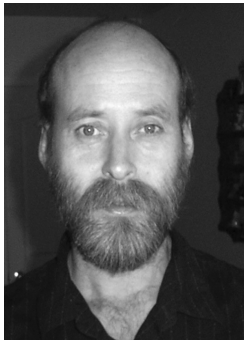
HOT LUNCH: Chef Tyler welcomes input and help/volunteers.

PIZZA: Pizza is now being served on Fridays on a cash basis - \$2.50/slice. Proceeds go towards a school slush fund to help in affected areas

NOTES: Don't forget that there is now a cap of 10 meals put on the number of lunches that a student can have on credit. We appreciate your cooperation!

GROCERY GIFT CARDS: The next deadline is January 10 - order right away! Proceeds go towards Hot Lunch.

**Next Deadline:
January 27, 2016**



RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

Happy New Year to you all.

FOOD:

Often the topic of food is associated with words such as security, sustainability or nutrition. There are good reasons for this, considering we have under used our capacity to produce our own food for decades, becoming more and more reliant on food produced in other regions of this country and from further abroad. Price was one reason for this shift, probably based on the assumption that "food is food" so if it can come from further away yet still be less expensive then why not.

Local capacity (resources) was likely another factor. Not that our fields do not have capacity, nor do we lack the equipment or technology or knowledge, but that we have had a fundamental lack of human resources willing to engage in the production of food in comparison to the potential of our land base and the size of the consumer market. Not surprisingly the willingness of our families and neighbours to devote their talents to the production of food is tied into price. If the work results in a marginal income it is not sustainable. In the short term many make purchasing decisions based on sticker price. Without consideration of product quality and maintaining local capacity for production (by paying the higher short term price to support local farmers) we have seen the percentage of locally produced food in our diet diminish over several decades. I believe we have undervalued the multiplier factor when wealth is generated locally by producing a basic commodity such as food and retaining the majority of the funds in our communities. In recent years we have seen the folly of the false economy of buying the least expensive product in the short term as prices have risen against the weakened canadian dollar compounded by escalating costs to produce food abroad and transport it to us. Rising food prices are a lead inflationary factor.

In the spring of 2014 during the controversy over changes to the ALR a prominent provincial politician stated to me that we *could not* feed ourselves if we tried. I expressed my disagreement. True, if we insist on a diet of highly processed products such as individually wrapped cheese slices and pineapple tidbits we would likely not meet the price point found in Safeway. If we are talking about meat, most vegetables, a wide variety of non-tropical fruits and other healthy choices then the ability is clearly right here in our own back yards, starting with the back yard garden.

So how does a resurgence of locally produced food come to fruition when our food supply chains are designed to primarily accommodate the big players? Farmers markets are a start while food co-ops and other local initiatives are already doing their part to build important networks. Yet the speed and effectiveness with which networks have formed in some regions of North America such as in the state of Vermont or parts of Ontario point to models where coordination and partnerships have been most effective. The networks must include the producers, large and small, plus the consumers (whether individuals or commercial entities such as restaurants) and everyone in between covering storage, transportation and supporting services. Core funding to begin the building of partnerships with a paid coordinator and other resources sustained over the first few years is important to convince potential partners to buy in. Such funding is now available to a subregion consisting of electoral Areas A, B and C along with the Town of Creston as one of the focus

areas selected by the steering committee for the CBT community directed funds. Look for the launch of Creston and District Fields Forward in January 2016.

GRANTS:

Many community groups seek grants routinely to support their important work while others seem to manage on their own, perhaps unaware of the degree of support which may be available to them. As I receive request to recommend grants to various organizations I tend to track how well balanced the distribution of funds has been over recent years. This year I would like to be a little more proactive by seeking input through our larger community associations, generally represented by the five halls within Area A. Hall societies are not the only eligible recipients of grants, of course, but I would like to meet at each of the five halls early in the new year along with representatives from community groups near the respective halls to talk about grants in general.

Local government (RDCK) grants which are linked to all or a portion of electoral Area A include economic development, recreation 9 commission, discretionary, community development, CBT community initiative funds and community works (gas tax). For some of these grants the source of funds is based on property taxes (assessment based) while other funds are based on population within the local government area. Allocations for one of the larger grants is based on what I view as an arbitrary impression of impacts from the generation of hydro power. Some grants have specific times of year or windows when applications will be accepted and others have no timing restrictions. Some funds have very specific criteria while others are more general. Sitting down to review the many sources of local government grants may simplify the process for community volunteers who are seeking monetary support.

Here's to a productive and interesting year ahead. If you have questions or comments on any topic please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.



COMMUNITY BUSINESS
PULSE

Business Retention & Expansion Study

by Kootenay Employment Services

Kootenay Employment Services and other local stakeholders are undertaking a business retention and expansion study. Before a community can assist existing businesses it must identify the businesses' needs, concerns, and growth opportunities.

Through the Community Business Pulse initiative, trained researchers visit businesses and gather information. The local stakeholders partnering in this project then work to address identified issues and opportunities.

Kootenay Employment Services, the Town of Creston, local RDCK area directors and Columbia Basin Trust are partnering to fund this project. Other partners helping to implement this project include the Creston Valley Chamber of Commerce, Kootenay Lake Chamber of Commerce, Community Futures Central Kootenay, College of the Rockies, and the Rural Development Institute.

All businesses located between Yahk and Riondel are encouraged to contact Kootenay Employment Services to book a confidential interview between now and February 29, 2016.

Please call Eden Yesh at 250-428-5655 or email Erika Woker at ew@kes.bc.ca



Hidden Taxes

by David George

Libraries Have More Inside Than Books

Book--- a simple word; in the language of the old Roman empire it was *liber*, from which we get our word library.

The French turned the Latin word for book into *livre*, and call our library a *bibliothèque*. Incidentally, in Latin, *liber* also means 'free'.

Freedom to read is something we take for granted. Imagine being told that you could not own or even read some book. Even worse, if you lived in the last years of the Tudor King Henry VIII, if you did not turn in certain banned books you could be burned at the stake!

Early libraries were often in monasteries, and the books were copied by hand. They could not be taken out of the library. Indeed, many were chained to reading desks to prevent theft. Generations of monks ruined their eyesight copying manuscripts by dim light, sometimes introducing interesting errors.

There were the equivalent of national libraries in such places as Alexandria, Egypt. Estimates place the number of books, or rather scrolls there before the devastating fire at around half a million---that's 500,000! Travellers entering Egypt had their luggage searched, and any books found which the great library did not have, were held for copying by scribes. Interesting way of acquiring new books, eh?

Go ahead in time to the 15th century, and the use, if not the invention of movable type. Gutenberg printed a bible in 1455 using metal type.

Thus began the modern era of easily printed books which we enjoy 560 years later. Of course, books are now printed so easily by computer systems that setting movable type is now an almost lost art, reserved for special small editions.

One of the last uses of linotype machines, which cast lines of hot type in lead from metal matrices was in newspaper printing in the 1970s.

Even the old mimeograph technology, invented by Thomas Edison in the 19th century has not survived into the 21st century.

Imagine how long it would take to assemble an issue of *The East Shore Mainstreet* using metal type!

Imagine copying all the books in the Eastshore Community Library, the Riondel Community Library, or the Creston Public Library by hand.

No apologies for calling all three of the above libraries, despite the provincial government trying the Orwellian designation *Reading centre*.

Quite a few years ago, the late Charlotte Blanke founded, with some help, the Eastshore Community Library Society, which continues to operate the library. Originally located in the Crawford Bay Community Hall, where only half the books could be displayed at one time, the library moved into what is now called the Crawford Bay Castle in early January 1990, where it has stayed for the past 26 years.

Four years ago, in January 2012, the East Shore Community Library moved downstairs, into a large, wheelchair accessible space of more than 1,800 square feet. That's 165 square metres for the metrically inclined, but doesn't 1,800 sound bigger?

Since moving into the larger space, many local people have said good things about the library. Some have even discovered that it exists, and have taken out the free cards to become patrons.

Yes, library cards are free to residents of the East Shore. They are free for Riondel, Crawford Bay, and also Creston, although you still have to have separate cards for each library.

I will write more about our East Shore libraries, how they are funded, and what facilities and things they have besides books in my next column of Hidden Taxes.

(Full disclosure: my wife Lea and I own the Castle, and rent the library the space it occupies. We also both volunteer our time and fund-raising abilities for the benefit of the library.)



2016 Overview Horoscope

2016 will prove to be a pivotal year for everyone. A Universal 9-Year, it will generally include themes of ending, completion and graduation in preparation for major new initiatives in 2017. 9-Years can be compared to late autumn when the garden is put to rest for the winter and when bulbs are planted which symbolize long-term plans and commitments. At a collective level, the international agreement to reduce fossil fuels at the Climate Summit in Paris provides a good example of this preliminary process. The implications of this global goal will begin to take root in 2016 yet will likely take until 2017 to begin to be literally evident. Measurable changes socially, politically and economically linked to environmental concerns will remain at the forefront in the news. This background influence will also naturally have repercussions for us all at personal levels. The sign entries below provide a summary of some of the core themes we each can expect in 2016.

Aries (Mar 21 – Apr 20)

The seeds of new adventures were sown in 2015. As exciting as this may be for you especially, since it is in alignment with aspects of your core nature, feeling as fully confident as you would like may pose some challenges. Knowing your direction is a cornerstone of this issue. Yet your passions and resolve will deepen measurably early on. Getting specific on your dreams so they can become your goals and then your reality will prove important. It may require the better part of 2016 to clarify your priorities and objectives, so focus. Yet, take your time so you feel certain and solid. By late summer your will take a definite turn to increasing your social horizons.

Taurus (Apr 20 – May 21)

2015 was likely a year of significant changes for you and the process will continue and deepen in 2016. At best, you have begun to get more in touch with your truth and may well, therefore, feel happier and more confident as the year begins. Yet you may also feel the need and subsequently the challenge to re-invent yourself somehow. Be extension, this challenge includes re-interpretation of your goals and priorities and re-centering. You may experience some major challenges from others in June and July so prepare yourself mentally and emotionally. If legal matters are in your destiny this year they will come to the fore in autumn especially.

Gemini (May 21 – Jun 21)

In some respects 2015 was probably a breakthrough year for you. Circumstances did and will continue to push you to deepen your focus on health matters; whether your own or those of others. In either case, a process of increased discipline which includes a steady learning curve will deepen yet. Positively, you feel more confident and there are indications that this trend will continue. Yet you will also have to work hard especially early in the year and from mid-spring to mid-summer. By late summer new love interests could blossom. This new love could also manifest as the announcement of a new family member or inspirations for important creative projects.

Cancer (Jun 21 – Jul 22)

2015 was probably full and busy for you on a variety of fronts. You should expect the pace to continue throughout much of 2016. Some cherished dreams and ideals are now clearer in your awareness and a growing resolve to crystalize these will unfold in 2016. March,

4 **Mainstreet January 2016**

April, August and September could prove extra busy. However, while it may take until late summer, your confidence levels stand to rise measurably coinciding with a slower pace. October could produce important changes in your career and or social status, affecting every area of your life. Aim for a promotion of some kind, by year's end anyway.

Leo (Jul 22 – Aug 23)

A new vision of possibility was seeded in 2015. Now the flow of your destiny will guide you to begin the next important phase of establishing a reliable foundation. Tapping latent gifts and talents is linked to the need and ambition to increase and strengthen your income stream. Simply activating a healthier rhythm and routine is also possible. Home renovations or key moves of some kind this winter but more probably in late spring or early summer is indicated. Either way, improvement and increase is on your mind. Expect the pace to speed-up by late summer steadily increasing into 2017.

Virgo (Aug 23 – Sep 22)

2015 awakened you to the need to lay claim to latent gifts and powers. By late summer the realization that you have received more of a summons than an invitation began to become increasingly evident. As 2016 begins you have likely taken some preliminary steps to take deliberate action or at least feel internal pressures to do so. If you can take the initiative very early in the year do so as you may contend with doubts and procrastination when Jupiter turns retrograde on January 7th. On the other hand, the first half of 2016 could prove better devoted to completing projects began last year leaving new initiatives until the second half.

Libra (Sep 22 – Oct 22)

While 2015 probably proved to be a time of new learning and the activation of various skills, you may also have had and now continue to contend with deep uncertainties. These may be as simple as wondering what constitutes the next key cycle of achievement. This question period process could result in a soul searching journey for much of the year. Preparing the ground to take key initiatives in September may prove to be the single most important thing you do. With your ambitions sparked at the outset of the year this stands to be a year of major advancement, at least in terms of building a promising momentum.

