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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

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Reviews,  
Hot Topics,  
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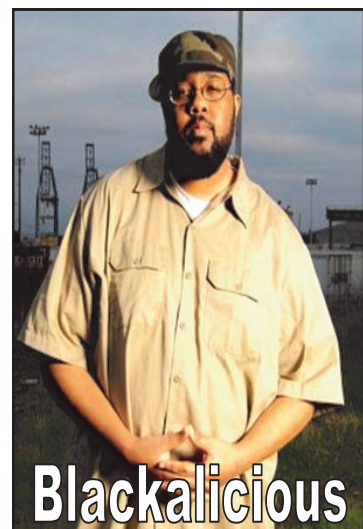
July 16-18, 2010



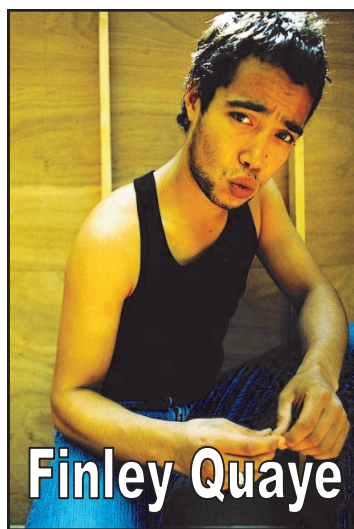
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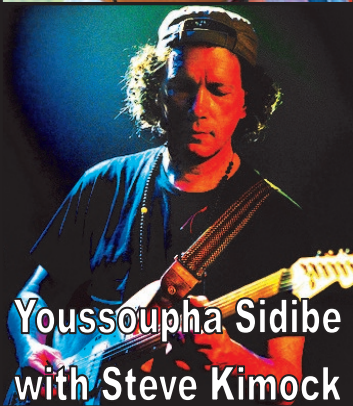
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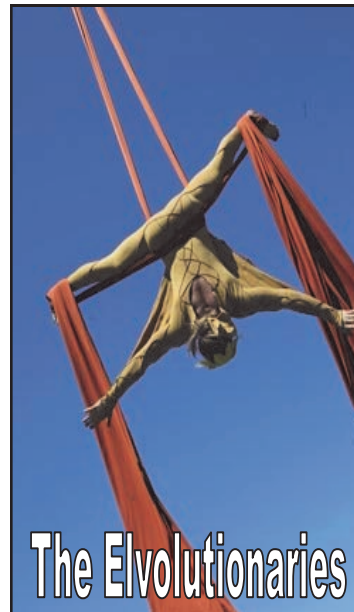
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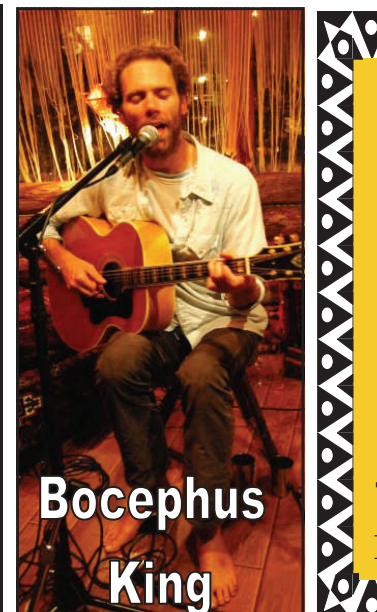
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Central Kootenay Lake's community non-profit ISP

Go to Starbelly Jam's Website for more info about the festival and the complete lineup:  
[www.starbellyjam.org](http://www.starbellyjam.org)

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# MS Issues

by Ingrid Baetzel,  
Editor  
**This Soccer Craze**

Soccer (more and more commonly referred to in these parts as Football) is a timeless game. In China it has been dated back to over three thousand years ago. It really took its official hold, though, in England in the mid-1800's.

It's a simple game. It has its nuances, but really, it's just feet and a ball. It's running, and shifting, strategy and faith. It has all the angles and deflections of a billiards game, the speed of track and field sprint running and the emotional tug of any romance.

The World Cup is at full boil as this is written. The USA just got a lesson in how old football really is by an underprivileged African team. Ghana, the last African team in the finals, played valiantly and wisely and secured a place in the top eight. Team USA put on their brave faces and made every effort, but the point was again made, as it was at the last World Cup. All the money in the world won't make winners in a sport in which poor nations have taken part for hundreds and thousands of years. Soccer is a just feet and a ball and anyone can play. Because of its simplistic nature, everyone HAS been playing it, and for a lot longer than have some wealthy, western countries.

Everyone is playing this game. On the East Shore, the East Shore United team has had a long and passionate history with the game, winning most of the tournaments last year. Every Sunday for decades, dozens of men and a few women come out to play the

beautiful game.

An exclusive women's club has started and is seeing great turnouts every Friday evening at the Crawford Bay Park. We gather and do drills and then have a little scrimmage, learning every week more skills and techniques and learning to take pride in simply getting out there. We're nothing fancy, but we're having so much fun. Our coach, Del Detmar (quickly becoming known as "Flava Flav Detmar" due to his bulky, antiquated time keeping device), has been coming out and giving pointers, playing ref and keeping us in line for years now. Every week, a new woman joins ranks. It is for young and old, fit and unfit, skilled and unskilled and all women are welcome.

Here's to the game and all it entails - pampered athletes, advantage-seeking theatrics, shady reffing, corporate marketing, and the glory of feet and a ball.



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# LETTERS TO THE EDITOR

## SLOW DOWN ON WADDS ROAD

Dear Editor:

I'm begging you, folks. PLEASE SLOW DOWN ON WADDS ROAD! The dump is not going anywhere. Is it really worth catching that ferry if you kill my cat on the way? Or worse, my child? And you won't get to the store or the golf course any faster with a deer through your wind shield.

Please, please, for all of us creatures (wild and otherwise) who travel by foot, hoof, paw, and bike on Wadds Road: SLOW DOWN!

Ali George, Crawford Bay

## CRAZY AND STUPID

Dear Editor,

Of all the crazy and yes, stupid things I have seen people do here, none has infuriated me more than these cheap, selfish idiots who think it's smart to take their garbage to the Crawford Bay dump when it is closed.

Through the frequent dumping of hotel garbage, I have become friends with Dan and Evelyn, the two main attendants. On several occasions, I have arrived on dump day morning to find the attendant struggling to clean up 15 or 20 bags of garbage strewn throughout the dump. Someone has left these the day before and any number of animals has ripped them to shreds looking for food. Often numerous bags are dumped in the recycling area as well, with a resulting huge mess.

But the final straw came last week when Dan was confronted with a grizzly mom and two cubs directly outside the dump shack. I think anyone experiencing this would be checking their shorts afterward. These bears were clearly attracted by the readily available human waste left outside.

Everyone I talk to here tells me how people in this region must live alongside and harmonize with wild-life. Surely they know a garbage bear is a dead bear. People - for the sake of these beautiful, deadly beasts and the people in this dangerous situation, have a little

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common sense.

The RDCK is taking action to increase surveillance at the Crawford Bay dump.

Paul Hindson  
Chairman, Kootenay Lake  
Chamber of Commerce

## THANKS FOR THE OPPORTUNITY

Dear Riondel Golf Course and the RDCK,


My name is Katie Pearson-Wenger. I'm 11 and I live in Crawford Bay. This year I have joined Bonnie Anderson and the junior golfers in Riondel. We play every Tuesday and I enjoy it as it is a new experience for me. I am having so much fun golfing and have made a big improvement in my game.

I would like to thank you for giving me the opportunity to go to the 6th annual 5-Day Saints Golf Camp in Castlegar. I really look forward to it. Your grant money has allowed me to join sixty other students from around the Kootenays to improve our skills. We will be studying the rules of golf, practicing our swing and going out on to several courses around Castlegar.

I will also be given the opportunity to learn about the whole concept of the college, what it is and the opportunities within. I will have a chance to spend time with student athletes that have gone to college, earned scholarships and learn about their experiences. We will hear about academics and athletics, how the two are related and how they can both be approached successfully. This experience could not have happened for me without your generous grant and the support of Riondel Golf Course. Again, thank you for supporting me.

Katie Pearson-Wenger, Crawford Bay

Next Deadline: July 28



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

**Copies every issue: 1000**

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in August 2010 issue items by:

**Next Deadline:**  
**Wednesday July 28, 2010**

## New Key's Place

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**Welcome to Starbelly Jam!**

- Live Reggae Friday & Sunday Night
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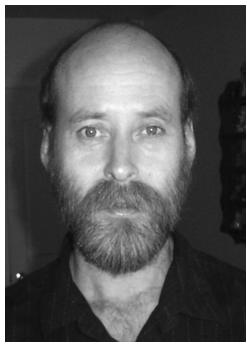
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**July 30: Heddy Acclaim - power trio performing original and cover tunes.**



## RDCK Area "A" Update

by Garry Jackman,  
Director, Area "A"

There are so many things going on at any one time that I have energy and passion to work on in hopes of moving something positive ahead. Then there are the issues that seem to be less than productive, which will not go away and which can tend to derail or sideline progress on important issues. It is just my opinion, but one such item has arisen again. It came up a year ago, I challenged the premise that there was any sort of "problem" to be solved and the silent proponents of unnecessary change remained silent. Before I comment on this issue, let me give you a rapid fire list of what I think your elected official should be working on.

- Competent, responsible management of the \$50 million Regional District of Central Kootenay (RDCK) budget.
- Effective delivery of existing services and development of new services as requested.
- Looking for opportunities to develop 'green' practices in our handling of solid waste (garbage) and operating our recreation and office facilities.
- Planning for climate change issues such as intermittent water shortages, wildfires and future energy sources.
- Providing leadership on developing a lake stewardship plan.
- Being a pro-active advocate for residents by and providing input on potential changes to the Columbia River Treaty.
- Development of local planning tools.

The list goes on. The list is intertwined with the activities of our neighbours around the lake and around



## MLA's Message

by Michelle Mungall

Enjoying that summer breeze as it sweeps up the east shore of Kootenay Lake?

It is amazing, isn't it? Nothing like it in the world, which is one of the reasons why our region is truly the best place in the world.

After the Legislature wrapped up in June, I jumped on the plane to get back to this beautiful place. Being home always fuels me so that I can deliver a strong voice for our region when in Victoria. Representing you is such a great job, and I love doing it.

This past year, as your MLA, I have been able to bring attention to the cutbacks in education that negatively impacted the Riondel and East Shore Reading Centres. When meeting with the Ministry of Education senior staff in November (the Minister was on leave due to illness), I advocated restoration of the small amount of funding for reading centers. I said that if it was not possible immediately, that it was imperative to do so in the BC Liberals Government's 2010/2011 Budget. Although the meeting went well, I'm sorry to report that the action needed to support literacy in our remote communities didn't come through on Budget day, March 2.

Nevertheless, the Finance Committee—who makes budget recommendations to the Government—will once again be conducting public consultations this Fall, so mark down this website in your September calendar to make your voice heard for reading centre funding: <http://www.leg.bc.ca/budgetconsultations/>.

During annual flu vaccinations, I received phone calls that the East Shore's flu clinics were suddenly cancelled. Amidst a possible outbreak of H1N1 virus, it seemed that the government was disorganized and

the region. So what would be the issue which I would see as distracting from the above and other issues?

On June 10, I received a copy of a letter from the Mayor of Creston to the Chair of the Regional District of East Kootenay informing of a motion passed by the Creston Council on June 8 reading "that the Mayor write the Regional District of East Kootenay, advising of Council's interest in participating in the boundary realignment study that is being carried out, to include the Towns of Creston and Golden into the Regional District of East Kootenay boundary area."

This comes a couple of weeks after Creston encouraged the RDCK to commit tens of thousands of your tax dollars to hire a consultant to perform a local governance study to revisit how the Town of Creston and adjoining rural areas might work more effectively with the RDCK.

So I challenge my colleagues once again to tell me what are the "problems" they are trying to solve. What is broken that merits a disruptive process to realign boundaries? More important, I want to know what you think. Should Area A become officially part of the East Kootenays, should it be chopped in half? Don't laugh, that has been on the minds of a few.

Tell me what you need - if you have problems with the Central Kootenays of Nelson in general - so I can speak effectively to represent your position. You know where to find me and I do try to answer all e-mails within a couple of days.

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unprepared, so I went straight to the Minister for Healthy Living and Sport on this issue. You can watch my question on my blog at <http://michellemungall.blogspot.com/2009/10/east-shore-flu-and-h1n1-clinics.html>.

More recently, a dozen people joined me at Fairy Treats to bend my ear on issues important to East Shore residents. I heard concerns about the dubiously titled Clean Energy Act, the Kootenay Lake ferry schedule, as well as broader issues that reflect the challenges with living in remote areas. After hearing from you, I realized that answers to some of these concerns don't simply rest with me, but they need broader community input. To that end, I committed to host a community forum this fall, where we can discuss ways to address the challenges for healthcare and education along the East Shore. Please stay tuned for date and location.

I wish everyone a wonderful summer. Enjoy all that the region has to offer, as many tourists certainly will. And don't hesitate to give me a shout. 1-877-388-4498, [Michelle.Mungall.MLA@leg.bc.ca](mailto:Michelle.Mungall.MLA@leg.bc.ca).

## 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...

**End of Year Thank You's:**

- The EDC for \$800 to finish paying for the school website
- CBT for \$2500 for the Hot Lunch Program (Community Initiatives Fund)
- Jacqueline Wedge and the lice check crew for their attention to detail
- The community members that attended the International Student presentation at the June PAC meeting

## Illegal Dumping Attracts Grizzlies to Crawford Bay Dump

press release by RDCK

RDCK – Waste facilities on the East Shore chronically experience illegal dumping activity. Recently RDCK staff saw the effects of illegal dumping first hand. On June 7, 2010 the Site Attendant at the Crawford Bay Transfer Station encountered a female grizzly and her two cubs attracted to the site by household garbage that had been illegally dumped. RDCK Resource Recovery Technician, Amy Wilson stated that "Our staff reacted appropriately and managed to safely avoid a confrontation with the bears. We are taking immediate action to reinforce safety measures to mitigate future encounters and will be closely monitoring the site for illegal dumping activities.

Conservation Officers are concerned about bears becoming habituated to feeding on garbage, in particular garbage that is improperly disposed of or garbage that is illegally dumped. Conservation Officer James Barber has advised the RDCK that there has been a recent spike in aggressive black bears in the Crawford Bay area. Conservation Officers have had to destroy four black bears since March. Unfortunately, these bears were habituated and relocation was not an option. **The eventual outcome of a habituated bear is death but this would not be necessary if we all do our part to dispose of our garbage correctly.** The Regional District is currently investigating specific incidents of illegal dumping at the Crawford Bay and Boswell Transfer Stations. The RDCK is taking steps to combat and prevent illegal dumping at these facilities in partnership with local authorities.

Illegal dumping is a serious problem in the community of Crawford Bay. Illegal dumping negatively impacts wildlife, causes public safety issues and potential fire hazards. When people dump garbage illegally it costs everyone in the community. **REPORT ILLEGAL DUMPING!**

To report illegal dumping at an RDCK landfill or transfer station **CALL: 1-800-268-RDCK (7325)** or e-mail [wastedept@rdck.bc.ca](mailto:wastedept@rdck.bc.ca). Please leave your contact information, a description of the waste at the site, the location of the dump site, vehicle description, date, time and any other information that may be relevant.

Call the Ministry of Environment to report littering, illegal dump sites, burn barrels, unauthorized use of a dumpster or dumping chemicals, pesticides, used automotive fluids and other pollutants.

**Report All Poachers and Polluters (RAPP)**  
1-877-952-7277



# Community Members Meet to Discuss Community Foundations

by Shandi Miller

On Sunday June 6 the Ashram hosted an informal meeting with Barbara McMillan, BC Director of Regional Strategies, of the Community Foundations of Canada.

The topic of discussion was Community Foundations and Community Funds, and how they are working across BC and increasingly in rural areas, to support their communities using returns from endowments and various other investments. At a time when government funds are less available, the discussion was an exciting chance to consider ways to keep the Eastshore's services and programs adequately funded and to nourish the vitality and strength of our communities.

The Community Foundations approach represents a dynamic contrast to traditional community development. It offers a way to decrease reliance on government funding, and can build not only greater financial independence but a longer term view of investing in local projects. And it is about enabling communities to address

the roots of local issues, stimulating palpable change in communities steered by strong leadership.