Scorpio (Oct 22 – Nov 21)

2015 ushered in an investment cycle that will continue throughout 2016. It may be time, money and/or specific effort that you must invest. The objective is to increase your overall feeling of security. For some this will amount to more wealth while at the opposite spectrum the focus could be upon strengthening spiritual convictions and somewhere in between the emphasis may be upon increasing your overall level of knowledge for social gain. Your motivation may feel like a calling even beyond an orientation for profit. Yet it also constitutes the foundation of a whole new level of leadership destined to occur in 2017.

Sagittarius (Nov 21 – Dec 21)

In 2015 you learned to become more focused and disciplined. 2016 will very much be about follow through. The focus upon steady expansion of your professional posture and/or confidence in general is highlighted for 2016. Breaking through inner and outer lines of resistance will enter into deeper levels yet. March through mid-April will present your first time-window to exercise your new levels of leadership and then again in mid-summer especially. Late summer through to the end of 2016 will be a time for gaining important new knowledge and is linked to the beginning of important relationships. Later in 2016 will likely be a very busy time too.

Capricorn (Dec 21 – Jan 19)

2015 was a time when certain relationships deepened and certain ones ended. A reshuffling of priorities contributed to more time focused in certain areas and much less in others. This included and will continue to include key people exiting the stage. Health issues could have come to the surface and if so you may well be contending with these throughout 2016. At best you cultivated a more philosophical perspective towards both yourself and life in general. Letting go into the flow with faith has perhaps stimulated spiritual realizations. 2016 could produce some revolutionary assertions beginning early in the year.

Aquarius (Jan 19 – Feb 19)

Some promising shifts and shifts of perspective began in 2015. This process has and continues to lead you to seeing yourself in the world and to seeing the world in general as with new eyes. Expect this process to continue throughout 2016. At best, returns for efforts from previous years yet were realized in 2015 and these are carrying you into 2016 with greater confidence to increase your sense of personal power. Yet a definite learning curve will be activated in January with peaks in July especially. Early spring and late summer will produce some revolutionary assertions. October will be ideal for inner work and you could enter important new territory late in the year.

Pisces (Feb 19 – Mar 20)

Last year was a time for accessing new resolves of discipline to increase your overall power potential. This power drive will continue throughout 2016. An important aspect of your focus is and will be to increase your exposure and influence. If you are successful you will experience measurable returns by autumn especially, but perhaps even sooner. Your ambitions and determination will become evident early in the year. Maintaining this momentum throughout the year will feel important. Increasing your overall health levels & perhaps polishing your professional image will become a priority as you focus to steadily forge ahead.

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Next Deadline:
January 27, 2016



Hacker's Desk

by Gef Tremblay

Password Life

Passwords are just a pain. It's a design flaw, and most tech company are trying to find ways to make things more secure and easier on the user. Some sites now use a two-way authentication, which sends you a secure code to your phone whenever you want to login, which could make logins more secure, but still make account login quite complex. Google is also looking into a password-less login, where your mobile phone would become your key for most logins. Although it doesn't sound like the best way to go about it, I'm happy to hear that there are a lot of minds working toward not using passwords anymore.

Security professionals advise us to never use the same password for more than one account, that all password should have a least 12 characters if not more, and that you shouldn't keep your password written anywhere. That's simply crazy and I am sure that none of the security professionals follow these rules. Most people have three or four passwords by default, their computer password, email password, Apple or Microsoft account password and bank password. But as soon as you start using the internet a bit more, that number multiplies really quickly: Skype, Facebook, eBay, PayPal, Twitter, your own website account and the list goes on. In my line of work, I have to keep track of more than a hundred passwords for all my clients account information.

Since I've been working with computers for many years now, I had to come up with some techniques to be able to produce secure passwords, and find a way to not use 200 different passwords, yet stay fairly secure and easy to remember. In order to do that I've divided the password creation according to three different aspects: seed creation, encryption and layers of security.

Choosing a seed

In order to create a secure password, you have to avoid regular words. When a hacker tries to 'brute force' your password (simply trying to login again and again and again), they start with using all the words in a dictionary, using a software to automate the process of cracking your password, and using newer technology, like gpu's or using servers on the cloud. Although brute force hacking a password might sound slow, you can actually test a few thousand passwords a minute depending on the tools you are using. So in a matter of a few minutes/hours, a hacker could pretty much crack any password that contains only words that are found in the dictionary. So what to do?

First you have to decide about a few seeds in order to generate few passwords. Seeds don't need to be secure, in fact seeds have to be easy to remember, maybe your middle name, your dog name or your business name. For the examples here I will use my first and last name Geoffroy and Tremblay and see how many passwords we could generate from there. Of course we will not use the seed as your password, that would be highly insecure, we will 'transform' these seed in order to create something no one can crack. In order to find a strong way to use a seed to create a secure password we'll have to learn a little bit about Encryption.

Encryption

Encryption is the process of changing a message into a coded message so no one can decipher your message. Of course, if you tell one person how you 'encrypted' your message, that person could then read your message. A simple encryption method is called Rot1, which mean rotation 1. To use that encryption, you simply have to change each letter in a message to the next letter in the alphabet. So 'hello', becomes 'ifmmp'; the letter after 'h' is 'i', the letter after 'e' is

'f', the letter after 'l' is 'm' and so on. Of course this is the simplest of encryptions, so I wouldn't send national security messages using that encryption, but you could send secret message to your fellow classmate, and you might be able to fool a teacher or two.

But what has encryption to do with passwords? Well, in order to create a very secure password you can create your own key, or way to encrypt your seed. One of the keys I've been using and changing for the last few years is replacing letters with visually similar character on the keyboard. For instance, if I would use geoffroy as a seed I could change it to: G30ffr0y. Replacing e with 3 and o with zeros.

But that's quite simple, and since now I've told the world about how I create passwords I probably can and should do something more complex. Using numbers to replace letters is one way, but you could also use punctuation symbols. Maybe something like: Ge(FFr()y. You see now using parenthesis, I created O, but we could go further, with square bracket and slash for instance: G[()FFr()/]. That's getting pretty safe, now lets add capital, lower case mix and use zero for the second 'o': G[()FfrO/. Now, for me I can have a visual cue, the name read like Geoffroy but there is a very slight chance that anyone could find my password as it has capital letter, lower case, number, punctuation symbol and other symbol like slashes. Now I also have another seed, Tremblay. Lets say I would write it this way: Tr[M8L^y. So now I have a password G[()FfrO/Tr[M8L^y that is really secure and fairly simple for me to remember. But that's only one password, and I have all of these accounts that I need passwords for.

Layer of security

So although we have created a very secure password, I cannot use that password for all my accounts. So how to go about it? It's not practical to create one password per account as we would run into the same problem of not being able to remember any of them. In order to reduce the number of passwords used, I normally divide all my accounts into layers of security. The top layer is the most secure, a second layer of accounts requiring a bit less security, and a third layer of accounts requiring the least amount of security. For instance, bank, PayPal and my main email would be the most important account to secure. Social network and other email would be on a second layer of security and all the other account, small shop that I have to create an account to use, newsletter and other web service that I wouldn't care much if the account would be hacked.

Keep in mind that the email that you use to open another account, for instance the email that you've used to open your Facebook account, can be used to 'hack' into your Facebook account. So if someone has access to your main email, they could go to Facebook and reset your Facebook password to gain access to your Facebook. That main email account becomes really important to secure, when it's linked to your PayPal and bank account.

Now that you have layered all your online accounts, what to do? Well, I use one password per layer. The most secure password which would be the longest could be: G[()FfrO/Tr[M8L^y which I could use for my bank and main email, a second less secure password: G[()FfrO/ could be used for my social networks accounts, and I could use Tr[M8L^y for all my other accounts. So using only two seeds, and one password I could protect multiple accounts. You could even note them in your address book or notebook, with something like: Password for bank: geoffroy tremblay, password for Facebook: geoffroy. Knowing and remembering my own encryption for these seed. If you need more passwords, you could use a different seed, which could add many more passwords as you can mix and match all of the seeds you are using.

The encryption of the seed is the most complex part of the equation, so you have to create something that would make sense to you. You'll have to try out a few things in order to see if that works for you. For instance, there are many ways to replace the letter A, whether you use 4 or ^ or ^ or even /- these are all visual cues that could work for you. To replace an S

you can use 5 or even \$, to replace a 'n' you could use ~ or |, 'i' could be replace with 1, !, |... The more you play with it the more you'll come up with your own code, which could actually evolve so that you could update your password, while keeping the same seed.

Hopefully these tricks will help you create and keep secure passwords, but keep in mind that passwords are only one part of security. If anyone calls you over the phone to get access to your computer (in a technique that is called wetware hacking, hacking the user instead of the computer) the hacker won't need your password, since you will provide access to your computer with your own cooperation. That's because hacking people's minds is actually simpler than hacking computer.

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COMMUNITY HEROES

a Mainstreet Feature

Who have you seen doing great things? Who gives back to their community with a full heart? Who deserves a nod? Send the name of the person (people) you'd like to recognize and a brief description of why you think they hold the esteemed title of... Community Hero!

John Edwards for selfless community service for such a long time, and still grateful to others. Thank you!
Laverne Booth

Janet Wallace for quiet, persistent, and effective community service and involvement over the years!
Laverne Booth

Kenji Fukushima, Ben Johnson, Will Chapman and Alex Meyer for their patience and time as musicians and mentors to so many of us for the NYE party. You really gave a lot of time and love to this project and it will be (was) spectacular. Love to you all.
Ingrid Baetzel
on Behalf of Your Singing Fans

Michelle Moss - powerhouse, organizer, creative genius and warm and loving friend. Your work on the sets for the upcoming Hexagon Players production is astounding. Anything you touch turns into beauty and performance art and we are so grateful. Thanks also for taking the helm on the NYE 70's party.
Ingrid Baetzel on Behalf of the Hexagon Players and the 70's Group

Allan Hughes. He is always willing to lend a hand, ear or eye at community events. Whether he is behind a camera lens, guitar or soundboard, Allan is a great supporter of culture on the East Shore.
Amanda Hulland

Muriel Crowe for being the steady hand on the tiller for the Riondel Commission of Management. Thank you for providing us with such a fine example of what public service really means.
Gerald Panio



Holiday Greetings Looking Forward to 2016

Greetings and Happy New Year from the ESIS board, committees and all the support staff.

In October this board was given a large task, to implement the Connecting Canadians Project. We started with a to-do-list which included converting all contract workers to employee positions to comply with the Canada Revenue Agency; implementing a new customer support call system; securing land owner tower contracts; finding a dedicated ESIS office space; establishing back up power supplies to critical isolated towers; changing over bookkeeping system to our own QuickBooks financial system; reviewing packages and overage and preparing a project plan for the Connecting Canadians grant. We are working our way through the list. This is all in addition to routine maintenance and support of an existing complex system.

The review of packages and overage charges should be complete by mid January. We will have a better balance of package options to suit subscriber usage needs. ESIS has hired Jan Ricker to be our bookkeeper and we're working through some background system issues, so please bear with us.

Now we're into some serious planning in preparation for the formal Connecting Canadians project kick-off. The new project will be implemented over a two and a half year period and will include installing new radios, upgrading the server and expanding the network. The years 2016 and 2017 will bring improvements of faster speed, more bandwidth and a more reliable network. These improvements won't happen overnight but they are on the way.

Work to date has required a significant amount of our time. We ask for your continuing patience and understanding in your expectations of what the board is trying to accomplish as we juggle ESIS with family, work and other volunteerism.

Best wishes to everyone in the new year.

Community Connections Winding Up 2015

by Greg Blackwell, Administrator

It has been a few months since Community Connections has graced the pages of The East Shore Mainstreet but we feel this is a good time to reflect on the year past. In November we once again applied for funding for 2016 operations from the East Shore Area A Economic Development Commission and are fortunate to continue to receive their support.

Community Connections (officially South Kootenay Lake Community Service Society – SKLCSS) has just completed its fifth year of operation. We continue our mission and objective as an incorporated non-profit society fostering economic and community growth by acting as a responsible umbrella agency for grant or community funded programs and projects. We also act as the east shore representative for Invest Kootenay, and the Creston & District Community Directed Funds Initiative, and regularly participate with other local organizations or groups such as the Economic Development Commission and Kootenay Lake Chamber of Commerce.