With recent growth of Community Foundations particularly in rural areas, there is an existing network of Foundations and Funds with experience across the country and in the Kootenays. Most notably, they exist in areas adjacent to the Eastshore, like the Osprey Community Foundation in Nelson, or the Creston-Kootenay Lake Foundation whose boundary includes the Eastshore area up to Riondel.



Photo (from left to right): Alanda Greene (KLEECA – Kootenay Lake Eastshore Eldercare Cooperative Association), Kxx Citton (Ashram Society representative), Shandi Miller (Crawford Bay School Mentorship Program volunteer), Robert Agnew (South Kootenay Lake Community Services Society), Barbara McMillan (Community Foundations of Canada)

Given the current initiative to develop a South Kootenay Lake Community Services Society (as reported in an earlier issue of *Mainstreet*), this discussion was not only very timely, but also ripe with possibilities which could benefit these particular efforts on the Eastshore.

For more information see the CFC's website ([www.cfc-fcc.ca](http://www.cfc-fcc.ca)) or contact Barb McMillan at [bmcmillan@cfc-fcc.ca](mailto:bmcmillan@cfc-fcc.ca) or Shandi Miller at [shandi-miller@yahoo.ca](mailto:shandi-miller@yahoo.ca)

## An Invitation to Play

by Carolyn Van Ruymbeke

We are seeking individuals with a dramatic flair who want to participate this summer in an evening performance of a yet-to-be-determined theatre piece. We will be meeting on July 8 at 7pm at Doreen Zaiss' house in Gray Creek to explore ideas and commitment levels. For further information, please call Doreen Zaiss at 250.227.9526 or Kate Page at 250.225.3390.

the east shore bistro

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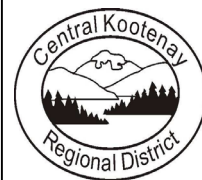
BLACK · SALT · CAFÉ

tues through sun

lunch and dinner



Pictured here are the remains of the historic Silver Ledge Hotel, still smoking. Tom Lymbery stayed for a couple of days in this hotel when he was four years old, and his mother took Tom and Alice there for the hot pool. ESIS's repeater station access point was located on the roof of this motel. Internet service for roughly forty homes on the East Shore were affected by the damage done to the equipment. Since that time, ESIS has a temporary access point located on the roof of the Mermaid Lodge. ESIS extends special thanks to Neil and Marsha of the Mermaid Lodge for accomodating the temporary setup.



### PUBLIC INFORMATION MEETING

#### Boswell Area Proposed Draft Zoning Bylaw

Notice is hereby given that the Regional District of Central Kootenay will be holding a public information meeting to discuss the proposed zoning bylaw for the Boswell Area.

The aforementioned proposed draft bylaw may be viewed on the web: [www.rdck.bc.ca](http://www.rdck.bc.ca).

The meeting will be held as follows:

Date & Time	Location
Saturday July 24, 2010 1:00 p.m.	Boswell Communtiy Hall 12374 Boswell Hall Road BOSWELL

For further information please contact:  
Garry Jackman, Area A Director at (250) 223-8466  
or by email: [gjackman@kootenay.com](mailto:gjackman@kootenay.com)

*Gray Creek Historical Society*

# Gray Creek & Area Tours

by Janet Schwieger

Monday, June 21, 2010 saw the summer's first Discover Gray Creek tour, that of the old Wirsig Mill Site. Thanks to owners Chris and Sherrill Milburn, and to Tom for an excellent description of the days when the mill was a going concern. Gertie Casemore, (nee Wirsig) who was 15 when the family moved to Gray Creek in 1951, came to add her remembrances.

*Next on the list:*

**Monday, June 28 – The Gooch home (Benacre Ranch), Crawford Bay**

More currently known as Pennacre Ranch, this manor house is situated on a bench just above Wedgwood Manor, and was built for Anne Gooch and her husband. Anne was daughter to Commander and Lady Harrison. It is a period home with few modern alterations, and is similar to the Wedgwood Manor in style. Narrated by Tom Lymbery. Meeting Place – the bottom of Draper Road on Crawford Creek Rd. 10am

**Monday, July 5 - Golden Pine**

Now run as Sacred Journey Imports, the home was built by Len and Catherine Anthony Clark. Catherine wrote a series of children's fantasy books, the most recently republished was The Golden Pine Cone. The Clarks ran a productive cherry orchard and farm and were colourful Gray Creek pioneers. **Narrated by Tom Lymbery. Meeting Place: The Sacred Journey store, south Gray Creek, 10am.**

**Monday, July 12 - Gray Creek Hall**

Come and hear what Tom remembers about school, floods and the sternwheeler passing by. What other community had a school house on a fabulous beach, land considered useless by the early day fruit ranchers. **Narrated by Tom Lymbery. Meeting Place: Gray Creek Hall, 10am.**

**Monday, July 19 – Rose's Cabin, south Gray Creek. Meeting place TBA.**

**Monday, July 26 – no tour due to Museum Days**

**Monday, August 2 - Pilot Bay Hotel site.** Garth Norris of Pilot Bay will guide us to the site, and Tom will narrate the history.

Watch for posters on the bulletin boards for updated info. If you have a site request or need more info call the phone number below.

## Museum Days

Don't forget to mark your calendars for our Annual Museum Days, stretched to six days. Come and go, we will have Gray Creek Hall open from Sunday, June 25 to Friday June 30. Come and see what the Society has been doing this past year. Do you have any Bayliss artwork? We would love to borrow it for the Museum Days exhibit. Please contact Janet at 250-227-9201 or email [schwig@theeastshore.net](mailto:schwig@theeastshore.net). Admission is free for all events.

The society's recent newsletter is available as a PDF copy. Let us know if you would like one emailed to you - [gchistory@theeastshore.net](mailto:gchistory@theeastshore.net)



## Tom's Corner

by Tom Lymbery  
Postcards

When you receive a postcard from a friend on holiday, you often like the picture, and perhaps the message, so you keep the card. This has been a boon to postcard collectors – do you have enough for a collection?

The Vancouver Postcard Club is very active, and from their secretary, Margaret Waddington I found a book\* listing about 4000 BC postcards printed by the Gowen, Sutton Co. Ltd. of Vancouver between 1920 and 1955. These were all black and white prints, but about 1940 the company started tinting them. How much were those doing the colouring paid - one cent a card? For they sold for five cents each.

In 1931 my father, Arthur Lymbery had Gowen, Sutton Co. Ltd. produce cards of his photos of the SS Nasookin ferry at Gray Creek. He had a Kodak camera using 118 roll film which took a picture slightly smaller than postcard size, so they all have a larger than usual border. He continued taking photos for cards, which sold well in the store. When we took our Sunday hike he captured the view looking over the peninsula and down the west arm, a very popular card (see photo). One scene was that of the October cloud lying over the lake, taken from the sunshine above. Captain MacKinnon of the sternwheeler modified one of these by painting the smokestack of the Nasookin sticking out of the cloud, and entered it in the Procter Fall Fair.

The cards in the book have been collected by Ron Souch, who is a dealer in postcards, and his listings

show an approximate value that collectors may pay when these come up for sale. Arthur's cards with any of the sternwheelers list at \$30 to \$40, but others are from five to ten dollars. The only one that I took with his camera is that of the nearly 400 foot tower for the "World's Longest Power Line Crossing" in 1952.

Unfortunately, we didn't think to keep copies of the thirty or more cards that Gowen, Sutton Co Ltd. printed and coloured. We do have some of the negatives, but not all of those, either.

The book, *Postcards from the Past – Edwardian images of the greater Vancouver and Fraser Valley* has many pictures that might not have been saved, except that people hoarded cards carefully. Ron Hyde's *Windows from the Past* includes previously unpublished images from all over BC, and his cover image is one of Arthur's cards showing both the Nasookin and the Moyie approaching the Gray Creek dock. The book says "ca. 1920", but this is actually 1941, as it shows the cedar log float brought in from Balfour that year to extend our dock. This was because low water levels were expected from dredging being done downstream from Nelson at the Grohman Narrows to try to lower the June high water levels in the main lake.

In the 1950s colour photo cards appeared, but we were still selling our remaining stock of the tinted B and Ws. Jean Henderson of Creston took some photos of the lake and our Kootenay Lake Resorts Assn. had a few thousand of these printed. Then Ellis Anderson of Creston went into the card business, taking great care to get a descriptive wording on the reverse. Many of his are still available, taken over by Don Lyon of Nelson who produced many excellent ones himself.

\*Ron Souch's book is *Historical Picture Postcards* Published by The Gowen, Sutton Co. Ltd., Views of British Columbia and beyond from the 1920s to the 1950s. A Listing Compiled by B.R. Souch, Second Edition, June 2010. Contact: [ronsouch@shaw.ca](mailto:ronsouch@shaw.ca)



Greyhound bus driver Tom Fletcher visits with Tom Lymbery's mother Kathleen at the Gray Creek Store c. 1939. His breeches and jack boots were part of the Greyhound uniform until the early 1940s. This Gowen, Sutton Co. Ltd. postcard is labelled "Grayhound [sic] Stage, Gray Creek, Kootenay Lake, B.C." Could the error have been punnily intended?

Postcard: Bert Learmonth coll



Birds' eye view of Pilot Peninsula, Crawford Bay, Kootenay Lake and the West Arm (misnamed "Kootenay River" on this Gowen, Sutton postcard). Arthur Lymbery's photo was taken high up Croasdaile Creek during the family's Sunday hike in the hills behind their ranch. A colour-tinted version became a community Christmas card during the war.

Postcard negative: Tom and Sharon Lymbery coll.

**Next Deadline: July 28**



### CRAWFORD BAY TRANSFER STATION SUMMER OPERATING HOURS

May 1, 2010 to October 31, 2010

9:00 am to 3:00 pm Sunday, Tuesday and Thursday

CLOSED on ALL Statutory Holidays

For more information please contact the Recycling Hotline 1-800-667-4321 or Regional District of Central Kootenay 1-800-268-7325



# The Music Man Marches On

## Jim Donald's Revision

by Alanda Greene

Jim was a teaching buddy for many years at Crawford Bay School. We shared classes sometimes, and we shared a lot of music. There's so much I appreciate from his time at the school and for what he gave.

So let me count the ways – a few of them. Jim put positive energy into his teaching and he did what he did with a view of making a contribution. Do something, give something, make something happen. He made miracles happen with how he brought kids into music. I saw it happen over and over.

Music nights: again and again, he set up the hall, brought plants and table cloths and flowers to make it a good atmosphere; hauled out the music stands, set up the venue, organized the people for coffee and goodies. He never got tired of that effort. Well, when there wasn't even the effort to turn out and play from students, he got a little tired. But not for long. He just doesn't quit. He reads the signs and moves forward, finding something to contribute to, a way to put in something positive.

Imagine – he sees marimbas at a music event. Thinks, hmmm, we can't afford to buy these. We could make them. He gets the materials, learns how, spends night after night at the school sawing lengths of wood. Enlists the community band to sand and scrape and finish. The first performance of these at Focus on Youth in Creston was a jaw-dropper. People still talk about it. That was one of the many miracles.

You have to listen to Jim when he talks or you won't be able to follow the lines of his thought. We called him Metaphor Man. I kept suggesting he have a voice-activated recording device and just carry it everywhere. He could have a book in no time.

What Jim has given to the school over the years has been remarkable. It's a loss for this environment, but Jim continues in the community and will continue to inspire music and the joy it brings. He brings more than that. He brings a spirit of giving, of keeping going, of making a difference. "It's the only game in town," he says. "Just keep going and find a way to do something where you are."

Thanks, Jim, for all you gave to the school and the school community all these years. Best of luck in the next phase – the revision.

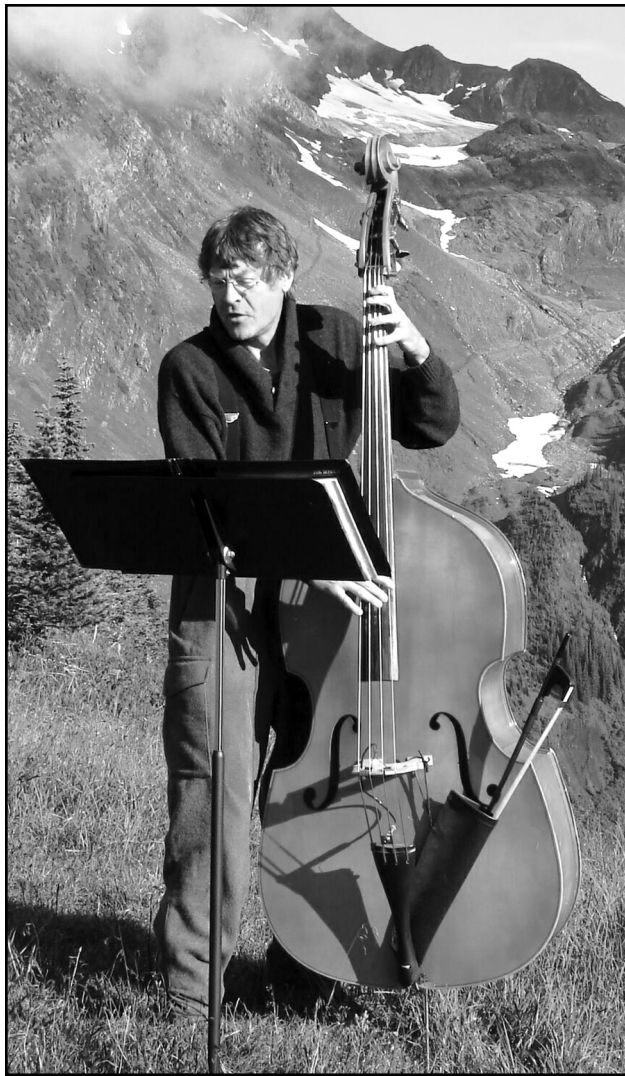
by Gina Smith

I have too many memories to sort out and to put into one or two paragraphs. I would have to say though that what I do remember most fondly was the fact that Mr. Jim Donald, every year or so, would find some new instrument for me to play. Due to the small size of the school, the first half of every year there were always new students wanting to learn how to play music. I started playing the clarinet; after a couple of years, there was the oboe, flute and bass clarinet. By the end of my high school band playing years, I was playing the French horn in the school band and I was also playing the baritone sax in the community band. Looking back now, I have realized that Mr. Donald was not only teaching me music, he was challenging me to learn something new all the time. With my piano playing background, I knew how to read music easily, figuring out how to play a new instrument was the challenge. It kept me on my toes and interested in playing music with my peers. The steady unflinching passion for music was the constant drive behind me sticking around and playing with the bands, even through my rowdy and crazy teenage years.

Upon returning to the East Shore from college, now and again Jim and I would bump into each other. "Hey Gina, you gotta start coming to band practice." I would laugh and reply, "Get me an instrument, and

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I'll play." After a number of years, Jim finally showed up at the shop one day. "Hey, I got something for you. You said you would play if I got you an instrument. Well here it is, an alto sax! Here are a couple of books for you to look at and start practicing! We practice on Thursdays, when you have messed around with it, come on by." After five years I am still playing the alto sax with the Many Bays Band, and I also play the French horn with Simply Brass. Thank you, Mr. Donald for the life of music you have shown me. May your love of the sound of the bass keep you young.



by Ali Keraiff

I must begin with a thank-you. A thank-you for all the love and light you have brought into my life and the lives of many, through music and the beauty of who you are. Jim you are one of my favorite people on the East Shore. When I come home for a visit I always hope to run into you. Whether it's chatting about music, skiing or hockey I always love seeing your shining smile; it's one heck of a 'welcome home'.

I have known Jim as a teacher for many years, but now I am happy to simply call him my friend. The talent Jim has, both musically and otherwise, is inspiring. Jim brought so much to our school environment. He was a bright face in the halls and an inspiring teacher in the classroom. Jim you truly love what you do, and that shines through. We will miss you.

Music is an incredibly special and healing gift that you brought to our school. I will never forget the first time you asked me to jump on the kit and keep steady time. From then on drumming has been a passion of mine and it's thanks to you. I now have the ability to fill my life with joy because you inspired me to play music and continue playing in any way I can.

One of Jim's qualities that I love most: his facial expressions. Of course his smile is fantastic, but more than that it's his 'smoosh'. Anyone who has played music with Jim knows this face. Sometimes it's a smoosh of pleasure when we are smoothly grooving. Other times it's slightly distraught when we have gone

off time or played a couple 'ugly' notes. Regardless it's his face that shows it all. Anytime I was on the kit with the high school or community band it was Jim's smoosh that I watched intently, reading every change in brow or cheek so I could adjust until that infectious ever-shining grin came back.

This year while attending the University of Lethbridge I had the chance to 'jam' with a couple friends. One played guitar/sang, the other played piano. I have never had more fun playing my djembe. The first person I called after our first jam session was Jim. I had to tell him about the fun I had and the new connections I had made with these people through music. It was Jim who always urged me to continue on with music and it was on that day that I understood why.

Jim, as you end one part of your journey and begin another, continue to have the passion and humour that you do now. May music always be a light in your life as it has become in mine, thanks to you. Music is a timeless language. It invokes in those that play a feeling that is indescribable. I cannot express how thankful I am to say that I have felt that feeling. Whether playing marimbas, djembe, drum kit, trumpet, or an egg, it's the same feeling every time: pure bliss. I have felt this feeling because of you, and I am truly grateful.

Jim you will forever be my sweet cup of tea.

by Josie Hughes

In high school, Claire Kinder and I would walk the road toward Crawford Bay for community band. Jim would pick us up on his way. I remember feeling warm and glad as the sun went down, and Jim explained enthusiastically why Don Clark and Wayne Gretzky were heroes.

Later, I went one day to help Beth with her class. She sent me across the hall with a few students who needed practice reading aloud. Most of the time they managed to sit, read, and listen, but a few minutes before class was finished, they were done with sitting, and ready to rebel. Ignoring my pleas for order, they climbed up to the marimbas, and banged out their bursting energy in songs. In all the sawing and sanding of marimba production, I hadn't really understood Jim's enthusiasm for the project. But those kids sure enjoyed making noise.

Jim also gave grown-ups opportunities for exuberant noise making. I've played and sung in various bands and choirs over the years, and I've often missed the boisterous fun of community band practice at Jim's place. These days I sing in a good choir - the only requirement for joining is enthusiasm, and we're giddy with surprised delight when uncertain sounds turn into music. Correct notes, careful attentive listening, and persistent practice are important in both life and music. I don't deny that. But more and more, I appreciate the importance of joyfulness, enthusiasm and inclusiveness.

Many thanks, Jim, for teaching these things.

**Next Deadline: July 28**

- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL HALL**

Booking/info: Judy @ 250-223-8664

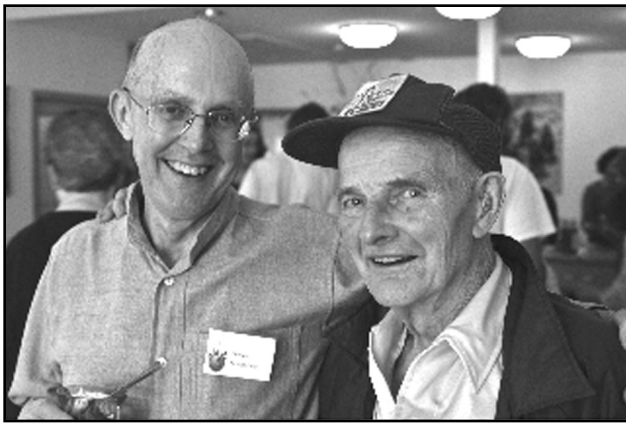


## Strawberry Social

by Kxx Citton

Yasodhara Ashram's 15th Annual Strawberry Social, held June 19, was a great success. The sunny weather brought over 500 people through the doors. Guests tapped their toes to the lively music of The Many Bays Band as they perused the used books sale and visited the Ashram bookstore. There were plenty of smiles as old friends and new enjoyed the fresh BC strawberries, donated and delivered by Irene Scarth (Ashram community member).

The Ashram would like to extend its appreciation to everyone who participated in this annual community event. With your help, \$780 was raised for the Crawford Bay School Mentorship Program through the used book sale. Our gratitude to The Many Bays band and everyone who donated books. We look forward to seeing you at the Christmas celebration and again next spring.



Don Gamble (Swami Sivananda) with Johnny Oliver, who has not missed a Strawberry Social in fifteen years!

**Next Deadline:**

**WEDS, July 28/10**



**Boccalino**

www.boccalino.ca

on highway 3A, just 100 meters above the ferry landing in Kootenay Bay

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Call for reservations 227-6906

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- July 3: The Eastshore Dixieland Band
- July 10: Howlin' Dan
- July 17: Wild Mountain Honey featuring Pauline, Sony and Marvin
- July 24: Jude Davison from Nelson
- ...and much more!

Come & enjoy our fine food & wines!  
Gisela Conrad, Proprietress  
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## Kootenay Lake Lions Club Report

Lion Hope Fortune, Secretary

The Kootenay Lake Lions Club may not have been very visible over the past few months, but members have been hard at work with the yearly Lions Club calendar, obtaining advertising, setting up the calendar itself and getting it off to the printer in a timely fashion, then delivery of the calendars! Many man/woman hours involved.

Please note that further to the June *Mainstreet* article by Sandra Bernier, the KOOTENAY LAKE LIONS CLUB have been donating to TIPI CAMP FOR MANY YEARS! Last year we donated \$550; this year the cost has gone up to \$645. The Lions Club specifies that these funds are to be used to send a LOCAL youth to the camp for the one week period.

Lions Hope Fortune and David George attended the Graduation 2010 ceremonies at the Crawford Bay School on Friday, June 18. The Kootenay Lake Lions Club presented a bursary in the amount of \$1200. Lion Hope spoke briefly about how the Lions Club earns the monies for the various community projects, through the support of our community, also stating that it would be great if we could enlist new members for the Club. Lion David also spoke about some of our activities and stated that we "need new members". It was a pleasure to meet these young people, hear their plans, listen to some of their fond memories and have a great many chuckles. Our future is in the hands of these intelligent, inquiring and enterprising young minds and that being the case, we can feel very confident.

Tuesday, June 22 was our last meeting of the Lions calendar year. (Lions calendar: September 2009 - June 30, 2010). Installation of officers for the coming 2010-2011 took place with Past Zone Chair, Lion Chuck Lloyd presiding and administering the oaths of office. The new Kootenay Lake Lions Club executive is as follows:

Membership Chair: Lion Rosemary Hampson  
2nd Vice President: Lion Jim Fortune  
1st Vice-President: Lion Ken Fraser  
Treasurer: Lion Gerald Panio  
Secretary: Lion Hope Fortune  
President: Lion David George

The Lions Club have been asked to cater to two pancake breakfasts over the summer.

The Lions Club does not hold regular meetings during July and August; however executive meetings will occur at the request of the president. For further information, you may call President, Lion David at 250-227-9550 or Lion Jim at 250-227-9622.



Pictured left to right is the new Executive of the Kootenay Lake Lions Club. Lions: Rosemary Hampson - Membership Chair, Hope Fortune - Secretary, David George - President, Past Zone Chair Lion Chuck Lloyd - officiating at the installation ceremony, 1st Vice-President - Ken Fraser, Treasurer - Gerald Panio, 2nd Vice-President - Jim Fortune

## TOM SEZ

by Tom Lymbery

The World Cup Soccer is exciting but confusing. *The Complete Guide to the World Cup 2010* in our magazine department is the solution. It explains the system and has a page on each of the teams - I couldn't watch a game without it.

Bombardier is producing a three wheeled motor cycle - Canadian competition for *Hardley Davidson*.

The birch bugs are the worst infestation yet this season. Virtually all apple and cherry trees are hit as well. Can nothing be done about this?

YRB has been doing a great job resurfacing with crushed gravel some of the roads in the uphill Gray Creek residential area. Some more street signs would be a great help to those of us that have to give directions - no mention as to which is Anderson Road, except at the highway.

A recent *Maclean's* article says that air conditioning increases obesity. Apparently this occurs more in Ontario, which has 80% usage. BC has only 19%.

*Canadian Geographic* says that Eastern Canada is seeing a coyowolf, a cross between a coyote and a wolf, that may save the wolf from elimination.

Why does oil rich Alberta economize on license plates? Have you ever said, "You have no front plate - you must be from Quebec!"

## Gray Creek Pass Report

by Tom Lymbery

Late cooler weather and rain have delayed the snow melt, so the 2010 opening won't be the earliest ever. The route should be open by June 24, but nothing like the spring predictions. ATV's help, as their high clearance enables them to cut tracks through the snow pack, and any disturbance speeds the melt.

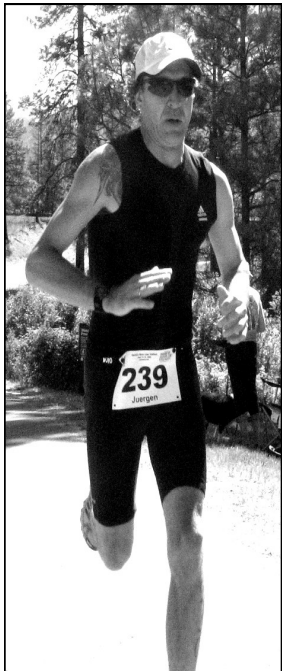
Teck COMINCO report that Allteck Line Contractors removing the line and poles is working our way from Kimberley, and is now about ten miles west of St. Mary's Lake. The 60 year old cedar poles are in better condition than expected, and some may be reusable.



The new cement bridge over the second crossing of the south fork of Gray Creek, installed in October 2009, showing the investment BC Forest Service is putting into maintaining the road.

**Next Deadline:**

**WEDS, July 28/10**



## An Action-Packed Triathlon Month

by Juergen Baetzel

To start my article I would like to thank my family for supporting my passion and letting me put as much time into it as I do. I'd also like to thank Tom Lymbery for his interest in the sport and his sponsorship that contributed to the purchase of my current race bike. Lastly I'd like to thank the Ashram and Allan

Hughes for a flexible work schedule so I can train.

My season starter was on June 6 in Oliver, BC. The event covered the Half Ironman distance which includes a two kilometre swim, a ninety kilometre bike and a twenty-one kilometre run. I had not done this particular race before but I knew the organizing committee and therefore I knew the event would be up to the highest standards. The competitor field numbered about 1100 racers from all over Canada and the US. The weather played in everyone's favor, racers and volunteers alike, with an overcast sky that prevented the temperatures from getting too hot.

Because I arrived in Oliver the day before the race, I had a chance to try my brand new wetsuit in the lake. Money well spent, that's all I can say about that.

As at almost every race, I camped out in my van. It keeps my costs down and it is probably as comfy as a cheap motel bed. The pre-race routine is pretty much always the same. I get up and do my morning business;

## Boating Safety

by Garth Norris, Unit Leader, Canadian Coast Guard Auxiliary, Unit 104, Kootenay

Boating is supposed to be fun, so why do so many people die or get seriously hurt every year in boating incidents? Boating deaths and injuries can be avoided, by being prepared before you head out on the water.

### 1. Inspect your boat

Take a few minutes to make sure your boat is ready before you go out. More than half the calls for help from boaters are the result of engine problems and many are just out of fuel. On page 20 of the "Safe Boating Guide" is an excellent pre-departure checklist and our members have decals of this checklist as well.

### 2. Monitor the Weather

Before heading out, make sure you have the latest forecast for your area, and when out check the sky and water often. Summer thunderstorms can come up quickly and without warning. In the west Kootenays you can phone 250-352-1858 for the latest Environment Canada forecast for the area. Boaters on Kootenay Lake who have VHF radios can receive weather forecasts on marine channel 4 (162.425 MHz)

### 3. Make and File a Sail Plan

A sail plan can be as simple as just telling someone where you are headed and when you will be back, even if it is only for a trip of a few hours. Have the person you file your plan with notify the nearest Rescue Coordination Center or the RCMP if you do not return on time.

### 4. Safe Fueling

- 1) Moor your boat securely to prevent spills
- 2) Shut off all engines
- 3) Send all passengers ashore (this is law)
- 4) Put out all open flames

after that I put on my race gear and then layer some warm upper wear. I eat a jam sandwich and a banana with some orange juice. No coffee, it dehydrates me and makes my gut feel awful, although I really do miss it.

Then, it's off to the Transition area (where all bikes are located and the athletes transition between disciplines). First I get my bike racked and my duffel bag off my shoulder. Then I head for body marking and time chip pick up. Those are the things you want to get over with because you could end up standing in line for a good while, never mind that the Porta Potties always have a line up.

These days I try to do my warm up for the swim. So I'll do a lot of arm circling and upper body movement and stretching. I used to run but what's the use when you find yourself thrashing in the water fifteen minutes later. This brings me to getting into the wetsuit. The thing is so tight, that this task in itself is warm up enough.

With about twenty minutes to spare before the starting gun will go off, I dive into the lake. Rather, I tip-toe into the lake and slowly get used to the 17 degree Celsius surrounding me. The hardest part is always my head, struggling not to lose composure. After that I'm ready to race. I make my way back to the shore so I can dive back in five minutes later, this time I mean it.

Ready, Set, Go!

Here we are again, me and another 300 guys in that first heat trying to make it to that first buoy.

At this time of the race it is a full contact sport. I know that I'm not the strongest swimmer so I try to keep to the outside of the pack, but I don't want to increase my distance to swim by much. I exit the water usually in the last third of the pack and I have a lot of catching up to do but now it's my time to shine and get back to that first third of the pack. My transitions always go pretty smoothly... I guess I'm organized enough. Now I'm on my bike and that is definitely

- 5) Do not smoke
- 6) Turn off electrical switches/power supplies
- 7) Do not use electric devices such as radios, etc
- 8) Close all windows hatches and doors
- 9) Remove portable tanks before refueling
- 10) Know your tank capacity and do not overfill
- 11) Wipe up spills and dispose of wipes in an approved container
- 12) Run engine compartment blower for at least 4 minutes before starting engine
- 13) Check for vapours from the engine compartment before starting

Also, in connection with fuel vapours, is the use of automotive ignition and electrical parts on boats. They may cost less, but they are not ignition-protected and can cause an explosion. A good video of the results of not running the engine compartment blower and using auto ignition parts can be found on Transport Canada's web site at:

<http://www.tc.gc.ca/eng/marinesafety/tp-tp14477-videos-2876.htm>

It is appropriately called "Boom Up She Went." Requests for free Boat Safety Checks or any questions call me at 250-227-6991

Boat safely and have fun on the water.

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more down my alley than the swim.

I really liked that particular bike course. Very scenic and fairly flat with one good downhill section where I, according to my bike computer, hit 80 km/hr! After a satisfying bike ride I felt very positive for the run. My legs were strong and no signs of dehydration. My instinct told me: If you feel this good, don't try to conserve energy just go all-out! It was the right decision; I didn't bonk and finished with a strong run.

My finishing time for the 112 km was five (5) hours and fifteen (15) minutes. I cut down my personal best from last year by thirty minutes. With that result I ranked 156. I think I'm on the right track.

Oliver was a great race and I recommend it.

### The action shifts to Wasa Lake, Cranbrook

June 12/13 was the date for the annual Wasa Lake triathlon organized by RM Events. With blue skies and summer-like temperatures the weekend was asking to be a success.

Saturday was the Kids Triathlon which unfortunately I didn't witness in person, but the response from everybody who was involved was extremely positive. My daughter is starting to show interest in the sport after seeing all those kids with their medals. Proud papa.

Sunday was the big kid's day with a sprint distance and an Olympic distance Tri. I had entered the Olympic which is a 1.5 km swim, 40 km bike and 10 km run.

My strategy: full tilt all the time! Good strategy if one can hold the pace. Sadly as I mentioned before my least favorite discipline is the swim and therefore my swimming fitness is not up to par with my biking and running. I went out too hard and had to take a recovery break (some breaststroke to get the breathing back under control) after the first 500 m. That bummed me right out, because I've been working on my swim but I guess if one tries to hang on with the elite swimmers he should be an elite swimmer.

Out of the water, everything went according to plan. A strong bike leg and an even stronger run with a sub 40 minute result! I was very happy with my performance and except for the little swim glitch raced to my full potential. I finished in two (2) hours twenty-two (22) minutes and ranked 70th out of 500. The Wasa Lake Triathlon is one that I like a lot because it's got good energy, is well organized and a family friendly setting. Wasa is another one I'd recommend.

## The Fitness Place



### July Hours

Mon - Fri

6:30 am - 10:30 am

Evening Schedule yet to be determined. Check at Fitness Centre for more info...

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

\$30 for a month-long membership or \$5 drop-in fee.





## High Productivity in Kootenay Lake Kokanee Off The Charts & Highest Gerrard Run Since Records Began

submitted by Angus Glass for Fish & Wildlife Compensation Program

Two thousand and nine proved an excellent year for productivity in Kootenay Lake. So good, in fact, that biologists had to extend the axis on the graph just to accommodate the estimated Kokanee population. And the positive results did not end there, with solid numbers recorded for all levels of the lake's food web, including the mighty Gerrard rainbow trout.