The number of grants and projects we sponsor has continued to grow every year since inception in 2010. As of the end of 2015 we have sponsored a total of 66 projects and 98 grants. See our website for details. Between funds awarded through grant applications and those raised through community activities and contributions we have managed \$372,000 in a little more than 5 years. These numbers do not include the grants and funds related to Community Connections internal operations. As we start 2016 we have 22 open projects or programs and almost \$95,000 under administration earmarked for those endeavours.

On November 21 we held our Annual General Meeting at Crawford Bay School. The meeting was followed by the film "This Changes Everything" by author, activist, and filmmaker Naomi Klein. This is a compelling film which attempts to re-imagine the

vast challenge of climate change ... a must see if you haven't already. We would like to take this opportunity to welcome new Directors Gary Hill of Boswell and John Edwards of Crawford Bay. We know Gary and John will bring a wealth of knowledge and experience as we continue to develop and grow. We would also like to welcome back returning Directors Farley Cursons, Paris Marshall-Smith, and Janet Wallace. Special thanks goes to outgoing Directors Palma Wedman, Dana Gallinger, and Galadriel Rael for their substantial contribution over the last several years.

Our plans going forward are to continue our focus on what we do well and build on where the community sees value. To that end, our 2016 activities will primarily consist of ...

- Continue Focus on Competencies & Services
- Grant application advice & support, and fund administration and controls
- Project over-sight, participation, & reporting
- Walk-in community office (access, assistance, information, visibility)
- East Shore Business & Community Directory maintenance
- Organize & conduct community events/projects (e.g. East Shore Business & Community Forum in Crawford Bay & Wynndel) (e.g. Invest Kootenay Promotion Projects)
- Connectivity With Other East Shore Focused Organizations
- Community Connections Organizational Development & Capacity Building

From all of us at Community Connections we hope you had a great holiday season and are looking forward to whatever challenges and adventures 2016 brings.

If you are thinking of having Community Connections sponsor your grant application please get to us early so we can do a good job of supporting you!

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 skootenaylakeccss@gmail.com or gblackwell@theeastshore.net, or drop by our office 1-4pm Wednesdays at Crawford Bay School.

Tom Sez - January 2016

by Tom Lymbery

Since the price of oil has dropped so low no longer can Albertans sing "We Three Kings of Fort McMurray Tar".

Feliz Año Nuevo – Happy New Year in Spanish, but if you miss the Y sound in "año" you are wishing someone a Happy New Asshole.

Is the Mayor of Nelson, BC really supporting classes to help ladies grow marijuana?

James Wilson's recipe for basic haggis –in a frying pan you cook any leftover cooked meat, finely chopped with onions and rolled oats. My mother cooked this for us quite often. James had the Grey Royal Granite gravestone works at Sirdar, afterwards continued by his son Charlie Wilson.

Joann Vriend had a serious fall on the ice of the Klondike River when cross country skiing near Dawson City where she lives. Falling down a vertical drop she suffered seriously broken bones and was on the ice for some time before she was rescued by toboggan across thin ice. She taught at Crawford Bay School and has a seasonal home in the bay.

December 28, 1965 saw the first death in an avalanche on the recently opened Creston Salmo pass. With a large staff at a fully equipped camp, Highways thought they could always keep the pass open. It took more deaths before it was decided to close the road in adverse conditions.

Hasn't ISIS got a bounty out on Donald Trump?

I hope that someone harvested that six point buck that I have been de-barking some of the young white pines that I had so carefully trimmed the lower branches from. I left stubs to prevent deer but that sneak was working in the area below them.

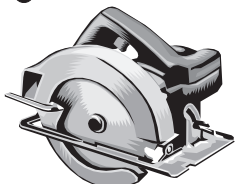
Sharon and her voice were much in demand over Christmas in Barra de Navidad – with all the carol singing and choirs.

ACHEETAH on the loose on the Kootenay Bay Summit! Let's hope this member of the tiger family logs off some of our pesky whitetail deer before it is captured or shot. Cheetahs are the fastest land animals in the world. Why are they always shooting cougars, our only natural deer control?

It's good to hear of the Hub re-opening as a restaurant - we do need a consistent all year operation, especially for those all season tourists. And yes, we do get January and February tourists at our store, and need to have local operations to send them to for food and accommodation.

Hurricane Patricia blew over many of the street trees in Barra de Navidad, Mexico and tore some out by the roots. Many of these are almonds and those that were broken off some feet up are sprouting new leaves. Almonds are an ideal street tree as they have big leaves for good shade, and also don't mind being pruned extensively for the phone and power lines above.

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~Food Roots~ Prune Away!

by Nicole Schreiber

Happy New Year! Food Roots' members have been feeling optimistic and ready for new food security opportunities for the East Shore in 2016, and we'll get off to a good start with our first meeting of the year, January 16th at 10am, at the Learning Hub at Crawford Bay School. Please feel very welcome to attend, even if it's just to introduce yourself and tell us what is important to you regarding food. We'll be focusing on planning for our upcoming spring events.

Speaking of spring and optimism, we've decided to host both of our annual spring events a little earlier this year. The Seed Swap will be on Valentine's Day weekend, February 13th. The Plant Sale will be held Earth Day Weekend, April 23rd. We'll have more exciting details soon.

Patrick Steiner from the Kaslo Food Hub has informed us that they are developing a conference for the end of March that will be focused on the local food economy. Food groups, food producers, and other interested folks from around the region are invited to attend. We'll pass along details as soon as we learn more. There are already a number of people planning to attend, so do let us know if you're interested and want to carpool.

Here now is the first of what we hope will become an ongoing series of food security related offerings from community members. If you have some hard-earned knowledge and expertise in something food related, and would like to share it with the community, please contact us at east-shorefood@gmail.com or call Nicole at 227-9111.

You Can Prune Fruit Bushes in the Winter!

by Bernard Raidt

Pruning of fruit bushes is necessary for good fruit production because it focuses the plant's energy on wood of fruit-bearing age and condition. Otherwise, the plant might spend energy supporting older, non-fruit-bearing stems or branches, and in many cases free air-flow through and sunlight to the plant may be hindered, encouraging the growth of fungal and bacterial diseases. Pruning, done correctly and in good time, maximises fruit production and keeps plants from becoming overgrown, which can take up excessive space in your garden and make fruit more difficult to harvest. This is especially true in the case of large, thorny or naturally dense plants. As nice as it may be to let certain plants go their own way, it tends to lead to a steady reduction in fruit. A rambling grape vine may lend character to a back yard, but it is unlikely to add much fruit to your table (or wine to your glass).

While pruning in the autumn is discouraged by many experts due to the greater tendency for the growth of

disease during the damp, cool weather, pruning from late fall to early spring is a great time to prepare fruit bushes for future health and growth. Winter pruning can be especially convenient – if you don't mind cold temperatures – because the plant is guaranteed to be dormant, has no foliage to block your view of stems, and because it may reduce the chance of the growth of disease. Winter is also a time where there are no other food garden related tasks that demand our time and energy.

How to prune depends on what kind of bush you have. There are many good books on the subject of pruning, and your local library (or gardening neighbour) is sure to have one. There are also a number of good websites on the subject of fruit bush pruning. Growveg.com has good free guides for specific fruit bushes, and YouTube has many video tutorials on pruning specific fruit types.

Since raspberries are a popular plant in East Shore gardens, here is an introduction to pruning standard summer-bearing raspberries, the type that produces just one crop a year. Some raspberries are described as ever-bearing or fall-bearing, which simply means that they may produce some berries near the tips of first year stems (called canes) in the fall, as well as the regular crop on those same canes in the second year. For the home gardener these types may be dealt with identically, or more advanced techniques may be sought out.

Summer-bearing raspberries produce fruit on the canes that came up last year. After fruiting in their second year, these canes can be pruned to ground level. This can be done in the winter (though some suggest that removing these canes immediately after their fruit has matured and been picked in late summer is also good, if you have the time). Any dead wood can also be pruned out, and the very

tips of the remaining branches can be trimmed if you want, as fruit at the tips is said to often be smaller. It's unclear if trimming the tips produces more fruit lower down or whether it's only applicable to commercial growers seeking uniformity of fruit size. If anyone has compared production of trimmed and non-trimmed



Look for signs of spent flower stalks. These are the branches to remove.



Raspberries before pruning with remnants of flower stalks on them.



Remove 2nd year stalks close to the base of the plant

canes, please do let me know (braidt@hotmail.com).

Distinguishing between first and second year canes: Viewed in the fall or winter, first year canes (primocanes) will tend to be unbranched, smoother skinned, and lighter brown or even dark green in colour, while the second year canes (floricanes) will be branched, appear woodier and darker in colour, have some peeling bark, and will bear the dried remnants of flower stalks and unpicked fruit. These latter are the ones to be removed in the winter dormant period. Happy Pruning!



Prunings can be composted and some people use them for kindling.

The Sounds of Christmas at Harrison Memorial Church

by Wendy Scott

Candlelight and music. Is there a better way to usher in the true spirit of Christmas? Perhaps, but when an afternoon begins with the clear notes of a flute and continues with trumpet duets, clarinets, the delicate sweet tone of a violin, a full choir, and a flugelhorn – all of this with piano accompaniment and a full brass section, well really, does it have to get any better.

Maybe there were not quite enough seats, perhaps the little church was a bit warm, but the music flowing from the open windows into the darkening afternoon was a true testament of the love and joy we are so fortunate to be able to enjoy.

A musical presentation like this one does not happen by chance. Much of the credit must be directed towards Deberah Shears who is not only an accomplished musician herself, but is willing to take the time and expend the effort to gather singers and musicians, to find rehearsal space, to collect appropriate music, and to coax all these moving objects into a coherent whole.

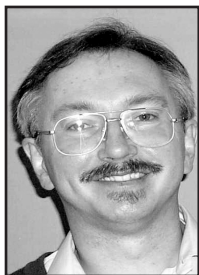
Another accolade must be directed towards Donny Clark the man whose trumpet sings with such clarity and who has encouraged and mentored enough individuals that from tentative notes the full sounds of the Many Bays Band was born. Donny is a musician and composer with music in his soul.

The December afternoon began with the brilliance of a trumpet duet by Donny Clark and Kathy Turner and continued with the sounds of clarinet, tuba, French horn, flute and a full choir, to greet the early evening with a special arrangement of "Silent Night" and a blessing of Peace.

A celebration with candlelight and music is an invitation to share the true joy and hope that is Christmas and to carry the blessings of this season into the coming year.



Seldom Scene
by Gerald Panio



“[Jean] Vigo was an artist of his time and yet profoundly ahead of his time. Having died young, he qualifies as the Peter Pan of world cinema, the eternal whiz kid who earned a place at the grown-ups’ table without having to mature or sell out, the amateur who never had a chance to become a disappointing old pro, a compromised revolutionary, an accredited great man.” —Michael Almereyda

After focusing last month’s column on one of cinema’s darkest films, I’d like to start the new year by looking at one of the most miraculous. It should not have been possible that a young director, whose collected works (three short films and one full-length feature) clock in at less than 200 minutes and were savaged or ignored by critics and the general public when they were first released, should now score two of those four films (*Zéro de Conduite*, *L’Atalante*) high on most lists of the 100 greatest films ever made. Such a triumph, for a career that effectively lasted only 4 years, seems even more unlikely given a biography that includes parental neglect, violent death, and a losing battle with lung disease.

That young miracle worker’s name was Jean Vigo. He was born in Paris on April 26, 1905, and died there on October 26, 1934, aged 29. In addition to two masterpieces, he left behind 26 uncompleted film projects—the surest sign that even the ravages of illness couldn’t dim his passion for cinema. Jean Vigo lived just long enough to see *L’Atalante* (1934), his final, full-length feature—one of world cinema’s greatest love stories—released in a mangled form by its distributor and quickly consigned to oblivion.

Zéro de Conduite (1933) is an anarchic, joyous celebration of the kingdom of childhood. Because it took the side of the children against the hide-bound French educational system, the movie was considered a threat to public morals and banned by French censors for the next decade and a half. It seems that tolerance for dissent is rather a more recent norm than most of us might imagine. *L’Atalante* is an anarchic, joyous celebration of passion, as slyly subversive in own genre as was *Zéro de Conduite*.