The preliminary estimated Kokanee population for 2009 was recently calculated at approximately 48 million fish, not including spawners. The second highest count was 35 million back in 2002 and 1996.

"The results indicate that we are seeing sufficient food at all levels in the ecosystem," says Fish & Wildlife Compensation Program (FWCP) crew lead John Krebs from BC Hydro. "With Kokanee numbers and measurements of the zooplankton biomass both high we can expect good survival rates for the Kokanee, as well as sufficient food for the larger fish species."

The FWCP is a joint partnership of BC Hydro, the Ministry of Environment (MOE) and Fisheries and Oceans Canada to conserve and enhance fish and wild-



Kerry Reed with his 14 lb Gerrard caught in the lake in May. Photo Credit: Reel Adventures

life affected by the construction of BC Hydro dams.

Those larger fish species like the Gerrards have certainly benefited from the well-stocked food cupboard, as shown by the 2010 run to the main spawning area in the Lardeau River. The peak count of 725 (on April 27) was the highest observed since daily counts began in 1960. The second and third highest peak counts occurred in 2009 (620) and in 1979 (618).

Why is the lake so productive? A significant reason is likely the success of the Nutrient Restoration Program (NRP). The liquid blend of nitrogen and phosphorus added to the water's surface during the four summer months replaces nutrients trapped by the Duncan and Libby dams. The nutrients feed the lowest trophic level, and clearly the positive impacts are filtering up through the entire food web.

The two NRP's reflect a cross-border, multi-agency partnership, jointly coordinated by the FWCP and the MOE. The nutrient additions began in the North Arm, with funding from BC Hydro, in 1992, and in the South Arm, (increasing nutrients by another 45 per cent) in 2004. The South Arm restoration effort is funded by the Kootenai Tribe of Idaho and Bonneville Power Administration through the Northwest Power and Conservation Council's Columbia Basin Fish and Wildlife Program

"There are many players involved in the restoration and monitoring activities in Kootenay Lake," says Krebs. "It is very rewarding to see these combined efforts achieving very positive results."

The osprey population has bounced back in recent decades and, since its diet consists nearly entirely of live fish, has benefitted from the nutrient additions in Kootenay Lake. These additions are coordinated by the FWCP and MOE, with support from BC Hydro, Kootenai Tribe of Idaho, Bonneville Power Administration, Kootenai Tribe of Idaho, Bonneville Power Administration and the Northwest Power and Conservation Council's Columbia Basin Fish and Wildlife Program.

The FWCP conserves and enhances fish and wildlife populations affected by the construction of BC Hydro dams, and is a partnership between BC Hydro, MOE and Fisheries & Oceans Canada. BC Hydro is also the primary financial supporter of the CVWMA.

**Next Deadline: July 28**

# CLICK, CHICK

The osprey chicks have hatched! Follow their progress at

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

Osprey cam project in partnership with the Creston Valley Wildlife Management Area



## An Invitation to Play

by Carolyn Van Ruymbeke

We are seeking individuals with a dramatic flair who want to participate this summer in an evening performance of a yet-to-be-determined theatre piece. We will be meeting on July 8 at 7pm at Doreen Zaiss' house in Gray Creek to explore ideas and commitment levels. For further information, please call Doreen Zaiss at 250.227.9526 or Kate Page at 250.225.3390.



Photo: Michael Farnsworth

## Osprey Facts

-Ospreys (Pandion haliaetus) return to the same nest, made of sticks, often located on man-made elevated structures such as power poles, buoys and bridges, as well as cliffs and snags.

-The female lays between two and four eggs one to five days apart. The eggs are incubated for 35 to 40 days.

-The diet of an osprey consists nearly entirely of live fish. The Nutrient Restoration Program in Kootenay Lake has helped boost kokanee numbers, therefore, playing an important role in supporting the osprey population.

-Ospreys can become completely submerged when diving for fish and still take off with their prey, unlike bald eagles which pluck the fish from the surface.

-There have been reports of ospreys drowning after locking their talons into a fish that is too big and strong to bring to the surface.

-Ospreys were once threatened around the world primarily due to the use of DDT and other pesticides, but their numbers have rebounded in recent decades.

-They are the most widely distributed bird of prey, found on all continents except Antarctica.

-Ospreys in the Columbia Basin usually migrate in winter to the southern United States or Mexico.

-Ospreys are unique in that they have an opposable toe that can face forward or backward. When sitting on a branch it usually has three toes on the front and one on the back. When holding a fish it usually has two toes on each side of the fish. When flying with its prey the osprey invariably flies with the fish head first to reduce wind resistance.

## Webcam Focuses on Osprey Nest

submitted by Angus Glass

NELSON – Visit [www.fwcp.ca](http://www.fwcp.ca) this summer for a rare opportunity to see into the daily life of an osprey family. The Fish and Wildlife Compensation Program (FWCP), run by BC Hydro, the Ministry of Environment (MOE) and Fisheries & Oceans Canada, worked with the Creston Valley Wildlife Management Area (CVWMA) to install a webcam on an osprey nest in the Creston Valley.

The osprey nest cam will show live-streaming images of the hatching, feeding and daily life of a pair of osprey and their eggs. "We're pretty excited about this for sure," says FWCP wildlife biologist Irene Manley from BC Hydro. "Two chicks hatched on June 15 and a third the following day."

The camera was installed in early April this year prior to the ospreys' return. Several changes have been made since the last year of live-streaming in 2007: a new camera to improve the image quality and a new design to allow the camera to be swung down on an arm to enable easier cleaning. "Being so close to the nest means the camera lens can come under direct fire, mostly from flying remnants of fish!" added Manley.

And if you can't view the live stream on a computer, then visit the Creston Wildlife Centre at the CVWMA to view the live images.

"This is a great opportunity to really get a glimpse of what family life is like inside an osprey nest – and 2007 showed us that it is a pretty raucous affair, especially when live fish are being delivered," said BC Hydro's Kevin Conlin, co-chair of the FWCP Steering Committee. "Typically the juveniles will remain in their nest all summer so there is lots of time to watch them develop."



## Thoughts from a Disturbed Mind

by Harvey Valgardson

Well, I'm definitely getting old and that has, quite naturally, started me thinking about Drumheller. Perhaps I should explain. Little wormy reminders of my age have begun boring their way into my life and they are procreating at an alarming rate. All of my components are showing serious signs of wear, resulting in the usual list of aches and pains. I don't really mind a little discomfort but I have to admit that my attitude has me worried. I'm turning into a Luddite.

I remember when I was still in high school getting a summer job. I invested some of my earnings into a stereo system and, after setting it up, told my parents they should feel free to use it. They took one look at all the knobs and buttons and declined. It was too complex for them to operate. I was frustrated by what I perceived as their unwillingness to learn and I promised myself I would never let it happen to me. Another promise broken.

Nowadays the stream of technology is forced to flow around me because I no longer pay it any mind. As far as I'm concerned everybody with a blue tooth should see a dentist and as for twittering, well I have no idea what that is all about but it doesn't sound like anything a real man would engage in.

The old ways were the best ways and I don't want to hear about anything remotely innovative. I guess this obstinate refusal to embrace anything new explains why, the other day, I found myself in a major department store, shopping for pantyhose.

Now, like everything else, the passing years have affected my eyesight. In order to see anything clearly, up close, I have to hold it very near my face and peer myopically over my glasses. To anyone not conversant with my ailments it might, just might, appear as though I was sniffing the pantyhose. The woman who walked around the corner at that crucial moment obviously thought so because she shot me a look of pure disgust and left before I could explain.

You see, this year I have joined the ranks of Canada's unemployed. I thought I might find a job but as it happens there is little demand for old pantyhose sniffers right now so I have been forced to find other ways to amuse myself. One of the avenues I chose is gardening. The choice delighted my wife because, apparently, there are a number of chores she has been after me to do for a few years now. Like building fences so she can tie the tomatoes up. I told her that the tomatoes were unlikely to escape but I guess I had already overtaxed her sense of humour that day so I very wisely shut up and built fences.

When I was young my mother used to plant a huge garden. Every year she would reach into the back of her closet and extract a bulging bag of used pantyhose. She would then hand me a pair of scissors and tell me to cut off the legs. She would then use those legs to tie up the tomatoes or anything else that needed tying. It was as though they were made for the job. They worked good.

For some reason women no longer give me their used pantyhose. I suppose I should be grateful but I was feeling the loss and that's why I was inspecting different brands for strength. I soon realized that buying new pairs was cost prohibitive but it didn't matter because when I related the whole sordid tale to my wife she shook her head and informed me that she

**...I found myself in a major department store, shopping for pantyhose.**

**...we might want to add some lava lamps and an eight track just for authenticity. Kind of like carbon dating except not really.**

used flagging ribbon. Well, I can see where that would work, but it seems awfully new-fangled and I would honestly feel more comfortable with pantyhose. Do you see what I mean? I'm pathetic.

Anyway, I was talking to an old friend last night and because misery loves company, I was happy to learn that he is suffering from the same afflictions. He works in an office where they have just taken possession of a new copy machine. He refuses to have anything to do with it and consequently his younger co-workers have started referring to him as a dinosaur. Hmmm.

Enter Drumheller. If you've never been, let me just say that it is the kind of place that can very quickly suck the soul right out of you and leave it as one more desiccated husk upon the barren landscape. If you happen to be from there I'm sorry, but they don't call it the badlands for nothing. If there was anything even vaguely appealing about it they would call it the goodlands. Or at least the not so bad lands. It's mud ugly but it attracts tourists in droves. Why? Because it has a dinosaur museum. Hmmm.

Now I'm not the only dinosaur on the East Shore. I know more than a few. By itself that might not be significant but there are other factors in play here. If you read last month's Mainstreet you may have noticed an ad by the Economic Development Commission. They have \$17,500 available for anyone with a good idea. How about a few of us relics get together and open the East Shore Dinosaur Museum?

It would be the world's only living dinosaur museum. Well, there was that Jurassic Park thing but it didn't last long and it ended horribly. Not to worry.

This is a whole different breed of dinosaur.

I believe one of the reasons the Drumheller Museum is so successful is its backdrops. The critters are shown in their natural habitat and that brings the show to life. We'll steal that idea and put our dinosaurs in their preferred environment. It shouldn't cost

too much. We would need a few couches, some comfy chairs and a large screen TV that picks up TSN and the Golf Channel. A coffee maker and beer fridge would complete the picture, although we might want to add some lava lamps and an eight track just for authenticity. Kind of like carbon dating except not really.

With the right marketing people from all over the world would come to see our prehistoric facility. They would sit on benches behind a stout fence and wait for signs of life. Occasionally one of us would shift position or at least fart, generating a chorus of oohs and aahs from the gallery.

What we really need is a dinosaur that knows how to write a grant proposal. If that sounds like you, give me a call. Together, and hopefully with a minimum of effort, we can get the East Shore Social Club Dinosaur Museum up and running. It's a golden opportunity for us, in our dotage, to make a positive contribution to our community.

At least, that's what I've been thinking.



## Woodworking in the Summer

by Alvin Dunic

Anyone interested in doing a bit of woodwork at the Crawford Bay School woodshop? Those that have a hankering for trying their hand at woodwork or want some shop time to complete a pet project can contact instructor Alvin Dunic (227-8989). A fee structure has not been determined yet but students will pay a base cost and then the cost of materials and supplies.

The main purpose of the course is to get straight into building a project and then learn technique as well as machine and tool use on the fly. Applicants are encouraged to bring ideas, sketches and plans to the first shop session.

Register ASAP by calling Mr. Dunic. Date and times for July will then be worked out with students.



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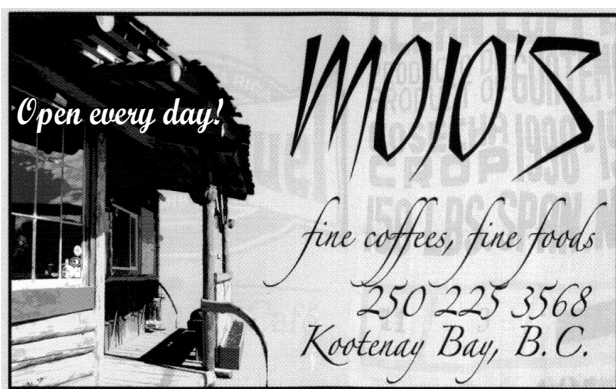
*Alessandra  
Legault-Elias*

**Your time with Crawford Bay School/Area:** I have been at Crawford Bay School since kindergarten. I got to spend time in the old school and the new school. I'm very happy to finally be graduating.

**Your plans for the future:** I'm moving to Kelowna in September. I'm going to take a year off to travel, work and have fun before I go get my post-secondary education.

**Message to impart/Quote:** The nice part of living in a small town is that when you don't know what you're doing, someone else does.

*Mainstreet* apologizes to Alessandra for the misspelling of her name and other typo in her grad bio of June 2010. Please note the corrections above.





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**Crawford Bay School Parent's Advisory Council (CBESS PAC) is seeking a chef for the school's wonderful, vegetarian hot lunch program for the following school year.**

- The applicant requires a knowledge of & interest in flavourful vegetarian cooking, Food Safe Certification, and must submit a criminal record check (available through Creston RCMP at no charge).
- The ideal candidate will enjoy working amongst children and with teens (having your own children registered at Crawford Bay School is a plus), have high energy, a love of good food, an understanding of nutrition and a willingness to work with and under the direction of the CBESS PAC and CBESS PAC Hot Lunch Subcommittee.
- The program is served Monday through Thursday. The chef will be expected to plan menus, order food, prep, cook & serve the food as well as clean the servery in 6 hours/day, beginning at 8 AM.

To apply for this sub-contracted job, please send resume by email to:  
**[kootenayforge@theeastshore.net](mailto:kootenayforge@theeastshore.net)**

or by Canada Post to:  
**Gina Medhurst, PO Box 148  
Crawford Bay, BC, V0B 1E0**

Applications are being accepted until July 30, 2010  
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## Rec. 9 Grants Announced

**by Joan Huiberts**


A meeting of the Rec # 9 commissioners was held on June 14 in regards to the disbursement of grant money to non-profit East Shore organizations for recreational programs. The following grants were approved:

- Applesauce Fiddlers - music camp: \$1000
- Arts/Sports camp - crafts & sports supplies: \$1200
- Boswell Hall - funding Hall programs: \$3500
- Crawford Bay Hall - boat launch insurance: \$1000
- Crawford Bay School - outdoor education: \$1000
- Eastshore Soccer Club - line marker & goals: \$800
- Tipi Camp - child camp fee: \$645
- KC Bays Xmas Potluck - turkeys for dinner: \$315
- Kootenay Lake Fall Fair - ads/booklets: \$1500
- Riondel Arts Club - purchase ring cutter/sign: \$700
- Riondel Slo-pitch baseball - bases and balls: \$620
- Riondel Junior Golf - golf camp fees: \$800

**Total money dispersed: 13,080**

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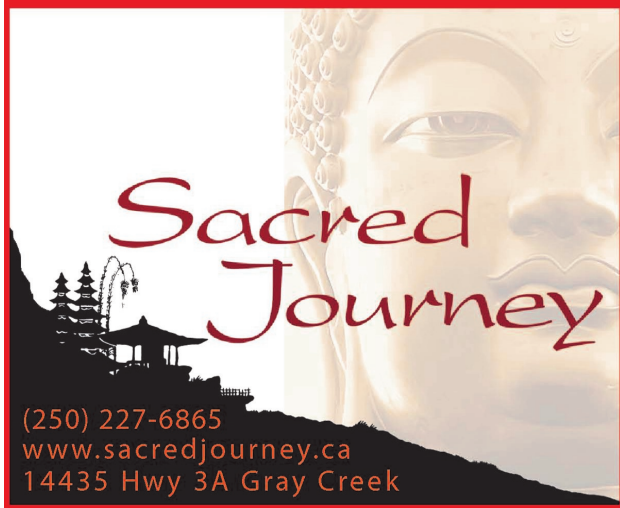
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# Hosting an Exchange Student

by Alanda Greene

Sonni and I have had Tess live with us since late last August, an exchange student from near Munich, who has attended Crawford Bay School for the year.

She came as a fifteen year old from a school of 1300 students, grades 10 to 12, and I remember the look of dismay on her face when she saw our tiny school and heard there were about 80 students all together. But it wasn't long before she was saying, "I love this school. I love the people. It's fantastic." Not too much longer and she was saying, "This has been the best year of my life."

The seed idea to host an exchange student for a year was planted with the question: What would help the school? Funding and more students were two clear answers as areas that would give support.. Offering a place

for a foreign student at the school addressed both. The idea really germinated, however, when viewing portfolios of students who were keen to experience another country and culture. We realized that our school and community could benefit, but it also gave an opportunity to someone else to experience what we have to offer. So we said, "Yes" and Tess came to live with us.

Nearly a year is a long time to have a stranger come into your household and take on the responsibility

for that, and also for a family to trust in strangers for the welfare of their child. In this way, the support of an established exchange program is helpful, working out details of insurance, registration and with clarifying the guidelines for being in Canada, for attending school, and for expected behaviours. You're not on your own.

I mention this because I want to encourage other families to consider hosting a student. It's a remarkable experience and I'm glad to have done this. We've learned a lot together and it has been positive in ways we could not have imagined. We've all grown and have come to care for each other. **Our lives are enriched for having said, "Yes."**



German exchange student Tess Koch with her host family Alanda and Sonni Greene of Kootenay Bay.

## Being an Exchange Student

by Tess Koch

Being an exchange student is probably the best thing that could ever happen to you. At a fairly young age you can go to another country, experience a new culture, new people, simply a new way of life. You also get the great opportunity to learn something about yourself.

I happen to be an exchange student at Crawford Bay School, and I can say that I just got the best from that experience. The nice teachers and atmosphere helped me a lot to "survive" my year, away from my parents and home.

But not only the school or new friends you find make your experience so unique: An awesome host family that is always there for you and helps you out of

any situation you got yourself into, is also a great factor of that. It takes a lot of responsibility and patience to look after a teenager, but the unique experience they get from it is definitely worth it.

I experienced myself how wonderful it is to get the opportunity to come to Crawford Bay and be part of a family I didn't even know before. I would like to see more kids getting that experience and **Crawford Bay is the best place I could have imagined coming to.**

## CBESS Student of the Month

Aricia Haywood



Crawford Bay School is pleased to announce that our Student of the Month for June is Aricia Haywood. Aricia has returned this year to complete her graduation requirements and plans to pursue post-secondary education to become an elementary school teacher. She goes the extra mile on all assignments, has excellent teamwork skills, and is cheerful and respectful to others. Aricia is a quick learner, yet shows great care in her work, making sure that she hasn't missed anything. Her teachers recognize her as a good, global citizen, with a solid grasp of global and social issues. Aricia is community minded, as she works at making relationships positive. Thank you, Aricia, for your contributions to our school.

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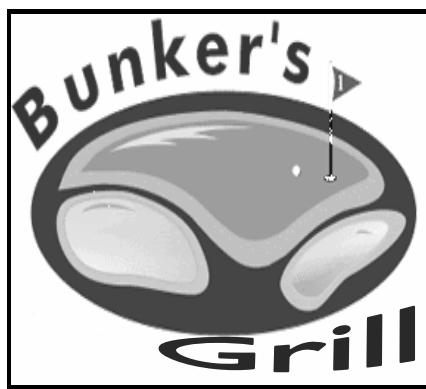
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## Crawford Bay School Community Mentorship Program is Gaining Momentum!

by Shandi Miller

The making of an exciting Community Mentorship Program for Crawford Bay students is in the works, following a first round of phone calls to recruit community members, and a recent fundraiser at the Ashram's Strawberry Social. **Twenty-seven community members have already signed up to be Mentors next year!** And there's still room for those of you who want to get involved before the mentorships run in Spring of 2011.

The Community Mentorship Program is meant to support the school's broader goal of fostering self-directed learning, to encourage students to find and deepen skills and interests in a wide variety of areas, and to make valuable links with our community. And mentorship programs have been proven to work for

high school students—often resulting in better grades, improving the chances of further studies, strengthening relationships, and increasing students' engagement in learning. The school needs your support to make such innovative programming a success!

Given the feedback so far from newly signed up community mentors, there is a lot of goodwill and enthusiasm about this idea in the community, not to mention an impressive range of skills and activities to be explored with students—from gardening to mechanics, crafts or artwork, textiles, languages, playwriting, hiking and outdoor activities, local plant knowledge and gardening, local history, geology, yoga, music, world religions, fitness and sports, and so on. And not surprisingly, the areas of interest identified by the students so far is also very wide ranging, including art, sports, trades, philosophy, foods, geology, criminology...

There are also ways for local businesses to get involved—students older than 14 can participate in a parallel work experience program that includes Workers Compensation coverage for the student at no cost to the business.

**In what areas do you have a personal or professional interest and some knowledge to pass on?**

Over the summer and early in the new school year, the students' interest areas will continue to be matched up with what mentors can offer. And before the program is fully up and running in March 2011 there will be an orientation session for mentors, and a fun community kick-off event for both mentors and students. Let us know if you are interested in participating!

*If you have any questions about how the program will work, or are interested in participating in the mentorship or work experience program, contact Dan Rude (drude@sd8.bc.ca) or Lori O'Neill (loneill@sd8.bc.ca) by email, or leave a message at the school (250-227-9218) and someone will get back to you, most likely in August. Mentors are asked to commit to 5 Wednesdays (roughly from 10am-3pm), either from March 2 – April 13 or from May 11 – June 15.*

*Creativity  
 Community  
 Conscience*

## Dig Deep and Paddle

by Jessie King for CBESS  
 Outdoor Ed Program

Dig deep, people, and PADDLE!!!” roared our guide from Silver Spray Rafting as we hurtled towards massive frothing waves. My heart was beating double time to my frantic paddle strokes, and my hands were gripped like vices on my paddle as I silently repeated our guide's instructions of “Whatever happens, DO NOT let go of your paddle!” A wild smile of exhilaration was plastered on my drenched face.

As we hit the snarling wave, time and sound blurred until I was only vaguely aware of the team effort being exerted to somehow push our raft over the wave, a movement similar to a high-jumper's body as it curls and flexes in sometimes awkward positions to glide over the bar. Emerging downstream of the wave, sound and time returned and my ears were filled with the elated screams of teenagers, and my eyes took in faces dripping with emotions – pride, excitement, fear, amazement, relief, and fun. What does not kill you can actually be fun!

This was the Outdoor Education class's last trip of the year and it felt great to go out with a splash! Whitewater rafting down the Slocan River created an amazingly clear link for the students between listening and working as a united team, and being able to successfully accomplish a daunting activity. When your life seemingly depends upon your individual ability to listen and work as a team member, magical things can happen when you “buy in” - like being able to stay perched upon a rubber raft going through class 3 & 4 rapids at high water! Our guide, Kevin Pollard, impressed me with his ability to “read” and motivate with our group of seven teens, as well as create a positive whitewater experience that piqued the interest of several teens to try further whitewater rafting and kay-

aking in the future. As the raft was hauled out of the water and wetsuits were peeled off, group energy was at an all-time high, as people exclaimed “That was the best trip of the year!” or “That was awesome!”

Over the past ten months, this group of grade 9 – 12 students in CBESS's Outdoor Education class has experienced activities and locations they may never have had the opportunity to explore before. They have hiked to the peak of Haystack mountain near Sanca Creek, learned how to paddle from A to B in a canoe, discovered the joy of Geocaching and rock climbing, snowshoed in to Ripple Ridge on the Salmo-Creston pass where they built and slept in snow caves, gained a few new tips from the instructors at Whitewater Ski Resort, and finally rafted down the Slocan River. In addition to these great trips, they have learned to calm flaming gas stoves, create tasty meals,

adjust backpacks, hang bear caches, use avalanche beepers, listen to each other, and reflect upon their own learning.

All of these incredible educational experiences outside the classroom have been made possible by the phenomenal support of individuals and groups within and outside of our community. Thank you to parents who bought food at the last minute and encouraged their invincible teens to wear more than just t-shirts on overnight trips! Thank you to community members who voluntarily drove car-loads of chatty teens, or made learning possible by sharing their honed skills, or helped chaperone trips! Thank you to Dan Rude for approving all these adventures, writing grants, and being a voice of authority and humour. Thank you to RDCK, Columbia Basin Trust, and Columbia Basin Environmental Education Network (CBEEN), for financially supporting these trips. Being able to offer this incredible array of trips to students at low, or no cost, allows the school and families to provide exceptional experiences for their youth, and is a wonderful

way to support individuals and our community. Thank you to the other teachers who encouraged these trips, and helped students catch up on missed work. Finally, thank you to all the students in the Outdoor Ed class - your leadership, teamwork, and individual skills shone through on these trips, and the amount I learned from you cannot be expressed in words. Thanks for the opportunity to be out of the classroom and up a mountain, on a lake, down a river, in a snow cave, and just outside. May the wind be at your back, and the sun shine on your own adventures.



# Notice of Passing

**FRANCES JEAN TURNER  
(nee GENDRON)**

**July 3, 1950 to June 13, 2010**

Frances Turner was born on July 3, 1950, in the Creston Valley Hospital, Creston, BC, the second child of Victor and Muriel Gendron. She died peacefully in her sleep of natural causes on June 13, 2010 just shy of her 60th birthday.

Fran spent her entire life in the Kootenays raising her family in Marysville, while working at Uncle Bims and later at Rainbow Carpet. Both the Gilmar and Kranabetter families have remained friends with Fran since the 1970's. She also made many friends in the years she worked for Kokanee Springs Golf Resort while living in Riondel.

She was predeceased by her mother Muriel, father Victor, and brother Thomas Gendron.

Left to mourn this wonderful lady are her three sons; Yves (Kayla), grandson Garret and granddaughter Abigail of Squamish, Darren of Canal Flats, and Dennis (Carrie) and grandson Logan of Blairmore.

Also in mourning is her best friend and sister Kathi (Nelson) of Creston. Her niece Julie and five great-nieces Cami (Brandon), Fern, Cianne and twins Lily and Iris, of Cranbrook, were like a second family to her. They will miss the fun times they so enjoyed with "Auntie Fran"

A memorial service will be held at the Seniors Hall in Riondel on July 10 at 1pm. In lieu of flowers donations can be made in Fran's name to the Riondel Senior Citizens Association, Riondel BC V0B 2B0.

## A Prayer for Fran

by Gilda Gilmar

*Dear Lord,*

*Please bless Fran in a special way.*

*She will know within her heart*

*That we prayed for her today.*

*She will know she is loved by her family*

*And all who knew her.*

*Rest in peace Fran*



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# FRAN

by Wendy Scott

Empathy is vitally important in a small town. For a few individuals it seems to come naturally. Whether this is a genetic trait or an outcome of daily life in a close-knit community is hard to say and it's very likely a bit of both.

In July of 1950 a baby girl was born in the town of Creston. Days after her second birthday, young Frances was bundled up to travel with her parents – and her big sister Kathi – to the townsite of Riondel where the Bluebell Mine would become the centre point of their lives.

Fran's father, Vic Gendron, was a consummate performer – anytime, anyplace, but the character that little Fran would remember with the most pleasure would be an anonymous, chubby dad with a long white beard and a bright red suit. Fran's mother, Muriel, not only joined every group in town, but founded a few as well. Fran's family was always involved, busy and happy in their community.

Were these the mentors who guided Fran's life, or was it the fact that her first two years in Riondel were spent in a tent. After her little brother, Tom, was born, her dad built wooden walls for that tent, but even then the outside world was always within easy reach and passers by might hold conversations without bothering to knock.

Kindness became a trademark of Fran's developing personality, as she grew into her teen years she was generous and trusting to a fault. Fran had moved away from home to find work in the Kimberley area, but still in her teens, Fran gave birth to a baby boy and was faced with one of the most difficult decisions a teen-aged girl ever has to make. She knew that the kindest and wisest decision on her part was to make sure her child had the benefit of a good home with caring parents. After all, her own father had been adopted, and he certainly was a great dad and a wonderful person.

Shadows settled on Fran and Kathi's life – as they

often do in families – with the death of their mother and two years later, their father, and then the tragic confusion of Tom's disappearance. Decades passed before Fran was able to meet with her son again. It was a happy meeting and with it came the fulfillment that was missing for those many years.

All these events in Fran's life contributed to the empathy she so easily felt for those around her. This we will miss, along with the laughter that so often came along with her Hello's.

May you find picnics in heaven, dear Fran, and plenty of laughter.

**FRANCES J. TURNER/GENDRON  
1950 - 2010**

# The East Shore MAINSTREET

Contact: Ingrid Zaiiss-Baetzel

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

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## Answers from the Physio

by Anna Rose, Physiotherapist

*Q. I have a sore shoulder from working on my house siding. Is it better to rest it or exercise it?*

**A. Your shoulder would probably benefit from one to two days of "relative rest", (which means no painful activities) and cold applications. After that, gradually increase the demands on it, but here are some important questions to ask yourself.**

### What is the underlying problem?

Rotator cuff tendonitis - If your soreness was caused by repetitive work with your hand above the level of your head, chances are you have an inflamed rotator cuff. This is the convergence of four deep muscles from the shoulder blade onto the top of the humerus bone. Three of them rotate the arm. All four act to keep the head of the humerus firmly in the shoulder socket. The tendinous part of the uppermost one, the supraspinatus muscle, is the most commonly affected because it tends to get pinched between the humerus and the end of the collar bone.

Biceps tendonitis - Coming down in front of the shoulder joint are the two upper tendons of the biceps muscle. Besides flexing your elbow, the biceps assists in some motions of the shoulder. Its top tendons are vulnerable to strain in some types of overhead work, also to abrasion, as in handsawing wood, with overly

long strokes that take your elbow way behind your body.

Other possibilities - Strains of other muscle around the shoulder are possible but less common. (Don't be fooled into thinking it's a strain of the deltoid muscle just because you feel pain on the side of your upper arm. Pain is often referred to this area from deeper in the shoulder.) Bursitis is an inflammation of the fluid-filled cushion between the rotator cuff and the bony projections above it. It may accompany an inflammation of the rotator cuff or be the main problem in itself.

### What are the goals of exercising after an injury?

1. Increasing circulation - Oxygen and "building blocks" for the healing process need to be brought to the injured cells and by-products of inflammation need to be taken away.

2. Keeping mobility - Without motion, scar tissue will form that can limit the stretch of a muscle or the range of motion of a joint.

3. Regaining strength - Gentle challenges promote the strengthening of the injured tissues.

4. Retaining co-ordination - Practising movements of the arm with good control will ensure the nervous system doesn't embed a dysfunctional pattern.

### What are the potential problems in exercising a sore shoulder?

- Pinching the rotator cuff or bursa - If your shoulder got sore with overhead work, don't lift weights overhead until it's almost entirely recovered, or you'll just be prolonging the pain and inflammation from any of these problem areas. Work with the arm low.

- Working the shoulder too hard, too fast, or through too great a distance - None of these are tol-

erated by healing tendons. Think gentle, slow, and mid-range. In the early stages after a significant shoulder injury, tubing is better than free weights, gym machines, or just everyday household activities, because the amount and direction of resistance can be easily adjusted.

- Not paying enough attention to good technique - Your body will go through all kinds of contortions trying to reach a goal if you let it. Watch that your shoulder blade doesn't round forward or lift up towards your ear. Check yourself in a mirror.

- Not getting the deep muscles working - Those rotator cuff muscles need to co-ordinate their actions, or the head of your humerus will shift around in the socket and your shoulder will feel uncomfortable and weak. Think of "telescoping" the head of your humerus into the socket. Keep the effort gentle, but sustain it as you move your arm.

Mild shoulder problems may be gone within a week, but more severe problems can take months to clear up, or may need surgery. Don't struggle along on your own if you have questions about what you may have injured or how to help it heal. Make an appointment to get some more specific "Answers from the Physio".

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#### \$12,000 in funding available:

There is \$12,000 still available this fiscal year for grants or projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. You do not need to be a society to apply. Please send in your application early so we can help you to succeed. Five applications totaling \$4800 have been forwarded to the RDCK for approval this month.

#### Next Application deadlines:

**October 7, 2010 .... February 7, 2011**  
**Approval/funding lag time 6 to 8 weeks**

An application form can be printed from the RDCK website following this path:  
<[http://www.rdck.bc.ca/corporate/grants/electoral\\_area\\_a\\_economic\\_development\\_grant.html](http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html)>

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

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## Bob's Bar & Grill

### July Upcoming Events

**July 1: Mike Stenhouse,** Bob's 4th Anniversary & Canada Day Celebrations

**July 3: Howlin' Dan**

**July 8: Many Bays Band**

**July 11: Monica Shore,** Montreal Jazz Vocalist

**July 17: Horse Races**

**July 24: The Applesauce Fiddlers**

**July 25: Bean Bag Tourney,** outdoor tourney, sign up with a partner. Drink specials & prizes!



### Riondel Days Celebration

July 30 - Blue Crush: Pure refreshing rock n' roll

July 31 - Llama: Robbie Roots, Andy Kay,  
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## New Weekly FREE YOGA CLASS in Crawford Bay

by Lea Rae Belcourt



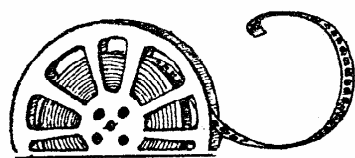
Have you been interested in coming to yoga class but your current financial situation prevents you from doing so? Are you a beginner and slightly intimidated to show up at a yoga class that has been running for a while?