An “anti-clerical, anti-militarist and anti-authority” streak came naturally to Vigo, but joy should have been in short supply in his work. Vigo’s parents were both committed political activists who seemed to have put family behind militancy. Their son was passed off from relative to relative, and spent nine years in repressive boarding schools. Vigo’s father, whose political nom de guerre was Miguel Almeyreda (an anagram for “y a (de) la merde”) was an anarchist/socialist who was imprisoned several times and at one point left his wife and daughter to live with his mistress. He was finally accused of collaborating with the Germans in a plot to end the first World War, jailed, and put on trial for treason. Shortly before he was to testify, Almereyda was found strangled in his cell. The

authorities ruled his death a suicide, but it was much likelier an assassination. Jean Vigo was twelve years old when his father died; he bore the full brunt of social ostracism as the son of traitor. For a while, his life was consumed by the (ultimately unsuccessful) quest to prove his father’s innocence.

Jean’s interest in filmmaking was sparked when he began attending classes at the Sorbonne in 1926. He became an assistant cameraman on a couple of projects. A 100,000-franc gift from his new father-in-law allowed him to buy his own camera and make his first independent documentary, *A Propos de Nice* (1929). For his subsequent films he hooked up with cinematographer Boris Kaufman and composer Maurice Jaubert. Both were masters of their craft. Kaufman was the younger brother of the Soviet filmmaker Dziga Vertov, and later worked as director of photography on films such as *On the Waterfront*, *Baby Doll*, and *Twelve Angry Men*. Jaubert was France’s top film composer during the 30s (killed in combat just before France’s surrender in WWII).

Working on his films during the gritty, economically-scarred years of the early 30s, carrying a lot of personal baggage, struggling with the tuberculosis that would eventually kill him, and drawing his inspiration from the edgier work of surrealists like Luis Bunuel and avant-garde Russian filmmakers like Vertov and Sergei Eisenstein, one might have expected Jean Vigo to lace his movies with strains of cruel satire, sharp polemics, and bitter irony. Instead, his guiding light seems to have been Charlie Chaplin’s Tramp.

“*L’Atalante*” is the name of a péniche, one of the long river barges that were France’s equivalent to our 16-wheelers in the first half of the 20th century. Barely fitting through locks and canals, these massive workhorses were also the living quarters of the men and women who piloted them. In our century, gentrification has made of these barges both chic residences on Parisian quaysides and luxury-style trans-European cruising vessels.

Vigo’s film tells the story of a young ship’s captain, Jean (Jean Dasté), who, on his travels, wins the heart of girl, Juliette (Dita Parlo), from a tiny village on the banks of the Seine north of Paris. The movie starts with the just-married couple leaving the village church, heading for the boat, with the entire population following them double-file. The villagers are unimpressed by Juliette’s decision to marry an “outsider” and her parents wonder aloud if they’ll ever see their headstrong daughter again. Even Juliette seems a bit uncertain about her new life, swinging (still in her wedding dress) on a boom out to the boat and standing for the first time atop her strange new world.

Everything that is magical about *L’Atalante* is encapsulated in that walk from church to riverside: the gentle mockery of village provincialism, the odd jump cuts, the unexpected high and low camera angles, the curious points of view, the shots of villages

and industrial riversides now as remote in time as the days of the sternwheelers on Kootenay Lake, Jaubert’s marvelous music, the frank sensuality, the touches of surrealism, the refusal to sugarcoat reality.

And if that weren’t enough, there’s also Michel Simon.

Who else but the *sui generis* Simon to play the role of le Père Jules, a monstrous, cat-a-holic, perpetually priapic, grotesquely tattooed, often inebriated old tar who is Jean’s second-in-command? Can anyone believe the actor was only 39 at the time? Le Père

Jules has been everywhere, done everything, and lives without regrets. His tiny cabin is a treasure vault of the bizarreries he’s collected over a lifetime at sea—tusks, music boxes, nets, pornographic postcards, oriental fans, a broken phonograph, the pickled hands of an old friend. There’s a cat or kitten on every available surface,

and one on his shoulder or in his arms. Le Père Jules is the world’s least likely guardian angel, keeping the *Atalante*’s engines running, saving his captain from his own idiocies, and effortlessly effecting a seemingly impossible rescue of Juliette when it’s clear that that’s what needs doing. Le Père Jules is, perhaps, Jean Vigo’s anarchist dad redeemed but not whitewashed. Would anyone believe that Michel Simon was only thirty-nine when he played this role?

The course of true love does not run smooth in Vigo’s film. Jean is the jealous type, has a short temper, sees his marriage and his boat on about equal terms, and can be regular stick-in-the-mud. Juliette is impulsive,



headstrong, easily bored, susceptible to flattery, and has obviously never thought through exactly what it would mean to be a barge captain’s wife. Add le Père Jules and a charming, Chaplinesque hustler into the mix, and a lot can go wrong. And it does. All of this captured through images unique to Vigo. It is as if he is speaking a new language of cinema. We’ve never seen anything quite like this before, and we marvel at his fluency. He was born for this.

He was not born for happy endings, but he gives us that as well. While physically separated, through the mediums of dream and water Juliette and Jean become more erotically entwined than ever. *L’Atalante* ends in an embrace. What happens after is not our concern. A barge and a river was all the world Jean needed to encompass everything that mattered. In contemporary filmmaker Michael Almereyda’s words, “Vigo found a way to say yes, emphatically and for all time.”

Established in his honor, a Jean Vigo Prize is awarded each year in France in memory of a filmmaker whose work is characterized by “independence of spirit and quality of directing.” Winners have included Alain Resnais, Claude Chabrol, and Jean-Luc Godard.

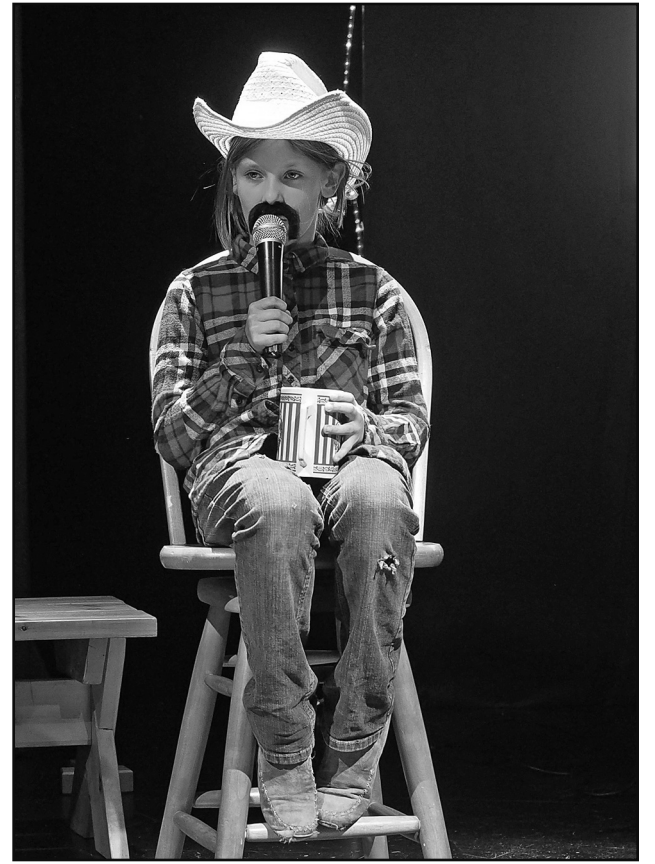
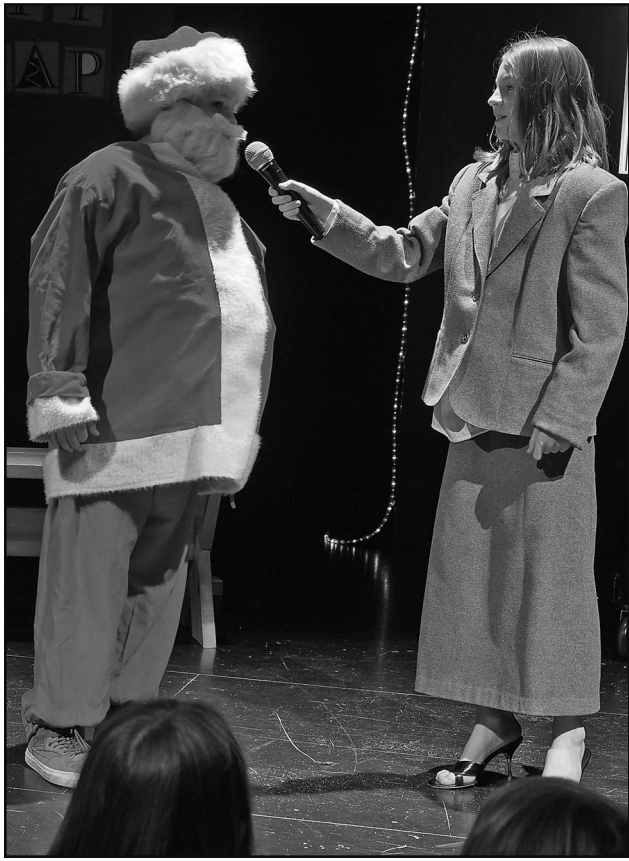
(*L’Atalante* is available for purchase or rental through iTunes, and free on YouTube. *Zéro de Conduite* is available free at OpenCulture.com.)



LOCAL INTEREST

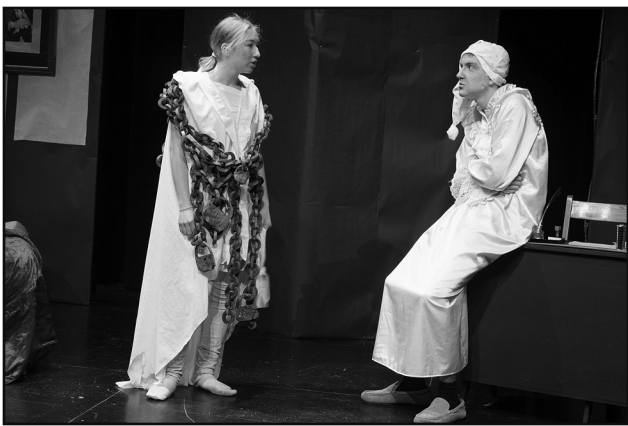
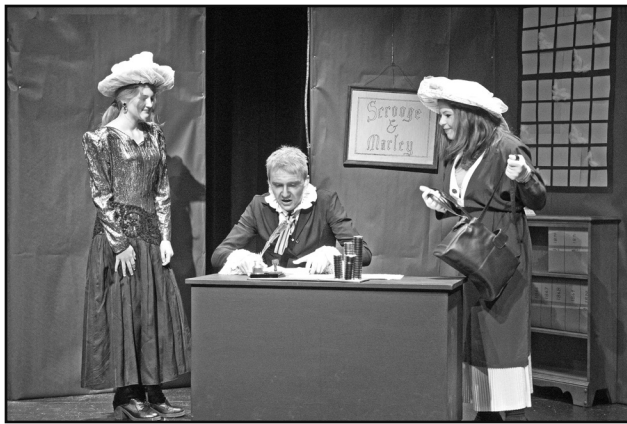
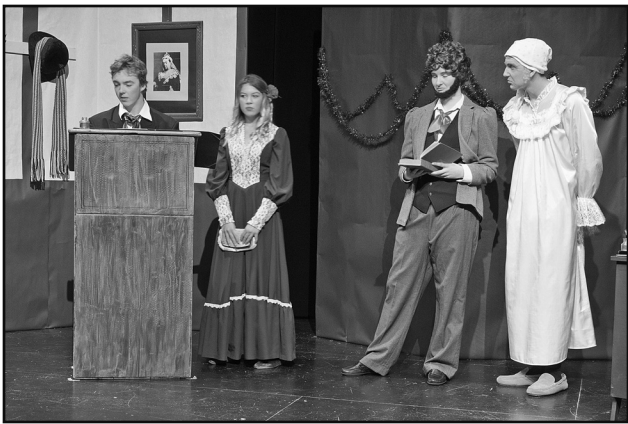
Elementary Music Night and Play, Dec 17, 2015

Photos by John Smith



High School Christmas Carol Panto, Dec 11/12, 2015

Photos by John Smith



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Hexagon Players Present

ONE FLEW OVER THE CUCKOO'S NEST

By Dale Wasserman Crawford Bay School Performance Space
Based on the novel by Ken Kesey Feb 12/13, 2016 (doors open at 7:30, lock at 8pm sharp)
 Feb 14 Matinee (doors open at 1:30, lock at 2pm sharp)

This play is not suitable for children. Children under 14 MUST be accompanied by and seated with an adult.
 Tix available February 1st at Crawford Bay Market, Gray Creek Store and Riondel Market.

Coming Soon to a Cuckoo's Nest Near You

by Doreen Zaiss

"They got wires runnin' to each man and units planted in our heads. There's magnets in the floor so we can't walk no way but what they want. We got stone brains, cast-iron guts, and copper where they took away our nerves. We got cog-wheels in our bellies and a welded grin, And every time they throw a switch it turn us on or off."

Such are the delusions of Chief Broom, an apparently catatonic patient in the asylum which houses a group of mentally unstable men under the firm hand of the soft spoken tyrant, Nurse Ratched. When a new inmate by the name of Randall McMurphy enters the scene, chaos ensues in this hyper-controlled environment and Broom's delusions gain credibility.

The play is rough and the humour dark. When you catch yourself laughing, you might find a grimace behind the glee. The nurse's sidekicks, Williams and Warren, are a case in point. They are pictures of wide-eyed innocence, but the way they slither onto the scene speaks of malice. More ambivalent is Dr. Spivey who shows glimmers of absent-minded humanity. The timid young Nurse Flinn could be a force for good if she had any force within her.

Then there are the inmates: Scanlon the would-be bomber, Martini the delusional, Cheswick the truculent and cringing, Harding the effete, B-B-Billy B-Bibbit the mama's boy, and Ruckly empty-eyed and foul of mouth. A sad crew of misfits.

They are all fodder for McMurphy's manipulations. The irony is that this great loud-mouthed, manipulative and over-sexed intruder is the greatest victim of the Combine - the evil machinations of modern society.

But then, there are the happy moments as two working girls, Sandra and Candy arrive late at night and climb through the window with booze for the night watchman and wedding bells for Billy Bibbit.

There y'are babies. Don't want to lose you.

This is not a play for children. We have decided that 14 be considered the minimum age. Parents who feel their younger kids would benefit from watching the play will be asked to seat their children next to them. There will be **rough language, sexuality, and violent treatment**. Ultimately, it's up to the parents, of course.

"Hey-a, hey-a, hey-a, step right up, it's a spin a the wheel, a turn a the card, it's the battle a the century, one week, seven days, no holds barred.... two to one is the odds, boys, getcha money down, hey-a heya."

One Flew Over the Cuckoo's Nest by Dale Wasserman, based on the novel by Ken Kesey will hit the boards on **February 12 and 13 at 8pm sharp** and **February 14 at 2pm**. Please notice that we have added a third performance as a matinee for those who don't like to travel in the darkness of winter.

Tickets will go on sale Feb 1. They will be available at the usual places: Crawford Bay Market, Gray Creek Store, and Riondel Market. History tells us that they will sell out in 2-3 days, so be prepared to sprint. **Ticket prices: \$20**

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pebbles
by Wendy Scott
**Snow
Shadows**

Tonight the world outside the window is a muffled white silence. Snow covers each delicate twig on the mulberry tree, blankets every evergreen branch, and coats the leaves on the old apple tree caught by the first snowflakes of Kootenay winter. Outside the silence takes on the dimension of distance. There is no wind but the cold falls through tall evergreens misting the air with a sigh of fine powder.

Streetlights and pathway lamps bend shadows over hillocks and mysterious mounds. The trellis sends a black and white pattern across the path – swept at least twice today, but now just as white as the tall snow hat in the birdbath.

The only colour comes from Christmas lights on the sundeck, blue, green, yellow, red; haloes glow where the little bulbs touch the snow piled neatly on the railings. Flakes begin to float again, past the window and with them come thoughts of other places, other winters, other times.

There was a Vancouver room that would accommodate a twelve-foot pine. So, of course, we found one. The tree defied our decorating skills and would accept only lights. It was elegant, regal and – to rather small children – was recalled with even more grandeur as their own years increased.

There was green ice on a Cariboo lake and the wild song of cracks spinning across its surface. And like giant spokes, gray and white bands of light converged directly above that same lake and presented what seemed to us a magic window with a glimpse into the unknown and ultimately, the unexpected.

After more than forty years, three cats, two dogs, and several moves, that unknown future is teasing my mind. I once wrote a story about two children – a brother and his sister – who while exploring an opening in a rocky cliff found a cave and a passageway that led them to a world of ice crystals and to their re-

discovery of a little girl lost in the memory of an open door in their own Christmas Past. It is a story linked to them by a found bracelet of ice-like crystals.

Three bracelets wrap my own wrist; the first one purchased by my daughter to aid a child who none of us may ever know, but who needs, and asks, so little to survive in her tradition; the other two woven by children of the 1970's carry ancient stories and traditions forward into my world – a world that in the last five years has touched my own life with both indescribable sadness and unimaginable joy. The bracelets for me symbolize both the joy and the sadness. One from a child of the Seton Lake Indian Band at Shalalth Tsal'alh depicts the geological history of an ancient lake divided by a cascade of rocks and debris that had been, for millennia, a mountainside. The other from the daughter of a diminutive Huichol Indian woman who came to a small mountain lake in Mexico, La Laguna de Santa Maria del Oro, (with its own golden myths) and brought the ancient tradition of Huichol bead art to my wrist. The bracelet shows the symbol of the scorpion used by shamans to repel evil & bad luck.

The mountains surrounding and guarding La Laguna are yet another remnant of the Sierra Madre and our own Cascades – the continuity of life and the guardians of Kootenay Lake, explored and discovered, more than 10,000 years ago, by Indians of the Ktunaxa Nation.

And as the days ahead uncover yet more dimensions wrapped in the decades of unknown sisterhood, one left-over mulberry leaf will flutter like a butterfly, not down, but all the way from our back yard to the front and across the road. It will land in another place, under another tree – misplaced and foreign beside birch or maple. Perhaps it will come to rest on the frozen creek to be blanketed under snow until the spring of another year warms its icy repose and carries the slim brown leaf to rest under tangles of salmonberries and fern. There it will mingle with other leaves and add the substance of its old year to the continuity that is the nature of all new, and newly discovered, lives.

When the wind casts rings

Beyond the moon,

Fasten your star with a vow;

Catch the whispers -- Hold on

To your own special tune;

Past Always, and back to Now.

wmes

**Next Deadline:
January 27, 2016**

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: The next PAC meeting is January 11 at 7pm in the school library. All parents and guardians welcome. If you have an item to discuss, please contact Ingrid at 250.227.9246 or mainstreet@eshore.ca

HOT LUNCH: Chef Tyler welcomes input and help/volunteers.

PIZZA: Pizza is now being served on Fridays on a cash basis - \$2.50/slice. Proceeds go towards a school slush fund to help in affected areas

NOTES: Don't forget that there is now a cap of 10 meals put on the number of lunches that a student can have on credit. We appreciate your cooperation!

GROCERY GIFT CARDS: The next deadline is January 10 - order right away! Proceeds go towards Hot Lunch.

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Book Review

by Tom Lymbery

DEAD ENDS – B.C. Crime Stories, by Paul Willcocks, publisher University of Regina Press, 214 pages, \$19.95.

“Shocking, Appalling – and True” is what BC Bookworld comments on this book – and you will have to agree when you read Willcocks’ book. Forty crimes are included – and you will find that these summarize horrible tales such as that of the most fiendish of all – Clifford Olson. Somehow I had forgotten that he died in prison at age 71.

“Bomb on a Train” Peter Verigin’s death on the Kettle Valley train on October 24, 1924 from a bomb that blew the entire rail coach completely apart at Farron, the summit between Castlegar and Grand Forks. Eight people also died, along with 17-year-old Mary Strelaef – Verigin’s constant travelling companion. I have cycled to his memorial at the bombing site on the Trans Canada Trail – well worth visiting. I knew he was the powerful head of the Doukhobor’s, but didn’t realize that his position included having a teen age concubine.

“Suburban Terrorists” catches us up on the misguided activists under the name of Direct Action who blew up the Litton Systems factory in Toronto which made guidance systems for US cruise missiles. These were an odd collection of Vancouver activists known as the “Squamish Five”. I remember news reports about these oddballs but never the total of their thefts and bombings - its most interesting to find a book like this.

Scam artists are some of those included in this book, along with robbers from long ago, such as Bill Miner. This is a most interesting volume, as well as a valuable reference.

Barefoot Handweaving



Color is my day-long
obsession, joy &
torment.” *Claude Monet*

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Riondel Community Library

by Muriel Crowe

Another successful year for our library ends with hope of bigger and better things in the new year. Once again a group of residents are looking at ways to upgrade our community centre which will bring changes to our library. Hopefully we will have a bigger space but regardless we will be starting with a plan instead of working on a what-can-we-squeeze-in process. When time comes for action, please step forward and help however you can.

We are almost at saturation point with donations. Most of the donations go to our book sale in August and some unfortunately go directly into the recycling bins. We hate to say no as we will miss out on some beautiful books and we are able to sell many to our financial gain. If you can hold those books until July that will be greatly appreciated. If that isn’t possible, do bring them in but please don’t be offended if we have to discard some.

Every successful organization on the East Shore relies on its volunteers, we are no exception. Please remember to say thank you to those great people at our desk and all the other volunteers you come across. Happy New Year.

Global Gesture Language Camp Receives Multicultural Funding

by the Learning Hub

A unique, "learn by doing" language camp that will bring together speakers of Ktunaxa, Spanish, French, German, and World Sign Language at the Crawford Bay School on the Easter long weekend (March 25-28). The camp is funded in part through the federal Inter-Action Multicultural Grants which was announced earlier this year.

The language camp will appeal to a variety of people including students (or travellers) who have studied a language, and who need practice speaking the language. Families who speak French, German or Spanish at home may want to come together for fun, fluency practise, and to meet other families. Native speakers who seldom get an opportunity to speak together will enjoy the artistic aspects of this camp. No art experience is required and we offer a flexible schedule.

The four-day language immersion event starts on Friday, March 25 at noon with registration, snacks, and international (no meat) dinner. A variety of East Shore accommodation businesses offer flexible packages for family groups and friends who want to stay together. Some home stay placements may be available. Lunches, snacks and two dinners are included in the weekend event.

People from the five language groups (Ktunaxa, French, German, Spanish, and Worldsign) will have fun with a language facilitator speaking the language in a natural setting while doing hand work, art and other activities. On Sunday evening, participants are invited to a turkey dinner. The language experience wraps up on Easter Monday at noon.

Laverne Booth, coordinator for the language camp event says, "I am so pleased to offer this language program through Selkirk College and the Learning Hub here at the school in Crawford Bay. We are fortunate to have wonderful artful language facilitators in the region. This grant funding will allow us to pilot the Global Gesture Language Camp this spring, and perhaps it will become an annual event."

The brochure and social media for the Global Gesture Language Camp will be out in January. Please contact 250-227-9218 ext 5518 for more information or email lbooth@selkirk.ca.



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Smarter than Jack or Jill

by Sharman Horwood

Animals are amazing creatures, often smarter than we expect them to be. This column is about exactly that, and I am willing to write up any animal stories that show animal intelligence (not to mention cuteness). If you have a story that you wish me to write, please contact me at sharman.hl@gmail.com. I won't use your name if you don't want me to, and the story has to be a true story or anecdote. Please include your phone number so I can contact you about it.

The First Lesson

Raccoons, bears, and even coyotes, are smart enough to have learned that houses and humans mean food. One deer was even smarter; she knew they also meant safety.

The morning air was bright on the mountains behind my house, when the neighbours' dogs started barking. It wasn't their normal bark—they were frantic. They weren't out front, so it couldn't be a stranger at the door. I lifted the kitchen curtain and peered out.

A deer stood in my back yard, something obviously wrong. She was panting, and pacing, almost staggering. She looked like she was about to be sick. Sweat glistened on her flanks; her mouth gaped with each breath. The whites of her eyes bulged, but she wasn't looking around her.

I wasn't sure what to do. Animal control would put her down without getting near enough to find out what was wrong. I didn't want to risk her life if I didn't have to. She might have eaten the wrong thing, and after throwing it up, she'd be fine. I waited. But within minutes, a flood of liquid from her hindquarters told me what was really happening: she was giving birth.

I called next door to get them to take their dogs in. The doe knew she was safe from them. My back yard was surrounded by a high fence, but she didn't need the stress from their yapping.

Amazed, breakfast forgotten, I watched as she gave birth to first one, then a second baby deer. She cleaned them up and once they'd tottered to their feet, let them have their first drink of her milk. Then she nudged them into hiding, one under a bush and the other on the opposite side of the yard tucked under the edge of my deck. If I hadn't known they were there, I would have missed them. Their coats blended in with the dappled shadows, camouflaging them entirely.