Are you a tourist looking for something to do on a Monday night? Come to the Weekly Free Yoga Class at the Crawford Bay Community Corner on Monday evenings at 7:00 pm.

The Free Class will be taught by local yoga teacher, Lea Belcourt every Monday from July 5 - Sept. 6, thanks to a Columbia Basin Trust Community Initiatives Grant. The grant money has also helped to purchase 10 new yoga mats that will stay in the Community Corner for community use, so don't worry if you don't have a mat. We have extras now!

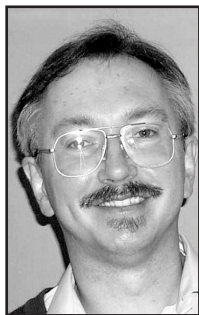
Classes will be 1 1/2 hrs in duration and will focus on breathing and meditation techniques, gentle stretching exercises in the classical Hatha Yoga postures and correct relaxation.

This class is open to all ages, all body types and levels of experience. EVERYONE WELCOME! Hope to see you there. For more info, call Lea @ 227-6886



## Seldom Scene

by Gerald Panio



In all the time I've heard the stories of northern peoples migrating across the Bering land bridge and then following retreating glaciers down through the North

American continent, it never occurred to me to ask one simple question: Why the heck did anyone choose to stay up north? Sure, I know it might have taken a while—say, a few millennia—for people to realize that the present locations of Florida and Arizona had great retirement potential. But why would anyone hang out inside the Arctic Circle—with all the concomitant risks of starvation and freezing to death—when much kinder territories were opening up to the south? Did the first “snowbirds” wage perpetual war against northern laggards, forcing them to stay and fully adapt to the harsh conditions—to the point where their lives were less about simple survival than about symbiosis, and fighting to reach southern climes no longer seemed worthwhile? Or did that change happen long before a passageway to the south opened up, so that some northern peoples were no longer interested in gambling their rich cultural matrix on the dubious benefits of wanderlust and the lure of greener pastures? Or did they have the same scornful contrarians back then as we have today: “Who are you trying to kid? Global warming? Melting glaciers? Huge plains where summers last for months, food’s for the taking, and you can survive without igloos? Yeah, right, buddy. In your dreams!”

These reflections on arctic lifestyles came up as I watched Zacharias Kunuk’s groundbreaking Canadian film *Atanarjuat: The Fast Runner* (2001). I can’t think of another movie that so perfectly highlights the intimidating vastness, flatness, harshness, and superficial emptiness of the northern landscape. Of course, the land actually teems with life, the skies are phantasmagorical, the twenty-four hour sun coruscates off sea and snow, and the brief summers riot with colour. But *Atanarjuat* makes it clear that life in the north Baffin region was never for the faint of heart. The filmmakers’ use of digital video—the key to making a project

such as this feasible under arctic conditions—yields visual splendours unlike anything seen before. Arctic light is captured in all its glory, be it the midnight sun, the translucent ice of an igloo, or the glow of a seal oil lamp. No surprise that *Atanarjuat* took the Camera d’Or prize for best first film at Cannes, and swept the Canadian Genie awards.

In praising the cinematography, let’s not downplay the storyline. The screenplay is based on a potent 11th century Inuit legend about an evil shaman’s curse that threatens to destroy a small community living near present-day Igloolik. The director and writers shifted the timeframe closer to the 19th century, recreating clothing, shelters, and tools based on extensive research into a lifestyle that was vanishing even when Robert Flaherty filmed his classic documentary *Nanook of the North* in the same region in the early 1920s. The Inuit clothing in Kunuk’s film is stunning, both functional and regal; in its textures and voluminousness it holds its own with anything seen in the royal courts of Europe.

If the land and lifestyles are stars of the film, the largely non-professional Inuit cast of *Atanarjuat* is also flawless. Kunuk treats the actors’ faces the way he treats the landscape, trusting that if he holds the camera on them long enough their thoughts and emotions will be laid bare and the audience will be mesmerized. Never during the film’s almost three-hour running time do we tire of looking at these faces. The women’s are particularly striking with their pale, almost feline tattoos, but all of the actors hold our attention the way great portrait photography always does, be it in the pages of *National Geographic* or in Sebastião Salgado’s recent photo series in *Rolling Stone*.

There is not a moment in *Atanarjuat* where we doubt the actors. Their dialogue is sparse, intimate, blunt, passionate, coarse, cutting. Words are no more to be wasted than food. The rituals we observe are similar. Two men fight for a woman by taking turns driving blows to the sides of one another’s heads. Women patiently work ulus across cari-

bou skins or flense meat from bones (vegetarians be warned—animals were hunted, eaten, and turned into clothing for the purposes of this film; this is perhaps the only movie that could use a “graphic meat consumption” warning). Men carve a large new igloo for a feast. The clan plays “wolf tag,” and the simple gesture of sliding of an unmittened hand under a parka becomes extraordinarily intimate.

The story operates like Greek tragedy. A betrayal and murder calls a curse down upon the clan. Other murders and betrayals follow until someone has the courage to break the cycle. The film’s protagonist is Atanarjuat (Natar Ungalaaq), an easygoing young man with a winning smile whose talent is his tirelessness in the hunt. He’s overshadowed somewhat by his older brother, Amaquuaq (Pakak Innuksuk), a superb hunter respected for his strength. On the sidelines, and not at all happy about it, are the vain and envious Oki (Peter-Henry Arnatsiaq) and his two sidekicks. Both Atanarjuat and Oki are vying for the attentions of Atuat (Sylvia Uvalu). She’s Oki’s promised bride, but clearly has her sights set higher than a guy who kicks his sled dogs around. Also attracted to Atanarjuat is Oki’s sister, Puja (Locy Tulugarjuk). Atuat wants a husband and a family; Puja wants sex. Sparks will fly. Damage will be done.

Oki’s father, Sauri (Eugene Ipkarnak), is the clan leader. He’d gained that position by murdering his own father (and calling down the curse). Going against the family grain is Oki’s grandmother, who comforts Atuat when things turn nasty and is a strong link to a saner past. I love the way she embodies the Inuit belief in the transmigration of souls, calling Atuat “Little mother” and Atuat’s son “Little husband” because she recognizes the souls of loved ones in their new bodies. There are supernatural elements woven throughout the entire tale, with ghostly voices, apparitions, walrus tusks, and rabbit’s feet playing key roles in characters’ ultimate fates.

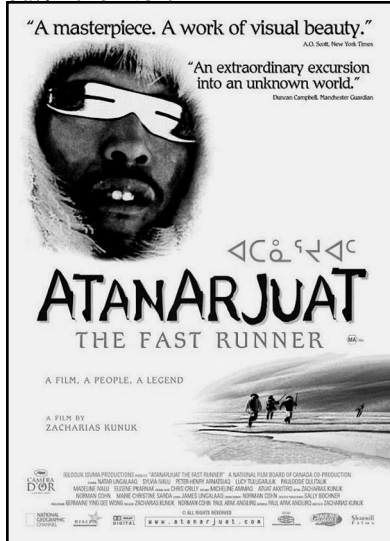
Tensions between the clan members eventually come to a head, and climax in the movie’s memorable sequence tracking Atanarjuat’s naked flight across the ice-covered landscape, the bloody-minded Oki in pursuit. This scene reminded me of an older film, *The Naked Prey* (1966), which

made a strong impression on me when I was back in high school. The protagonist of that film was a white guide who became the object of a ritualized tribal hunt. Unfortunately, in the best *Avatar* tradition, the white guy out-natives the natives in his warrior skills and his superior survival techniques. Subtext can be such a bummer.

No such worries with *Atanarjuat*, however. This was the first feature film shot entirely in the Inuktitut language, and over 90 percent of the cast and crew was Inuit. Pretty much the only exceptions were the cameraman, Norman Cohn, who hales from New York and the composer, Chris Crilly, a Canuck who’s been scoring Canadian films since 1982. Music is another of *Atanarjuat*’s strong suits—a fascinating, minimalist blend of Western & oriental stylings mixed with Inuit throat music, drumming, and singing.

Zacharias Kunuk is currently working on his third feature film. With any luck, digital technology will help Native filmmakers begin to match contemporary Native writers in the quality and quantity of new, eye-opening work.

(*Atanarjuat: The Fast Runner* is available from Reo’s Videos in Nelson, or through zip.ca online.)



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**July 28, 2010**  
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**An Invitation to Play**  
by Carolyn Van Ruymbeke  
We are seeking individuals with a dramatic flair who want to participate this summer in an evening performance of a yet-to-be-determined theatre piece. We will be meeting on July 8 at 7pm at Doreen Zaiss’ house in Gray Creek to explore ideas and commitment levels. For further information, please call Doreen Zaiss at 250.227.9526 or Kate Page at 250.225.3390.

## ArtWalk Opening at Bob's Bar and Grill

photos by Dena Kubota



Nora McDowell cutting the cake



Entertainment by East Wind, local musicians



Nora McDowell and Harry Miller of ArtLink

## Creston Valley & Eastshore ArtWalk 2010

submitted by Nora McDowell

Last weekend was a busy one with the launch of our 15th annual Creston Valley & Eastshore ArtWalk which will continue through the Labour Day Weekend with venues from Riondel, along Kootenay Lake, through the Creston Valley, and on to Yahk.

With openings in both Creston and Riondel we were kept hopping. Creston's opening was at the Coffee Creek Café in Creston on Friday night and the Eastshore Opening was on Sunday afternoon, June 20, and was again held at Bob's Bar & Grill in Riondel. There is new work by the Riondel Art Club in both the bar and restaurant and a lovely display it is. We enjoyed music by East Wind, the wind section of the community band, and light refreshments by Bob & Wendy, with the help of Kathy. More work by the Riondel Art Club may also be seen at the Riondel Market this summer.

At Pilot Bay Resort in Kootenay Bay one can not only rent cabins or enjoy chartered fishing but view Dena Kubota's high realism portraits and Asian influenced wall hangings.

Rob & Janet Schwieger of North Woven Broom in Crawford Bay continue to create their wonderful hand-crafted brooms of wood and broom corn and across the street Barefoot Handweaving is a bustle with new woven wonders by the weavers and an inspiring display of paintings by Ted Wallace.

Kootenay Forge & Fireworks is filled with treasures of forged iron home accessories, copper & enamel, and the brilliance of blown glass.

After years as a master potter Ted Diakiw has returned to painting and his work can be enjoyed at the

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Nelson & District Credit Union, Eastshore Branch.

This summer the Wedgwood Manor Country Inn is displaying art-quilted accessories by Marilyn Arms. Come view them, enjoy the gardens, and enjoy one of Andre and Nancy's high teas with live music on Sunday afternoons, July 4, July 18, Aug 1 and Aug 15, from 1:00 – 4:00 pm this summer.

Further up Hwy 3A you will find Sacred Journey World Import & Art Gallery and all the treasures it holds and on to Lori Rhead's Flickering Goddess Soap & Candles in Boswell with her lovely bees wax candles, fragrant soaps, and fairies.

In Wynndel you can enjoy water colour and oil paintings by Linda Calahan and Gary Pharness at their Sweet Pea Gallery. Please call ahead.

Continuing on are the many venues through the Creston Valley and Yahk.

Pick up a brochure at the Pilot Bay Resort or any of the many ArtWalk venues and take an afternoon or a few afternoons and explore the handiwork of the artists of our own valley.

It is not too late yet to sign up for the many classes being taught by local artists at the College of the Rockies this summer. More information can be obtained by contacting the college at creston@cotr.bc.ca or by contacting the artists.

**CONTACT INFORMATION:**

For information about ArtWalk, contact [artlink@kootenay.com](mailto:artlink@kootenay.com) or Nora McDowell at 250-428-9391, Harry Miller at 250-428-2527, or Dena Kubota at 250-227-9441.

**Next Deadline:**

**June 28/10**

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

**250.227.9246**

**Box 140 Crawford Bay, BC**



CRESTON & KOOTENAY LAKE  
EASTSHORE

Welcome to...

*15th Annual*

*Art Walk - Art Drive 2010*

With venues from Yahk to Riondel

June 18 - September 6, 2010

ArtWalk continues through September 6 with venues from Riondel to Yahk.

Brochures are available at venues and at the Pilot Bay Resort.



## Eastshore Community Library/ Reading Centre News

by David George

Summer is here, and your library welcomes summer residents. Library cards are free, although for temporary residents we need both your local address and your permanent address. We have continued to put new books on the shelves, as well as CDs of well known fiction, many of which are unabridged.

On a more serious note, your library is still a little short of funds.

Although most of our funding comes from a very small amount of property tax levied annually, the provincial government used to provide us with about \$1,800 each year as a restricted grant with which to purchase books. When this grant to all reading centres was eliminated last year, after we had submitted our budget, we managed to scrape through, unlike some of the reading centres in the province.

Actual libraries, such as Nelson's, got 78% of their provincial grant money back, after making a very loud noise in Victoria. It has become obvious that we are not going to get any portion of the grant this year either. Donations are very welcome.

The property tax levy is split between this library, and those in Riondel and Creston. On a per capita basis, we, and also Riondel, are not getting the amounts we should from this levy. If this strikes you as unfair, get in touch with the Regional District of Central Kootenay and ask them why Eastshore and Riondel are not getting their fair share.

If the actions of the provincial government seem to you unfair, talk to our MLA, Michelle Mungall in Nelson at her constituency office at 204-402 Baker Street, or phone her assistant Laurie at 250-354-5944 or Toll-Free at 1-877-388-4498. Email Michelle at Michelle.Mungall.mla@leg.bc.ca and while you are online take a look at her website at [www.michellemungall.com](http://www.michellemungall.com) - --it may help us.

## Riondel Library News

by Muriel Crowe

Our recent inventory brought home the fact that we had to do some reorganizing and some weeding of paperback and hardcover books. That is in process at this time and of course means even more books for our annual book sale. Mark July 31 on your calendar so you don't miss the biggest book sale we have ever had. We will be open from 10:00 AM to 3 PM in the Community Centre and the sale will include some non book items as well. The money raised will go to the new roof fund.

I recently was at a meeting in the Crawford Bay School Library and am proud to announce that we have plagiarized their idea of storing easy reader books in bins. What a marvelous idea for both our young readers who seem to enjoy the tubs and the older backs and knees of the volunteers who try to keep them in some kind of order.

The barcode cataloguing of our paperbacks is continuing, you will be able to identify them in our computer catalogue by the barcode numbers starting with 1 and the Dewey Decimal identification starting with PB. The paper catalogues that we have used for years will be continued for the foreseeable future.

I hope that we soon have reason to spend our afternoons relaxing in the hammock in the shade with a good book. Be prepared, come to the library and stock up on some really good reading material or do it yourself books to plan projects for your significant other. If you have two hammocks the last suggestion may not be necessary. Have a great July and we'll see you on July 31.

## Book Reviews

by Tom Lymbery

*MOUNTAIN TIMBER* by Richard Somerset Mackie, publisher Sono Nis, 320 pages, \$42.95

This is a most impressive book, coffee table size, but with as many pages of fascinating detail as there are of photos, but with over 300 pages it takes some effort to support while reading. I spent a week, where I usually read most books in two days. The story is of the last railway logging show in the big timber of the Comox Valley, on Vancouver Island.

Comox Logging Company did not follow the usual practice of the time - many operations got their employees from hiring halls in Vancouver, so sometimes had three crews "one coming, one working and one going" given the somewhat unstable workforce that this system produced. In contrast, Comox employed almost entirely "homeguard" workers who lived close by, and would often work for the same company for life. Thus the author was able to interview retired workers and families who knew the projects from the inside out, but also had saved many previously unpublished photos.

Not just big timber, but enormous first growth trees, literally anything fourteen inches and under at the ground was a sapling, destined to be debris! Trees were cut into forty foot lengths. Visit the SS Moyie in Kaslo and the pictures and information will show you that when on the slipway at the Nelson shipyard, the hull had its 40 foot long, 3" x 14" planks renewed with Vancouver Island fir. In fact all of the docks on our lake were built of this prime quality fir. Interior lumber was considered an inferior species, fit only for two by fours and shiplap.