Surprisingly, the mother started to leave. The fawn under the bush struggled to his feet to follow her. But the doe turned back, and pushed him firmly back into place. The message was obvious: stay here! Then she left.

I waited all day for her to come back. She didn't. Predators would be attracted by the smell of new life so she had to be hiding the fawns, but surely they couldn't go all day without her? Not on their first day in the world.

By nightfall, she still hadn't returned. When I looked out, I turned on the back door light, and saw one small ear flicker. They were still there. When I went to bed, though, I decided that if she hadn't returned by morning, I'd call animal control. Without food for that long, they'd die.

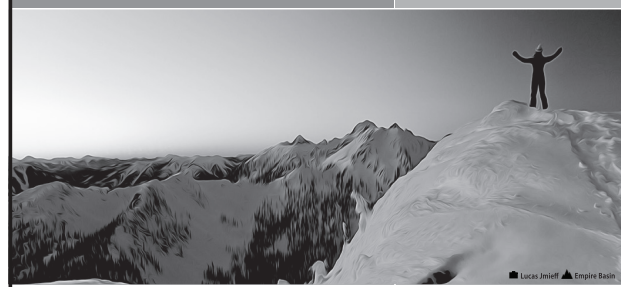
The next morning, they were still there. I sighed. Something must have happened to the mother, or she'd forgotten where she'd left them.

But even as I reached for the phone, like sunlight she walked back into my yard. She picked her way carefully to one baby, then to the other, letting them both drink before leaving. The last I saw of her, she was slowly striding down our street, the two tiny fawns at her heels as she proudly led them out of town.

Her leaving for the night had been their first lesson, and that had been where and how to hide. She'd also taught them that a human's fenced-in back yard is the safest hiding place of all.

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rdck.ca/cip-aap or
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Apply by 4:30pm, Monday,
February 29, 2016. Applicants
are required to present their
proposal at public meetings
during the month of April 2016.

cbt.org/cipaap

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**Next Deadline:
January 27, 2016**

Riondel Seniors News

by Fran O'Rourke

First, I would like to thank everyone who contributed to the success of the Riondel Community Christmas Dinner – Rec# 9 Commission for the funds that made it possible, those who helped with set-up and clean-up, the Many Bays Band who entertained us, Bob and Wendy Miller, of Bob's Bar and Grill, who catered the main meal, in fact donated a considerable portion of it, and everyone who brought their delicious side dishes, their desserts, and their good will to fill out the feast. It is really a delightful event, and Riondel Seniors are proud to be part of it.

As the New Year dawns, it is a pleasure to announce that the Riondel Seniors Association is finishing 2015 in the black. It has been a full and a fun year with old and new programs, events and courses, but it is no secret that our finances have been and continue to be precarious. In 2016, the rent on the Seniors room will go up another 10%, and the membership needs to consider the implications to our financial situation. The executive will suggest a new structure for dues. The question will go before the membership at the February AGM, and as always, members will have the last word.

Here are some dates and times to put on your calendar:

- Friday, January 8, 7pm **WHIST PARTY**, moved to avoid New Years Day
- Monday, January 11, 11am *How to Stay Fit as You Age* Lecture 7
- Tuesday, January 12, 10am *Tai Chi* first lesson – repeated Saturday the 16 at 11am.
- Tuesday, January 12, 12:30pm **POT LUCK LUNCH**
- Tuesday, January 26, 12:30pm **SOUP & BANNOCK** – an age friendly visioning session: Where should we go from here?
- Tuesday, February 9, 12:30pm **POT LUCK LUNCH & ANNUAL GENERAL MEETING**

All the current programming will restart at the usual times in January, including **Bingo** on Wednesdays at 6:30pm and **Bridge** 1:30pm on first and third Wednesdays. New programs for January 2016: Carpet Bowling returns, Step Dancing begins, and a new course starts – Introduction to Genealogy; times and starting dates to be determined.

Finally, Riondel Seniors Association takes this opportunity to wish you all health, peace and prosperity for the coming year. Happy New Year.

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It Was An Early Christmas present for Kootenay Residents: We are Mussel Free for 2016

press release by Central Kootenay Lake Invasive Species Society

If you live in the Central Kootenays you received an early Christmas present in 2015; the results are in and 2015 was another win for CKISS' aquatic invasive species (AIS) program. No zebra or quagga mussels (ZQM) were found in any of the Kootenay Lakes and Rivers surveyed during this year's field season!

What exactly is the CKISS aquatic invasive species (AIS) program? The best person to explain this is our AIS program coordinator Khaylish Fraser:

"Part of this program is surveying for the presence of certain AIS such as the highly invasive zebra and quagga mussels (ZQM). All water bodies in the Columbia region have been assigned a very-high risk status for the survival of ZQM so monitoring is critical for early detection. In 2015, we collected a total of 49 samples from 17 waterbodies around the Central Kootenay region (and all were free from ZQM). We also spend a lot of time out on the water surveying for invasive aquatic plants, and thanks to our proactive approach we were able to control new populations of fragrant water lily because it was still small."

Why was this a great Christmas present for YOU, the environment and the economy?

According to an article in the November 2015 issue of "Our Basin", titled "Underwater Invaders" ZQM can have the following impacts:

- Reduce food necessary for native fish populations
- Increase utility bills by clogging hydro-electric and water intake facilities
- Increase water treatment costs, by clogging intake pipes.
- Reduce recreation possibilities: your favourite Kootenay beach could be covered with sharp mussel shells
- Ruin the quality of water with toxic algal blooms

Since our monitoring has had zero positive hits for ZQM it means these nasty things won't impact our lakes... for now.

"Just one boat carrying live mussels or their larvae across the border into BC could set things off," Fraser warns. The "Our Basin" article points out that in a one-year time period a female ZQM can spawn millions of eggs.

"The first colony was found in Lake St. Clair, east of Detroit, Michigan. Three years later, zebra mussels had taken over parts of Lake Erie, with densities reported at up to 700,000 mussels per square metre."

We don't want this to happen to B.C. This is why another important aspect of our AIS program is to encourage water enthusiast to CLEAN, DRAIN and DRY their watercraft & equipment – all forms of it.

CKISS' aquatic invasive species program also supports the BC Mussel Defence Program, which doubled the number of mandatory watercraft inspection stations from 3 to 6 for the programs inaugural year thanks to a partnership that included the Columbia Basin Trust, Columbia Power Corporation, Fortis BC, and CKISS. More details on the BC Mussel Defence program click here.

Spiffy Biffy

by Muriel Crowe, for the Riondel Commission of Management

At long last Riondel finally has a bathroom facility close to the ball field and rink/tennis court. Thanks to a \$3,000 grant from Columbia Basin Trust, a donation of \$800 from the Riondel Curling Club, both funds had been in place for several years, and



more funds from RDCK's Regional Parks the building is finally done. Thanks go to former commissioner Frank Schmaus who researched these structures in 2013, to Cary Gaynor of RDCK Parks for directing us to Brenton Raby who managed and constructed the building. Great appreciation is also due to Area A Regional Director Garry Jackman who encouraged, made suggestions and funded the structure.

We are pleased that the constructors were local (Nelson) and that the materials were purchased locally. There are some finishing touches to be done in the spring such as making the building wheelchair accessible. We hope that this spiffy biffy will be another step in upgrading our local facilities.

Trans Canada Trail

by Tom Lymbery

We do hope that property owners will cooperate to allow the trail to be extended off highway from Gray Creek to Kootenay Bay.

In 2013 Edmund Auger cycled the entire route from the west Coast to Newfoundland to emphasize the need for an off highway Trail, as his wife Elizabeth had been killed by a vehicle while riding in Nova Scotia. He left us stickers when he stopped in Gray Creek.

The cyclists (and some walkers) have the determination to ride the steep hills and rough surfaces, and all are decent law abiding people – not the inconsiderate littering troublemakers that have somehow been pictured by locals who oppose the Trail. Even before the TCT we had a Canadian Youth Hostel in Gray Creek and, years ago we found that anyone cycling long distances has much going for them – hard to find any more pleasant and considerate.

We hear a ridiculous claim that they may set up some sort of camp on Wilmot Road. In truth they camp at Cedar Grove Campground or at Oliver Lake – never anywhere else. The new trail to Crawford and Kootenay Bay will only be 18 inches wide – not useable by ATVs. Please build support instead of exclusion to the trail.

Next Deadline: January 27/16

Creativity, Community, Conscience



Tom's Corner

by Tom Lymbery

When Nelson was the Distribution Centre for BC's Southern Interior

Nelson, as the centre of the mining area, has a long history of business as a distribution centre as well as a transportation hub, with large grocery, hardware and fruit wholesalers. Each warehouse was on rail tracks and built at a height to unload carload lots. Since we dealt with all these companies for many years, I hope to provide some information on these long - gone institutions.

Wood Vallance Hardware Co. Ltd. was originally part of a cross - Canada chain of wholesale hardware distributors. Before the hockey venue in Vancouver was built you could still see "Wood Vallance" on a building on that site. In Nelson there were at least 55 employees in the 3-story building on Baker St., as well as the large warehouse with its own rail track on Front St. About 1910 Wood Vallance was the only company willing to give credit to the CM&S Co (now Teck), and as a result all the mining supplies needed, from rail track and mine cars to wiring and venting, were ordered through Wood Vallance, even when Pine Point was built in NWT. We bought virtually all our hardware through the WV salesman who called every two weeks. We could get it cheaper from Vancouver but when you added the freight there was no saving.

Two large wholesale groceries in Nelson, WH Malkin and Kelly Douglas, shipped every week by Nelson - Creston Transport. During the 1939-45 war years we bought from everyone we could as unrationed supplies were so hard to find. Malkin's was better than KD in allocating just a little stock such as three bars of soap, so after the war we stayed only with Malkin's.

Likewise there were two competing wholesale fruit operations, National Fruit and McDonald Jam, with oranges, bananas and more in season. McDonald's also had their four - pound tins of jam in many varieties as well as the Coke bottling franchise, and its own Silver King brand of soft drinks. There was also an Orange Crush operation up Ward Street. All sold for five cents each in 6 ounce bottles.

Associated Growers had a large warehouse on Government St., built to store several freight carloads of apples until the market might be right for the different varieties. Cherries were the cash crop that helped to carry many fruit growers through the lean Depression years, with plums and pears also helping. Manager Bob Foxall explained to me how the warehouse was built with shutters to trap the cool night air in summer and fall days.

The Swift Meats warehouse was built with a three - story section for smoking bacon and hams, using the same smoke on each level (now Reo's "Bacon Room.")

After that went out of use, a weekly carload of meat came in from Swift's Edmonton plant to be distributed throughout their large customer district.

There were probably 10 transfer operations in Nelson - independent truckers who might have two trucks if they served Nakusp, Castlegar or Trail. Nelson - Creston Transport brought all our freight as well as groceries and hardware to Creston. Before truck licensing and franchising came in we had up to three operators on our route - anyone with a truck could get into business for himself. We didn't phone in orders - my dad would give the order form to the first trucker who got in the ferry lineup by our store. Some orders would be mailed with a three - cent stamp - the phone was 35 cents a call to Nelson.

The Nelson Daily News was always a morning paper so it came in the day's mail. We had TODAY'S paper every day. I can remember my dad taking me through their printing operation when the type was set up in curved pieces of lead, curved to fit the rotary press and then melted down to be used for the next day's paper. Jim Smith, the circulation manager in the paper's boom years, told me that they printed 12,000

copies, when the Nelson population was probably less than 8,000. He said due to train and bus schedules they could get the paper into Penticton before the *Vancouver Province*. Being virtually the only daily in the interior, the *Daily News* served Cranbrook and Golden as well. The Kettle Valley train arrived in Nelson about 7.30 pm, but because of a complete engine and crew change it didn't leave for the East until midnight - with tomorrow's papers on board. When I was at school in Vancouver in 1942 - 46 I could buy the *Daily News* on Hastings St.

Palm Dairies had a sizeable milk plant in Nelson which made butter, ice cream and all other dairy products. We often shipped two gallon cans of cream from our two cows to

Palm, and this often paid the cows' grain rations. When Creston had many dairies, Nelson - Creston Transport shipped their milk daily in five-gallon cans to Palm, and got priority loading on the ferry. However, when Palm changed to using a stainless steel bulk tanker, it gave NCT very short notice, leaving Walt Palmer, Bert Dylke and Bill Townsend in the lurch. When Palm's Baker Street operation moved to a more industrial area near Kootenay Forest Products, the old plant with its cork insulation was torn down. Somehow welding got some of the cork on fire and the resulting extremely sticky smoke created many problems for nearby businesses.

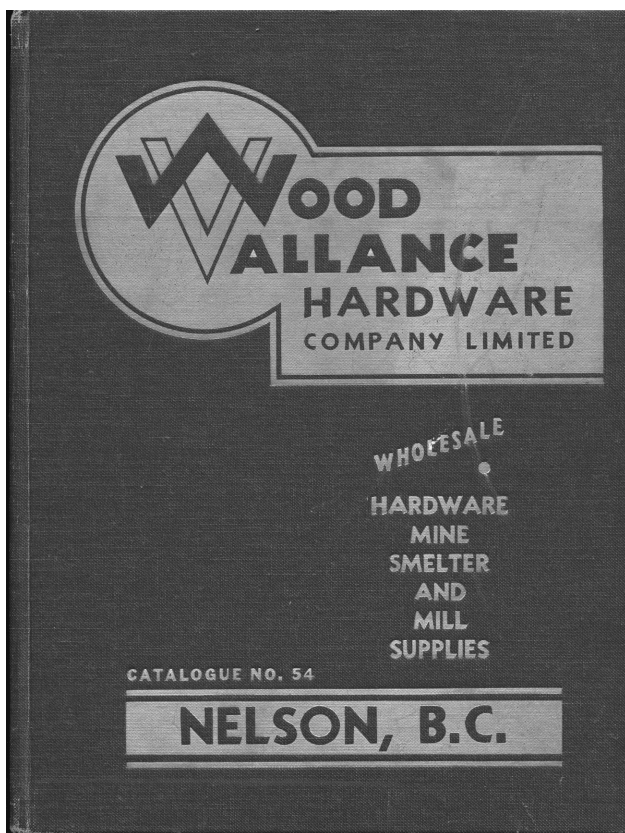
Besides Nelson being a CPR divisional point, Greyhound in Canada originated in Nelson. Until 1963 it had the major operation in the BC interior with daily service to Kaslo, Nakusp, Salmo and more. We could ship our full cream can to Palm on the Greyhound for 50 cents, and it didn't charge for returning the empty. The bus drivers used to throw off the *Nelson Daily News* to anyone with a subscription along their routes. When one of the MCI Courier 500 coaches had an engine - overheating problem, they found the rear top -

mounted engine air intake full of rolled - up addressed newspapers. In attempting to throw the papers across the windshield for customers on the right side of the road, the driver had been throwing them too high.

Peebles Motors in Nelson built buses, but never got a contract for Greyhound. Harry Harrison (his wife was a Peebles) told me that they employed up to 30 and brought in a coach builder from England. They were awarded \$10,000 (an amazing sum in those days) to build a super bus for the Star stages in Cranbrook. The carpet in the bus was so nice that Harry saved some for his boat. The site is now the Best Western hotel.

Nelson was also the provincial government centre for the Southern Interior. The Land Registry was second only to New Westminster, while the Nelson jail handled any prisoners sentenced to "two years less a day." When I needed to apply for a driver's licence in 1951, I could go to Nelson and get my driver's test and licence without an appointment. Smaller towns such as Cranbrook, Golden, Kaslo and Penticton had government agents, but drivers' tests had to wait until the official visited from Nelson.

The Nelson postmaster was also the supervisor for all the small community offices. The Nelson post office distributed all the mail until Cranbrook started to grow about 1958. Even when postal codes came in, Nelson was still the West Kootenay distributor, which is why the V0G prefix covers such a wide area, including Trail and Castlegar.



The 642 pages of this 1954 Wood Vallance catalogue are full of hardware illustrations along with items for home and recreation, which are no longer in use. However we still use it to find the correct name of some items that are still in service. Courtesy of Gray Creek Historical Society, gift of Steve White

The MAINSTREET

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Routes of Change: Canadian Man on Five-Year Trip, Circling the Globe With No Motorized Help Visits Kootenay Lake Dec 22

by Ingrid Baetzel

In July of 2015, Markus Pukonen began an 82,000 km, five-year journey, circling the globe without the use of a motor. Raising money under his Routes of Change organization, Pukonen plans to support a variety of nonprofit organizations along the way, hoping to leave the world a better place than he found it. Pukonen first had the idea for Routes of Change six years ago, after suddenly losing his father the leukaemia.

From his routesofchange.org website comes the following mission statement:

He will not get on a plane, in a car, or any motorized vehicle at all for 1800 days as he seeks out amazing people who need our support in creating a healthy future. We believe that there's no avoiding change so we might as well embrace it and share ways that we can better adapt to a new sustainable way of life on earth. There are many ways to follow the route (live map below), join the route, inspire the route, or contribute to the route. Use the tools on these pages to interact with Markus and the Routes of Change team and help us share the change.

Pukonen says, "I thought about my life and how I needed to be doing exactly what I loved as soon as possible, just knowing that life can be taken from you so fast. Around that same time I found out my sister was pregnant with my niece, so it just sort of hammered home the point that I need to do everything I possibly can to create a healthier future for her, as well."

In a recent issue of Canadian Geographic, Pukonen was named one of Canada's Greatest Explorers. He is a well-documented filmmaker and all-around adventurer. Pukonen is known as the first person to stand-up paddle board across the Georgia Strait. He has rowed across the Atlantic Ocean, and paddled down the length of the Mississippi River.

Setting out from his childhood home in Toronto, Pukonen is using as many people-powered methods of travel as possible. Walking, skateboarding, pogo-sticking, stand-up paddle boarding, canoeing, sailing; whatever he has to do to put the miles behind him.

On December 22, Pukonen got to the Kootenay Lake region. Local resident Annemarie Perciasepe joined him for a 22 kilometer, 6-hour paddle from Gray Creek to just beyond Kokanee Glacier Park.

Annemarie says this of the experience, "I was connected to Markus Pukonen through Sandra and Dave Quinn with Markus Pukonen. The initiative that he started is meant to inspire real and positive change in a world that has grown increasingly dependant on oil and motorized transportation. Markus connects with community members, environmental groups and schools to share his message and inspire the next generation. Markus had just completed his solo ski from Kimberley to Gray Creek over the Gray Creek Pass and was then on his way to ski over Kokanee Glacier on his way to the coast. Our paddle together was awesome. It was a cold day today (-7) and we did get some

snow and winds from the north with 2-3 foot swells in the main channel and calm waters in the arm. A storm did blow in and the inversion took hold which hid the glorious mountains from us but the company and comradery forged from such an adventure make for great memories and stories to be shared. It was an honour and privilege to join him as he journeys around the world. He is sailing across the Pacific in the spring - Onward Markus!"

About the project, Pukonen says the following, "This is sort of a combination of all my passions. It's

exactly what I want to be doing on this planet. It's my way of giving back. It's a way of living the life I want to live," he says.

While the trip is a massive undertaking, he's confident his experience will allow him to adapt to any of the challenges he'll encounter. "I'm looking forward to seeing what's going to happen. Because I have no idea," he says.

To support Routes of Change, or to sign up to join Pukonen on any one of the legs of his journey, visit the Routes of Change website. At the time of printing, he is approximately 170 days into his journey. Follow Pukonen's journey on Facebook and Twitter.



New Board Chair To Guide The Trust Rick Jensen steps in as Greg Deck retires

press release

Columbia Basin) – Columbia Basin Trust announces several updates to its Board of Directors, including the appointment of Rick Jensen as Chair and the retirement of current Chair Greg Deck.

From Cranbrook, Jensen is replacing Deck as Chair as of January 1, 2016. He joined the Trust Board in 2013 and served as Vice-Chair in 2015. He is the Chair of New Dawn Developments, a director of New Dawn Restorations, President of the Canadian Institute of Excellence and a director of Columbia Power Corporation. He has also served as President and CEO of Panorama Mountain Village.

The Trust also thanks and extends its best wishes to Greg Deck, who is now retiring. From Radium Hot Springs, Deck has been on the Board since the Trust's inception in 1995, serving as Vice-Chair from 2008 to 2012 and Chair from 2013 to 2015.

"On behalf of the Trust's Board and staff, I would like to thank Greg Deck for his contributions to the formation and growth of the Trust," said Jensen. "For over 20 years, he has been an instrumental part of this organization and has dedicated his efforts to the well-being of our region and its residents."

Nakusp's Laurie Page, who joined the Board in January 2012, is being reappointed until December 2018 and is taking over as Vice-Chair. She also served as Vice-Chair from 2013 to 2014.

"The Trust has achieved remarkable success, and I'm confident Rick Jensen, Laurie Page and the rest of the Board will carry this success forward," said Deck. "This is a solid team committed to an extraordinary organization that will continue to serve the Basin well."

The Trust also wishes the best to Kim Deane of Rossland. He has been on the Board since 2009, and is retiring as of the end of 2015.

Two new members are joining the Board for one-year terms, expiring December 2016. Michael Delich joins the Board from Fernie, where he is an active entrepreneur, community leader and sport leader. Rhonda Ruston joins the Board from Kaslo, where she is a lawyer and has served on the boards of the Kaslo InfoNet Society and Kaslo Institute.

Nelson's Am Naqvi is being reappointed to the Board until December 2018. Other Board members include Larry Binks (Creston), Wendy Booth (Fairmont Hot Springs), Gord DeRosa (Trail), John Dooley (Nelson), Loni Parker (Revelstoke), Vickie Thomas (?aq'am) and Jeannette Townsend (Valemount).

"I'd like to thank Greg Deck for his years of dedicated service and leadership as chair of the Trust, and for all the help, sound guidance and advice he has shared with me personally as a resident of the Columbia Basin and in my work as an MLA and minister," said Minister of Energy and Mines Bill Bennett. "I'd also like to welcome Rick Jensen and Laurie Page to their new roles. I look forward to working with them and the rest of the Board as they continue to invest and deliver benefits to the Basin, improving lives, communities and the environment."

The Trust's 12-member Board consists of individuals appointed by the provincial government: six from the five regional districts and the Ktunaxa Nation Council, and six others. All directors must live in the Basin.

The Board meets five times a year in communities around the Basin. The public is invited to attend in order to meet the directors and ask questions about the organization's work in the Basin. The next meeting is in Nelson on Friday, February 12, 2016. For more information about the Board, and to read highlights and minutes from Board meetings, visit cbt.org/board.

Columbia Basin Trust supports efforts to deliver social, economic and environmental benefits to the residents of the Columbia Basin. To learn more about the Trust's programs and initiatives, visit cbt.org or call 1.800.505.8998.

The MAINSTREET-

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Health & Happiness

by Dr. Sid Kettner

In our last article, I reviewed the recent research on the relationship between meat in our diet and the increased odds of acquiring cancer as a result. The massive evidence is frightening. It is estimated that 35,000 deaths per year worldwide are attributed to diets high in processed meat and another 50,000 to red meat. The scientists declare that processed meat is a Group 1 carcinogen, which means that the quality of evidence firmly links it to cancer. Red meat is assigned Group 2A status meaning it probably causes cancer. The World Health Organization has determined that dietary factors account for at least 30 percent of all cancers in Western countries and up to 20 percent in developing countries.

It is believed the damage is due to changes in the DNA that cause the body's cells, particularly those in the bowel, to grow wildly and uncontrollably. This is likely due to three main pathways. The heme in red meat catalyzes the formation of N-nitroso compounds. Processed meat like hot dogs, packaged turkey, sausages, corned beef, pepperoni, beef jerky, canned meat, chicken nuggets, bologna and charcuterie—where smoking, salting with nitrates and nitrites or otherwise processing meat to make it last longer and taste better—causes reactions between the added substances, and the body's own amines, to form cancer-producing agents. High temperatures can also produce carcinogens when meat is fried, roasted or grilled. Pan-frying causes formation of polycyclic aromatic hydrocarbons (PAH) which are also cancer-inducing.

Is turkey bacon safer? No. The above processing is used on all meats. So, we would be wise to slowly but very surely decrease our consumption of meat to the point where it is only a flavor, not the focus of the meal. And then go on to cut it out entirely after 3-6 months. Many proven medical benefits can then kick into action—lowered cholesterol, lower weight, less chance of stroke, diabetes and kidney disease. And now—less chance of having to deal with cancer—the “Big-C.”

I now invite you to have a healthy and wonderful New Year by living at your max of health and happiness.