In the mid 1940s, rail logging was coming to an end, with bulldozers and trucks taking over. The use of wooden spar trees, bringing logs attached to overhead cables, winched by steam engines to rail tracks, would never be seen again. I thought that they chose growing trees for the spar trees, but the author explains that a 120 to 140 foot fir with at least a 48 inch diameter base would also be erected on a mat (logs cabled together to support the upright), when there wasn't a tree at the site they needed. Richard Mackie's book received an award from the B C Historical Federation in the annual competition for books on BC history.

*POSTCARDS FROM THE PAST* - Edwardian Images of Greater Vancouver and the Fraser Valley, by Fred Thirkell and Bob Scullion, Heritage House Publishing, 176 pages, \$24.95

Postcards, saved over the years, provide an interesting look at Vancouver growing into a big city. Each picture has a page of description, and many of the solid buildings are still there, even if now dwarfed by high rises. Views of Hastings street when it was theatre row, with the Rex and the Pantages (before the name change to the Beacon) show the cars driving on the left, before the change to the right in the 1920s. Streetcars also operated on the left tracks of the main streets.

A card of the North Vancouver ferry in dock, shows a remarkable similarity to the Ancomb, in the times when those ferries carried more passengers than the bridges. The rail bridge at New Westminster is shown with its centre span open to allow a ship to pass. This bridge also carried foot and wheeled traffic for the many years before the Patullo Bridge was constructed.

## Next Deadline:

## July 28, 2010

### *Creativity, Community, Conscience*

COME VISIT US!



The working studios along Artisan Way, in downtown Crawford Bay, offer a wonderfully diverse collection of craftspeople.

Park at any one of our studios and take the walking tour. Take home a piece of the Kootenays, stop for lunch and visit all the other shops along Artisan Way.

Enjoy your day here!

**CRAWFORD BAY - ARTISTIC BY NATURE!**

[www.artisansofcrawfordbay.com](http://www.artisansofcrawfordbay.com)

Barefoot Handweaving 227.9655  
North Woven Broom 227.9245  
FireWorks Copper & Glass 227.9467  
Breathless Glass 227.9598  
Deer Ridge Pottery and Quilt Studio 227.9077

Dog Patch Pottery 227.6886  
Kootenay Forge 227.9467  
La Gala Jewelry 227.6828  
The Purple Door 227.6995

## Next Deadline:

## WEDS, July 28/10



## Bible Talk

by Pastor Doug Middlebrook

**Rom.8:37** *Yet in all these things we are more than conquerors through him who loved us*

What does it mean to be more than conquerors?

I know a conqueror is one who overcomes an adversity. One definition reads; "one who wins the victory in a struggle or a battle." So if to win the victory is to conquer, then what is it to be more than conqueror?

In the Bible we read many stories of how Israel had to overcome obstacles and enemies, from within and without. This situation may be the answer to my question. When Israel was headed for the Promised Land they had to travel through other places. One was the land of the Amorites. The King would not let them pass through and went to war against them. Israel defeated the Amorites (Num.21.) and in verse 25 of that chapter we are told that then Israel dwelt in the cities. Is this what it means to be more than Conquerors? Once we overcome something, we need to be able to maintain the victory, to live and walk in that victory. By Israel dwelling in the lands they overcame, they took away the chance of losing what we gain.

Now many of us will not have to go to physical war with another country, but there are many things we need to overcome in our lives. There are people who struggle with major health issues as well as with minor habits that they would like to break. There are many adversities in our lives we want to overcome and these are battles. We struggle with them day in and day out. Some people have overcome their struggles and they need to lock down the victory.

Jesus tells us in Matt. 12:43-45 that we need to be

sure not to leave empty that place that used to house our bad habit. We need to replace it with something. As the Israelites drove out the Amorites they filled the empty places with their own people. We too need to fill those empty places with something as well. I would caution that you don't replace it with another bad habit or addiction. Many smokers turn to food to fill the void, only to find that they now overeat and now struggle with that.

To be more than conquerors we must not trade one bad thing for another, but fill the void with something that is good for us; something that will strengthen us, something that will allow us to maintain the victory. We also need to watch what we do and where we go. We need to be sure not to put ourselves into temptation. Jesus tells us the Spirit is willing but the flesh is weak. We would like to think that we are capable of maintaining our victory in any circumstance. This pride has caused many to fall.

There are many stories of people who put themselves in a position where they were overcome and fell back into whatever it was they had defeated. They were in a place where they were tempted and thought they could handle it.

To be more than conquerors we need to realize that it is an ongoing battle and to keep up our guard at all times. Paul tells us we can do this through Him who loved us. Jesus overcame the ways of the world and showed us that it is possible to walk in victory. He maintained His victory by watching and praying, by keeping guard and taking away the ability of the enemy to counter attack.

It is my prayer for all of us that as we overcome the adversities in our lives that we would be more than conquerors and never allow those things back into our lives. May God bless you and keep you.

Happy belated Father's Day and a happy Canada Day to all.



## pebbles by Wendy Scott Summer's Blizzard

We're in the midst of the annual June blizzard. Puffballs of cottonwood pollen drift, float, spin, looking like miniature versions of the real cotton in the fields of America's Deep South. Along with the heaps of fleece sheared from sheep and spun into wool, we recognize those cotton balls to be the origin of fabrics, cloth and clothing in our closets and cupboards. We can imagine these piles of fluff transformed to drape from coat-hangers and lay in dresser drawers. We can even understand hemp and we're quite aware of the high class Kootenay brand of this product.

A new and different textile has no connection to these tried and true armloads of soft stuff. This one is manufactured from rigid, hollow bamboo and does not in any way suggest an end product of smooth, desirable fabric, and yet these abundant and familiar stems have been used for food, building material, flooring, paper, and now appear as fine knitted fabrics that come with a brilliant pallet of intense colours.

Apart from being the exclusive diet for the Panda Bear, there's an ancient, some say, mystical, use for bamboo. For centuries the Chinese have produced spirit money from this plant. The product – a thin tissue known as Joss paper – is sliced into stacks of small squares. The spirit money is made specifically to be burned at funerals. The more you burn, the better the hopes for a decent after-life. VIPs must have many bundles burnt to assure continued status.

How different are those other creatures in the June air – green worms dangling from sticky threads. This year these caterpillars have converted their life lines

into sheets of webbing; draperies of confusion fill all the airspace under birch, cherry, apple and, heaven forbid – even maple. My sister in Edmonton tells me they dangle on very long strings from Manitoba Maples and are often referred to as Special Ops worms – rappelling perhaps to break up some dastardly deeds in the shrubs below. The green wrigglers swinging from our cherry tree tend to land in the fish pond to become a new and varied source of protein in the garden food chain.

But there's more than fish in that pond. Apart from a decidedly multiple birth, spiders tend to lead solitary lives. And our pond spider is no exception, even though at this time of year, she could certainly do with some janitorial help. Every morning her web stretches between the fronds of yellow iris – a trampoline placed carefully and precisely to catch as many careless flies as possible. And, for the most part, this is effective. This spring, however, the web is in tatters long before noon. It's those puffballs of pollen; they tangle with the spider's delicately rugged filaments sending her into a frantic mending spree. She has even tried spinning a vertical web – which I suppose will be effective only when the cottonwood has shaken the last of its progeny.

There's marshland just north of Duncan on Vancouver Island. On a spring morning the tall grasses were alive with tiny spiderlings unreeling yards of silk to ride with the morning air. Sections of the field – already a tapestry of webs, glittered with tiny gems of dew. A mystical field of flying spiders – a person must stand still and watch.

Strange how different it is when the web is attached to a baby spider – rather than a pesky green worm. That's discrimination on our part, I suppose, but I recall watching a single spiderling ballooning from the sky above a lake in BC's Cariboo. The silken thread seemed endless. The lake was a mile wide at that point: destination – somewhere in our garden perhaps. The tiny creature had somehow managed to elude

# The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264  
Box 140, Crawford Bay, B.C. V0B 1E0

E-mail: [mainstreet@theeastshore.net](mailto: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.

**\*\*THESE RATES ARE FOR BLACK AND WHITE ADS ONLY – FOR FULL COLOUR, ADD 30% TO THE ABOVE LISTED PRICES.\*\***

open mouthed hummingbirds and hungry swallows, not to mention the heavy artillery of cruising eagles and osprey, and had avoided the excessive wingspan of wandering blue herons. Maybe, at an even greater height, this spiderling had survived the rarefied domain of the passenger plane. So I wished luck to the spiderling, safe passage and a successful building campaign free from the injustice of bothersome puffballs.

How many bundles, I wonder, would it take to spin threads from the air-born cottonwood fluff and could the result be woven into gossamer suitable for a fairy's wing? Some say the wind sings through the heart-shaped cottonwood leaves. Some say if you lean against the trunk you can hear the song.

## Next Deadline:

July 28/10

Box 140,

Crawford Bay, BC

V0B 1E0

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

250.227.9246

Creativity, Community, Conscience

**SERVICES DIRECTORY**

The Service Directory is a great way to have your business listed as a reference for those shopping for a particular professional service. Keep your phone number handy and your message clear.

**AUTOMOTIVE/MARINE**

**CRAWFORD BAY AUTO** - Full-service gas and diesel "plus" marine/off-road premium gas, automotive supplies and lubricants, organic coffee, VIDEO RENTALS. Open 6 days/week, closed Sundays. Also offering 24-hour towing, lockouts and boosting services. Call 250.227.9244 or Ken at 250.551.4702.

**NORTHSTAR CRESTON** - 1-800-551-9351. Full service 8-bay shop featuring Goodwrench Service - \$41.95, genuine GM & AC Delco parts. Full line of major tire brands featuring: BFGoodrich, Michelin, Uniroyal, Hankook, Goodyear and Firestone brands.

**BUSINESS SERVICES**

**MUTUAL FIRE INSURANCE** of B.C. Quotes on Homes, Mobiles, Farms & Tenants. Seniors discounts at 55. Home Protection; No Claim; New Home. ph/fax 250-428-7937, broker Virginia Harder.

**CONSTRUCTION/CONTRACTORS/TRADES**

**CC ENTERPRISES LTD** - "Sensitive Sites our Specialty." Road building, logging, land/house site development, self-loading log truck/dump truck, excavators/dozers, sand & gravel. Chris Choquette: 825-4701 or 354-9238.

**MARK JOHNSTON CONSTRUCTION LTD.** Ph: 250-227-9583, email: info@mrkjc.com

**PIETE CONTRACTING LTD** - Road Construction, Land Clearing, Excavating Basements, Certified Septic System Installation, Belly Dump, B-Train, Lowbed, 200 Hoe, Cat, Sand and Gravel, No Post Dividers. 227.9051 or 250.505.9915.

**PROFESSIONAL PAINTER** - 15 yrs experience in residential setting. Free colour consultations. Call Petra @ 250-777-1062 or 225-3250.

**R&R REPAIRS:** For all appliance repairs and satellite troubleshooting, sales and installations. Phone 225-3532 for messages and 354-3564 cell. We sell and install cameras and home intrusion systems for home security. Give us a call to find out more. All work guaranteed

**TURLOCK ELECTRICAL CONTRACTING LTD.** (See colour ad in this issue for more information.) 250-227-9688 or 250-551-4671

**TWS CONSTRUCTION SERVICES & CHIMNEY SWEEPS** - flooring, stone tile masonry, woodstove maintenance, concrete contractor, renovations. Contractor insured. 250.866-5246.

**PERSONAL CARE/HEALTH**

**ALEXIS PHILLIPS, M.A., R.C.C.** - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 227-6824.

**ANIE BOUDREAU - YOGA THERAPIST.** Private therapeutic yoga sessions - 250.505.6540

**An ASTROLOGICAL CHART READING** will give you awareness and understanding of your life and your current situation" A chart reading is useful in times of uncertainty and stress. Contact Susan at 250-227-9626

**BLANCHE TANNER** - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression. 227-6877

**COUNSELLING:** Free & confidential counselling available at East Shore Health Centre for children, youth, addiction & mental health clients. North Kootenay Lake Community Services: 353-7691 toll free line at 1-866-774-5324

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

**MASSAGE & FOOT REFLEXOLOGY**- Relaxing Ayurvedic Massage: Susan Snead is now available for sessions at Barefoot Weaving and Tara Shanti. Call 250-227-9626 for appointment.

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

**MASTER HERBALIST** - Maya Skalinska, M.H. Iridology, Tongue & Pulse analysis, Nutritional consultations, individualized herbal remedies, Flower Essence consultations & remedies. For appointments, pls call 250-225-3493.

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

**REGISTERED ACUPUNCTURIST** - Christine Peel, R.Ac. Classical Chinese Medicine treatments including Acupuncture, Moxibustion, & Cupping. Call 505-8130.

**REGISTERED MASSAGE THERAPIST:** Harreson Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen

Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct referral req'd. Call: 227-6877/cell: 505-6166.

**RESTAURANTS**

**BOCCALINO RESTAURANT, MOTEL & CABINS** - We are open for dinner from 5-10 PM (Thurs closed). Come & enjoy our fine food and wines or order a whole roasted chicken 24 hours in advance - we roasted it, you pick it up, for \$18  
**BUNKERS GRILL AT KOKANEE SPRING** - Open for the season and serving breakfast, lunch and dinner. Call 227-9393 to reserve.  
**CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING** - available for community events, wedding receptions, workshops etc. Non-smoking facilities. Call Kathy, 227-9205.

**DESTINY BAY RESORT** - 11935 Highway 3A - Boswell open for dinner each evening until September 27th by advance reservation 250-223-8234 or 1-800-818-6633.

**MAXX & NAMBI'S KITCHEN** - Open Sundays, 9 to noon with full breakfast menu. Hwy 3A in Crawford Bay. 227-6854.

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

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

**YARD/LANDSCAPING/SITE PREP**

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

**TREE SERVICE, RESIDENTIAL** - Thinning, pruning, limbing, removal, falling. Free estimates. Call James Linn at 225-3388.

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

*Next Deadline: July 28*

**CLASSIFIED SECTION**

**AUTOMOTIVE/MARINE**

**For Sale**, 30 ft RV Skylark, 5th wheel .Winter package., lots of storage Good condition, excelent home, ready to go. Ph. 250-250-3492

**BUS. ANNOUNCEMENTS**

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

**Sirdar General Store** - A unique place to shop on Duck Lake. Angling Licences & Tags, Trout & Bass Tackle, Gold Pans, Mosquito coils & candles, Straw Hats, Post Office & Postcards, Groceries, Crafts-just arrived Baby-bonnets & dresses, aprons. Souvenirs, Chocolate & Energy Bars, Ice Cream Treats, Chips & Nuts, Juices & Pop, Disposable cameras. Shannon is celebrating 45 years as Proprietor on July 1st. Happy Canada Day. 8050 Hwy 3A, 250-866-5570 Fax--250-866-6811.  
**Insurance certification** requires professional chimney installation - we are the Professionals - Gray Creek Store

**COMMUNITY EVENTS**

**SUMMER ART & SPORT CAMP** on the East Shore! 5 full days of wacky activities, wild projects, and excutiatingly fun socializing at the park. Camp #1 is July 5-9, Monday to Friday, from 10 - 4 each day (we may do another camp in later in summer if demand exists). 6 hours of artfulness, then lunch, then sportiness, then snack, then craftiness and maybe even drama (the day is sure to include drama in some form regardless!). 2-3 adults on site at all times. Ages 5 to 12. Cost is \$25-30/child per day, preregistration is strongly ecommended: Jacqueline @ 227-6803 or Jackie @ 505-8143.

**BUSINESS SERVICES**

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

**EMPLOYMENT OPPS**

**InvestKootenay.com**  
**The Historic Gray Creek Store Team!** Openings now available: General Maintenance Team Member. Duties to include heavy lifting, maintenance, filling propane tanks, operating the cash register, and customer service. Summer Store Clerk/Customer Service Representative. Duties to include customer service, operating the cash register, and stocking shelves. Applications are available at the Gray Creek Store or please email resume to graycreekstore@q.com Please call Debbie at 250-227-9315 with any questions.