Yoga & Asana Basics

Balancing Stick Pose ~ Ubhaya Padangusthasana

Easy or hard, either way, to reach balance we need to cultivate effort, ease, strength & flexibility. Be Playful!

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- Calms the nervous system



Doing the Pose

- Start, sitting with knees out to the sides, soles of your feet touching.
- take a hold of your big toes (or feet) with each hand
- lean back onto your sit bones, lift your feet 2 inches off the ground and find your balance
- begin extending the legs, while finding balance
- lift up towards the sky with the crown of your head & toes

Focus in the Pose

- hold behind your legs, or hold the toes or feet
- lift up from the lower back & sternum towards the toes
- balance on the sit bones
- flex the feet, spreading the toes
- breathe deeply and release when your ready.

For More Info - Jai Holman - Jayapie@icloud.com

Riondel Community Church Annual Report

by Wendy Scott, Chair

Another year has slipped by and Riondel Community Church has actually added a few members to our congregation. Our attending priests and ministers seem willing to juggle time zones, climb mountains, cross Kootenay Lake or navigate that twisting route from Creston.

The Rev Derrick Smith travels from Kimberly, and often brings his wife, Karen, who is an accomplished drummer; she lends an up-beat tone to our service. Canon Jim Hearne's visits from Queen's Bay reach back to a time before this little church was consecrated when Jim took services in the building that is now Bob's Bar and Grill.

The Rev John Ruder was able to come from Castlegar for a service in July, but has not been able to fit in any other trips. Our own lay minister, Brenda Panio, has not only taken several services at Riondel Church, assisted with many more, but has also played when the organ bench sat empty. Since the Rev. Shelley Stickle-Miles moved away we have not been able to bring any United Church ministers to Riondel.

Ramona and Richard Dannhauer come to Riondel from Kootenay Lake Community Church in Crawford Bay and they bring music in the form of Richard's guitar.

We were very pleased to welcome our old friends, Rawlin and Pam Falk on one of their infrequent trips from their new home in Quesnel. Recently Rawlin accepted the position of pastor at Maple Park Alliance Church in Quesnel, and we send them both our very best wishes.

Jeff Zak and his wife, Marilyn, were able to join us from Nelson for several services until their mission trips took them to India and then to Africa. They returned in the late fall and worshipped with us in November.

Brent Mason, also from Nelson, lost his wife, Barbara last year. He came to Riondel in October with his guitar. We do enjoy Brent's music and his message.

We must say thank you to Linda Moreau for stepping in with very little notice to fill an empty spot in August. Our congregation has accepted a kind invitation from St Michaels in Balfour, and several of us have crossed the lake to join with them for five services this year.

Until May of this year, we enjoyed Marie Gale's delightful piano accompaniment, but Marie now resides in Creston, and thankfully, Deberah Shears has very kindly come forward with her skilful fingers and her talented and much appreciated musical knowledge. Even though Deberah has had some set-backs this year – not the least of which was a broken foot, she still manages to fit us in between a traditional Easter service at Harrison Church, band practice, organizing a choir for Remembrance Day, directing concerts and now gathering and rehearsing choir members for carols and Christmas music.

Even though Harrison Memorial Church is no longer maintaining a regular Sunday service schedule, they have presented various concerts and we expect to enjoy carols and Christmas music in mid-December at their beautiful heritage church.

And as Christmas rushes ever closer we can enjoy the Riondel Seniors Christmas dinner and get ourselves in the mood with some lively music – helped along, yes, by Deberah.

Another trip to Crawford Bay on Christmas Eve took us to a candlelight service at Kootenay Lake Community Church. Sincere thanks to all of you for supporting the little church that we love so well. Many wishes for a happy, healthy, and restful year.

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January 27, 2016
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NOW OPEN! We look forward to seeing you.
1628 Canyon St, Creston (right next to 7-eleven)

Creativity, Community, Conscience

mainstreet@eshore.ca

CLASSIFIED SECTION

BIZ ANNOUNCEMENTS

Insurance Certification requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

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.

EVENTS/NOTICES

Conscious Breathing Afternoon at the Gray Creek Hall, Sunday Dec. 13th For Health, Well-being, and Inner Peace. Theresa Lee will be there with her healing acutonics and gongs. From 1:00 PM to 4:00 PM. Cost is by Donation to go to the Christmas Hamper. To Register or for more information call Blanche and Harreson at 250-227-6877 or e-mail lifeshift@bluebell.ca. Please bring something to lie on, blanket and pillow.

BEVY OF ANGELS Yule Artisan Craft Faire, Dec 6 in Crawford Bay. Handmade local artisans, sweet treats, lunch and goodies supplied, gorgeous creations by friends and neighbours. Shop local this Christmas! Info: Jacqueline at moonrakingsclayart@gmail.com.

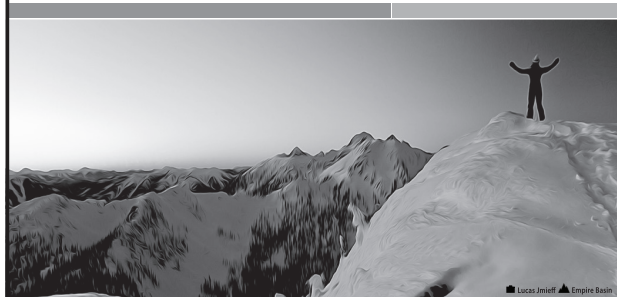
18 Mainstreet January 2016

Free
Classifieds
available
online at
eshore.ca,
the
Mainstreet's
official
website!

*Next
Deadline:
Jan 27,
2016*

Nelson & District

CREDIT UNION Logically. Locally.



Build your Credit Union & your Community

A position on your board of directors allows you to represent the membership's collective values concerning social, environmental and corporate responsibility while setting strategy and direction for your financial co-operative. This ensures a local, strong and viable credit union and community.

Join your Board of Directors

Four opportunities are available for the following positions:

Two Directors - Nelson Representative Area	3 year term
One Director - Rossland Representative Area	3 year term
One Director at Large	3 year term

Please direct inquiries to:

VIRGINIA MAKAROFF
Executive Assistant
Attn: Nominating Committee
Nelson & District Credit Union
PO Box 350 Nelson, BC V1L 5R2
p. 250.352.7207
e. vmakaroff@nelsoncu.com

More details can be found at www.nelsoncu.com/CallForNominations

Eligible applications must be received by
Friday, January 29, 2016.

nelsoncu.com



ADMINISTERED
& MANAGED BY



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

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

cbit.org/cipaap

A PROGRAM OF
Columbia
Basin **trust**

Apply now

COMMUNITY INITIATIVES AND
AFFECTED AREAS PROGRAMS
(CIP/AAP)

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
cbit.org/cipaap.

**Apply by 4:30pm, Monday,
February 29, 2016.** Applicants
are required to present their
proposal at public meetings
during the month of April 2016.

*Next Deadline:
January 27/16
mainstreet@eshore.ca*

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 2016

**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 5, Tues: Dr. Grymonpre

Jan 6, Weds: Dr. Moulson

Jan 7, Thurs: Dr. Lee

Jan 12, Tues: Dr. Grymonpre

Jan 13, Weds: Dr. Moulson

Jan 14, Thurs: Dr. Lee

Jan 19, Tues: Dr. Grymonpre

Jan 20, Weds: Dr. Moulson

Jan 21, Thurs: Dr. Lee

Jan 26, Tues: Dr. Lee

Jan 27, Weds: Dr. Moulson

Jan 28, Thurs: Dr. Grymonpre

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

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

Tone & Trim Fitness: Mondays & Fridays 9am. Darlene
Knudson 250-223-8005.

Vinters: Jan 13, 7pm. Jeanne Kay Guelke: 250.402.3391

Book Club: Jan 14, 2pm. Melody Farmer: 250.223.8443

Quilters Guild: Jan 19, 1pm, Linda Brown: 223.8607

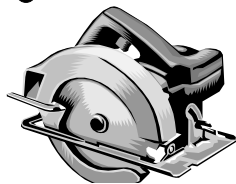
Carpet Bowling - Tuesdays, 7-9pm. Tom or Linda
Sawyer - 250.431.8404.

BADEV: Jan 14, 9am. Rod Stewart: 250.223.8089

Eastshore Health Society: Tues, Jan 26, 10:30-
2:30pm. Tom Wishart: 250.223.8445

Creativity, Community, Conscience

kis Kootenay
Insurance
Services Ltd.
Thinking of Renovating?



We can review your house
insurance policy with you.
Be sure to keep it up-to-date!

Office Hours:

Tues - Fri: 9-5 (closed from 1-2)

Saturday: 8:30 - 12:30

#16030 Hwy 3A, Crawford Bay
Phone: 250.227.9698

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**

Next Deadline: Jan 27, 2016

website: www.eshore.ca

email: mainstreet@eshore.ca

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 2016 SCHEDULE

Jan 3: Jim Hearne - 10:30am

Music: Deberah Shears

Jan 10: Rev. Derrick Smith, 1pm

Music: Deberah Shears

Jan 17: Ramona Dannhauer, 1pm

Music: Richard and Ramona

Jan 24: Jeff Zak, 12 noon

Music: TBA

Jan 31: TBA

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

Have a warm and peaceful Christmas!

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

Sun Mass at 2pm. 1st Sunday of 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

Creativity, Community, Conscience

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community
Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For More 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 Monday morning
at 8:30 am in the Kootenay Lake Community Church basement.

Call Myrna for more info: 227-9420

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

Next PAC Meeting:

January 11, 2016

January 2016 Mainstreet 19

January 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Tone&Trim, Bos Hall, 9am Casual Karate, CBESS, 6pm	
3	4	5	6	7	8	9
	Tone&Trim, Bos Hall, 9am Karate, CBESS, 5pm	Carpet Bowling, Bos Hall, 7pm Dr. Grymonpre	Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS	Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	Tone&Trim, Bos Hall, 9am Casual Karate, CBESS, 6pm	
10	11	12	13	14	15	16
	Tone&Trim, Bos Hall, 9am PAC Meeting, CBESS Lib, 7pm Karate, CBESS, 5pm	Carpet Bowling, Bos Hall, 7pm Vet Clinic, CB Motel Lions Mtng, 7 pm Dr. Grymonpre	Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS Vintners, Bos Hall, 7pm Dr. Moulson	BADEV, Bos Hall, 9am Book Club, Bos Hall, 2pm Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	Tone&Trim, Bos Hall, 9am Casual Karate, CBESS, 6pm	
17	18	19	20	21	22	23
	Tone&Trim, Bos Hall, 9am Karate, CBESS, 5pm	Carpet Bowling, Bos Hall, 7pm Quilters Guild, Bos Hall, 1pm Lions Mtng, 7 pm Dr. Grymonpre	Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS Dr. Moulson	Yoga w/ Melina Bos Hall, 9:30-11 Dr. Lee	Tone&Trim, Bos Hall, 9am Casual Karate, CBESS, 6pm	
Full Moon 24/31	25	26	27	28	29	30
	Tone&Trim, Bos Hall, 9am Karate, CBESS, 5pm	ES Health Soc, Bos Hall, 10:30am Carpet Bowling, Bos Hall, 7pm Lions Mtng, 7 pm Dr. Lee	Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS Mainstreet Deadline Dr. Moulson	Yoga w/ Melina Bos Hall, 9:30-11 Dr. Grymonpre	Tone&Trim, Bos Hall, 9am Casual Karate, CBESS, 6pm	

Hexagon Players Present

ONE FLEW OVER THE CUCKOO'S NEST

By Dale Wasserman
Based on the novel by Ken Kesey

Crawford Bay School Performance Space
Feb 12/13, 2016 (doors open at 7:30, lock at 8pm sharp)
Feb 14 Matinee (doors open at 1:30, lock at 2pm sharp)

This play is not suitable for children. Children under 14 MUST be accompanied by and seated with an adult.
Tix available February 1st at Crawford Bay Market, Gray Creek Store and Riondel Market.

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Harreson Tanner	17
Hulland and Larsen	10
Invest Kootenay	11
KES	10
Kootenay Insurance Services	6
One Flew Over Cuckoos	11,20
Over the Valley	12
PAC	2
Riondel Market	10
RDCK CIP AAP	13
RVFD	9
Sapphire Hair Salon	10
Sunset Seed	14
The Hub	1
Turlock Electrical	10

happy new year!

Library Hours:

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

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

Transfer Station Hours

CRAWFORD BAY:
Sunday/Tuesday
10am-4pm
BOSWELL:
Weds/Sat 11am-3pm

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