**HOME/BUILDING**

**For Sale: Birch lumber** dry 11/4 " and 2 1/4" (several different widths), #1 + # 2 and clear. Also available Acacia wood slabs. Phone James 250.227.6849/Crawford Bay

**Heavy Duty Extension Cords** -50' 3/12 with lighted end , so you know that its live - Gray Creek Store

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

**Plumbing Adaptors** that fit pex, poly B, or clear tubing - don't need clamp tools, great for RVs and tight spaces - Gray Creek Store

**Super Special Vermont Castings** Barbecue Model 3517.

REG: \$1399, SPECIAL: \$899 (including a \$49 cover free) -Gray Creek Store

**16', 20', 24', Industrial** Aluminum Ladders, plus a 8' to 13' multi-way ladder -Gray Creek Store

**Toilet In A Box** - insulated tank, seat, wax ring. flex supply pipe - \$89.95 (and this IS a great flusher as well) Green...uses less water - Gray Creek Store

**Live Animal Traps** - Squirrels to Raccoons - \$24.95 to \$79.95 - Gray Creek Store

**Roofers Fall Kit** - roof anchor, D ring harness, 50' lifeline, rope grab and 2" shock absorbing lanyard - Reg \$207, Special \$189 - Gray Creek Store

**Grip-o Log Splitter** - no hydraulics to freeze or leak - 2 second cycle time, uses the effort of two flywheels. Reg \$3400, Now \$2995 - Gray Creek Store

**Ox Head Axes** From Germany. Steel you can shave with - Gray Creek Store

**MISC FOR SALE**

**Straw cowboy hats:** \$4.95. Flip flops in amazing colours. Bamboo Blinds from 3' x 6' to 8' x 6' - Gray Creek Store

**Summer money** - up to \$500 with a Prepaid Visa Gift Card, until July 25 when you purchase a Quadrafire wood or pellet stove - Gray Creek Store. 227-6855

**Electric Toothbrush:** if you use one you will wonder how you cleaned manually, battery @18.95, rechargeable \$23.95, and your dentist will complement you - Gray Creek Store

**Super Size Fishnets:** 6 foot handle, big enough to retrieve dogs , children or the largest fish you have ever seen - Gray Creek Store

**The Thermometer Fork:** LED readout - accurate readings from rare to well done \$17.95 - Gray Creek Store

**Summer is on the way** - suntan lotion, sunglasses, beach mats, and new stock of Mexican hats, blanket, and hammocks - Gray Creek Store

**"Dorothy's Stormy Lake"** volume 4 is here - \$19.95 - complete your collection - Gray Creek Store

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

**NOTICES**

**The 99th annual Kootenay Lake Agricultural Fall Fair** is being held on September 11,2010 at the Crawford Bay Hall. This year's theme is "GO WILD" and is related to our wildlife. Check out the new categories in this year's booklet which will be available soon in the local stores and the Nelson & District Credit Union, Crawford Bay branch. Start planning your entires now.

**Convenient, clean & safe** downtown parking. Park at the Nelson Parkade - Sunday \$3.00 all day. Wkdays \$1.50 for 2 hours, or \$3.75 for all day. 1/2 block off Baker on Vernon Street 354-8834.

**OUTDOORS/REC**

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

**RENTALS/ REAL ESTATE**

**List your property** on the Kootenay Lake Real Estate web site. Realtors, as you know it is

almost impossible to find Kootenay Lake properties on the MLS system. This focused site gets excellent traffic from potential buyers and rates are very affordable. Also a great site for Sale By Owner listings. Visit www.kootenaylakerealestate.com for more information.  
**Waters Edge B&B** taking bookings for this coming season. Check out the web site. watersedgebb.ca. Inquires - 250-225-3492.

**YARD & GARDEN**

**Garden Trugs** are back again - green ones - pink ones. Three sizes - these are flexible - unbreakable to carry soil, stones, veggies - you name it - Gray Creek Store

**What is a SNATH?** It's the handle with a reverse curve for a scythe! Grass and bush scythe blades that bolt on your Snath - Gray Creek Store cut long grass and reduce your waistline.

**Fitness Machine** - push a reel lawn mower - upgrade your body and your lawn - reg \$295 special \$265 - Gray Creek Store.

**Water Timer** - set your sprinkler to come on (and off) in the early morning before you are up - Gray Creek Store

**Kootenay Covers** - give you wormless cherries! Special stretchy fabric keeps those cherry flies out - and also much of the rain to prevent fruit splitting. Small, medium and large sizes - Gray Creek Store

**Deer Scare** (sprinkler with motion sensor) - the sudden starting sprinkler will frighten any animal - \$69.95 - Gray Creek Store

**A deer fence** that really works - steel fence posts with 54" Stucco wire, then two strands of berry wire

with bright flagging tape. For 8' steel posts, stand on the tailgate of your pickup to sledge hammer these in - Gray Creek Store

**Wildflower Seed** for the BC interior. Or you can mix some with White Dutch Clover or Red Fescue when you are treating those wilder areas - Gray Creek Store

**Mosquito Area Repellent:** keeps an area 15' by 15' mosquito free, uses butane, \$32.95 - Gray Creek Store

**Trimmer Line:** from 50 lengths to five pound coils , or pre-cut lengths - Gray Creek Store

**The Bucket Saw:** for tree pruning, can be used with one hand, an innovation from Jonsered / Husquvarna, or a narrow bodied electric saw - Gray Creek Store

**Garden Hoses Gallore** - We got a big shipment at great discounts - Gray Creek Store

**Smokers, Grow Your Own Tobacco** - Save A Fortune In Taxes, no licenses or helicopters, tobacco seed grows easily - Gray Creek Store

**How about a trimmer** that can drive a tree pruner, a hedge trimmer, or a garden cultivator? And we nearly forgot a rotary sweeper! Gray Creek Store.

**Mantis Tillers** - the lightweight that you can even cultivate raised beds with. Try our demo unit - Gray Creek Store.

**Sprinklers** - butterfly to oscillating with sled or higher bases, and more - Gray Creek Store

**Backyard Weather Centre** - wind speed, weather vane, thermometer and rain gauge - all for \$24.75 Gray Creek Store

**36" Reach Extender** \$22.95 - easily picks up from cigaret butts to full beer bottles - be ready for spring yard and highway cleanups - Gray Creek Store

# BULLETIN BOARD

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

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

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

### EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

\*See calendar for doctor days\* - Doctor hours are from 9:30am to 4:30 pm. Please call 227-9006. Also in clinic: Interior Health Authority, Community Care Nursing and Home Support Services, Tues - Fri, 8:30 am to 3:00 pm. Phone: 227-9006, Fax: 227-9017.

#### PHYSICIAN COVERAGE FOR JULY 2010

July 6 - Tuesday- Dr Grymonpre  
July 7 - Wednesday- Dr Moulson  
July 13 - Tuesday- Dr Lee  
July 17 - Wednesday- Dr Moulson  
July 20 - Thursday Dr Grymonpre  
July 21 - Tuesday - Dr. Hartley  
July 27 - Tuesday - Dr Grymonpre  
July 28 - Wednesday - Dr Moulson

*Note: Please call to cancel if you can not make your appointment. We always have a wait list for patients needing to get an appointment. With limited doctor days and time at our clinic and with the summer season starting, this is very important.*

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

#### BOSWELL HALL GOINGS-ON

1) Yoga with Lea continues all summer, on Thursdays at 9:30 - 11 am. Contact Marilyn Arms 250-223-8058

2) St. Anselm's Church Services with Rev. Robin Celiz on the 1st Sunday of the month at 1:30pm

**RIONDEL SENIOR'S ASSOCIATION GOINGS-ON**  
Walk 3 miles on Mondays, Wednesdays and Fridays at 10:30 am. Wii bowling on Thursdays at 2:00. Yoga Thursdays at 10:30. Turbo Jam Mondays, Wednesdays, Thursdays at 8:00 am and Saturdays at 9:15 am. Men's pool on Mondays and Wednesdays at 12:30 pm. These activities are all in the Senior's Room at the Riondel Community Center. We also have Bingo on Wednesday evenings at 6:45 pm. (Must be 19 or over join)

#### CHURCH CELEBRATION

Kootenay Lake Community Church will be celebrating 30years of service to the Lord and the East Shore. The celebration will take place September 4th & 5th 2010. If you have, or know someone who has attended please contact Pastor Doug @ 250-227-9444. Former Bright Lites, Star Rays or Black & White youth we'd love to hear from you. More Information to follow in the up coming months.

#### MAMMOGRAPHY SCREENING

The SCREENING MAMMOGRAPHY PROGRAM mobile service will be in the Crawford Bay area providing FREE screening mammograms to BC women ages 40 to 79. Age is the highest risk factor for breast cancer. You do not need a doctor's referral. Call 1- 800-663-9203 to book an appointment. For more information visit: www.smpbc.ca. Date: August 16, 2010. Location: HEALTH & WELLNESS CENTRE - 15985 Hwy 3A.

#### APATHY IS BORING!

Connecting Communities for Youth Action. July 16 10:30 am - 4:30 pm at the Crawford Bay School. Are you passionate about the future of your community? Connect with youth leaders from across the West Kootenays to create awareness and action by youth, for youth. This gathering is an opportunity for youth and community members interested in supporting youth, to build leadership skills and generate empowerment to create a lasting, positive impact in your community. For more information and to register email mikent@shaw.ca.



## High Tea & Live Music at Wedgwood Manor

\$15 per person

250.227.9233 for reservations...

- July 4: The Monica Shore Quartet
- July 18: The Josh Trowbridge Duo
- Aug 1: The Many Bays Band
- Aug 15: Jenna Schell



## CRAWFORD BAY SUNDAY MARKETS

Sundays until September 5  
10am-2pm Crawford Bay Park

Textiles, Breads, Jewelry, Soaps  
and so much more!

250-227-9205/6806  
cbsundaymarket@live.ca

A great way to spend the day!



## KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

### Summer Schedule in effect

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

## CHURCH CALENDAR

### RIONDEL COMMUNITY CHURCH

#### July SCHEDULE

July 4 - Brother Jeff Zak, Hope Alive, 1pm  
Music: Morgan Salviulo and David Middlebrook  
July 11 - Pastor Doug Middlebrook, KLCC, 3pm  
Music: Cheryl Middlebrook  
July 18 - Rev. Gordon Laird, U.C, 11 am  
Music - Gordon Laird with Louise Skibsted  
July 25 - Venerable Dirk Pidcock, Anglican, 11am.  
Music: The Brass

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

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

For information call Christ Church Creston 428-4248  
July 4: Rev. Robin Ruder Celiz, 1:30 pm  
Aug 1 - 1:20 pm - TBA

### HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

#### Church Schedule:

Church Services are held on the third  
Sunday of the month.  
July 25 - 1pm: Rev. Robin ruder Celiz  
(a Baptismal Service)  
For information call Karen Gilbert: 227-8914  
or Sue Philp: 227- 9140  
email: [harrisonmemchurch@gmail.com](mailto:harrisonmemchurch@gmail.com)

### KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore  
Come & join us for a time of Praise, Worship & then the Word  
Sunday Service 10am -11:30am  
Youth Meetings (CBYG) weekly. Call for info.  
Pastor Doug & Cheryl Middlebrook 250-227-9444/250-505-7659

### TEMPLE OF DIVINE LIGHT

Dedicated to all religions. Satsang each evening 8:00 pm.  
Everyone welcome - Yasodhara Ashram 227-9224

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Rev. Francis de la Cruz  
Phone: 428-2300 Fax: 428-4811  
Sunday Mass at 2 pm

1st Sunday of the month, Fellowship Sunday.

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

1520 Campbell Avenue, Riondel, B.C.  
Meetings begin at 10 am, every Sunday. Info call, 250-227-9522

**Next Deadline: July 28**

## 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 information call Jim at 227-9622 or Ken at 227-9492.

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

**THE RIONDEL AA GROUP** - meets every Tuesday at 8pm in the Community Center. Call 225-3355 for more information.

**PARENT ADVISORY COMMITTEE (PAC)** Meetings held at 7 pm at the Crawford Bay School library on the first available Monday of the month.

**NO MORE MEETING UNTIL SEPTEMBER**  
Call Gina at 250.227.6896 to be put on the agenda...

**JULY 2010 Mainstreet 23**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Mike Stenhouse, Bob's Bar Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	Women's Soccer, CB Field, 5:30 pm
						3 Howlin' Dan, Bob's Bar Local's Night, Bocalino
4	5	6	7	8	9	10
Sunday Market, CB Park High Tea @ Wedgwood ESU Soccer, CB Field, 1pm Bottle Depot, 10-2	Summer Art/Sport Camp GC Historical Tour	Summer Art/Sport Camp Youth Group, Comm Corner Dr. Grymonpre	Summer Art/Sport Camp Dr. Moulson Lab 7:30-10:30	Many Bays Band, Bob's Bar Theatre Mtng, D.Zaiss' 7pm Summer Art/Sport Camp Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	Summer Art/Sport Camp Women's Soccer, CB Field, 5:30 pm	Local's Night, Bocalino
11	12	13	14	15	16	17
Monica Shore, Bob's Bar Sunday Market, CB Park Indian Veg Cooking, Sacred ESU Soccer, CB Field, 1pm Bottle Depot, 10-2	GC Historical Tour	Senior's Picnic in Park Gray Creek Hall AGM, 7 pm Youth Group, Comm Corner Lions Mtng, 7 pm Dr. Lee	Dr. Moulson Lab 7:30-10:30	Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	Starbelly Jam, CB Park Women's Soccer, CB Field, 5:30 pm	Local's Night, Bocalino Horse Races, Bob's Bar Starbelly Jam, CB Park
18	19	20	21	22	23	24
Sunday Market, CB Park Starbelly Jam, CB Park High Tea @ Wedgwood ESU Soccer, CB Field, 1pm Bottle Depot, 10-2	GC Historical Tour	Youth Group, Comm Corner Lions Mtng, 7 pm Dr. Grymonpre	Dr. Hartley, Lab 7:30-10:30	Kobra & the Lotus, Newkeys Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	Women's Soccer, CB Field, 5:30 pm	Applesauce Fiddlers, Bob's Bar Local's Night, Bocalino Boswell Zoning Mtng, Bos Hall, 1pm
25	26	27	28	29	30	31
Bean Bag Tourney, Bob's Bar Spa Days, Sacred Sunday Market, CB Park GC Museum Days ESU Soccer, CB Field, 1pm Bottle Depot, 10-2	Spa Days, Sacred GC Historical Tour GC Museum Days	GC Museum Days Youth Group, Comm Corner Lions Mtng, 7 pm Dr. Grymonpre	GC Museum Days Mainstreet Deadline Dr. Moulson, Lab 7:30-10:30	GC Museum Days	Rio Daze Celebration: Blue Crush @ Bob's Bar Heddy Acclaim, Newkeys GC Museum Days	Rio Daze Celebration: Llama @ Bob's Bar Local's Night, Bocalino

# Wanted: Vegetarian CHEF

Crawford Bay School Parent's Advisory Council (CBESS PAC) is seeking a chef for the school's wonderful, vegetarian hot lunch program for the following school year.

- The applicant requires a knowledge of & interest in flavourful vegetarian cooking, Food Safe Certification, and must submit a criminal record check (available through Creston RCMP at no charge).
- The ideal candidate will enjoy working amongst children and with teens (having your own children registered at Crawford Bay School is a plus), have high energy, a love of good food, an understanding of nutrition and a willingness to work with and under the direction of the CBESS PAC and CBESS PAC Hot Lunch Subcommittee.
- The program is served Monday through Thursday. The chef will be expected to plan menus, order food, prep, cook & serve the food as well as clean the servery in 6 hours/day, beginning at 8 AM.

To apply for this sub-contracted job, please send resume by email to:  
[kootenayforge@theeastshore.net](mailto:kootenayforge@theeastshore.net)

or by Canada Post to:  
Gina Medhurst, PO Box 148  
Crawford Bay, BC, V0B 1E0

Applications are being accepted until July 30, 2010  
with the position beginning September, 2010.

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## Transfer Station Hours

Crawford Bay:  
Sun, Tues & Thurs:  
9 am - 3 pm

Boswell:  
Weds/Sat, 12-4

## Library Hours:

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

Riondel Library:  
Weds: 6-8 pm  
Tues & Thurs:  
10am-12pm  
Sat: 10:30am -  
12:30pm

## East Shore Health Centre

227-9006  
COUNSELLORS

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

For more on this facility,  
call Kathy Smith, 227-9006

## yoga and laughter with lea rae belcourt

Yoga:  
Mondays @ 8:45 am, Community Corner  
Mondays @ 7:00 pm, Community Corner  
(FREE CLASS)

Tuesdays @ 7:00 pm, Tara Shanti  
Thursdays @ 9:30 am, Boswell Hall

Laughter Club:  
Sundays @ 3:00 pm, CB Park

