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

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STARBELLY,

BABY! - 1,2

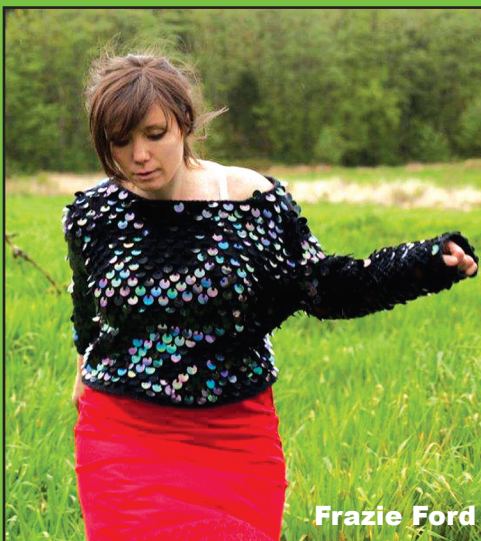
Fall Fair: 9

Lead Legacy?: 5

KLEECA - Fond

Farewell: 4

Mandala Proj: 11



Frazie Ford



Shook Twins

July 15-17, 2011 - Crawford Bay Park!



Anne Glover



Bombino



Rick Scott



Lost Penguins



Namgar



Adham Shaikh



The Coup

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# MS Issues

by Ingrid Baetzel,  
Editor

Do you use the Kootenay Lake Medical Clinic? You know the little medical office in the Chahko Mika Mall in Nelson that always seems to be open with efficient service, friendly doctors and great hours?

Well, one of those factors will remain the same, but the efficient service and amazingly convenient operating hours may be severely impacted in the near future. Peggy Tugwell of Crawford Bay uses the medical clinic regularly and contacted *Mainstreet* to let us know that they may be facing reduction of service and hours very soon.

In a conversation with co-owner, Dr. John Dale (Dr. Robert Taylor is his partner), *Mainstreet* learned that Dr. Taylor is considering a full time position with a different organization, and that his absence will create difficulties with scheduling, but not for reasons you might expect. In most cases, one would probably assume that another doctor would be taken on to fill the gap. In fact, another doctor has been working there intermittently for a while now, but in a sudden turn of events, Dr. Campbell (a Scottish medical doctor doing her apprenticeship to become licensed in Canada – she's already fully qualified) has been denied locuming at the clinic and the clinic is now shorter-staffed than they thought they'd be. This is happening all too often. We need doctors, we need good doctors, and even if they WANT to serve in our communities, the bureaucratic run-around is enough to push good doctors away.

The IHA has apparently determined that the clinic is not up to standards to apprentice Foreign Medical Graduates (FMG's) since it is a clinic where the doctors chose not to keep their full hospital privileges and thereby do not have the authority to oversee the FMG's through their whole practice. This particular clinic had three FMGs working there as part-time and as locums, over the past five years. Why is it now that a standard is suddenly being applied? Dr. Peggy Yakimov of the IHA stated in a letter that Dr. Campbell should

not have been locuming at the clinic in the first place and it was done without IHA approval. According to Dr. Dale, they are listed with the College of Family Physicians of BC as willing to mentor FMGs and have done so many times in the past and MSP had issued her a full billing number. Some doctors feel as though they are being told that the KLMC doctors are sub-standard because they do not practice with full hospital privileges. Apparently, many BC doctors do not maintain their hospital privileges.

In a letter written by Drs. Taylor and Dale in mid-June, they expressed frustration at being limited by the IHA in this manner. They mentioned that the clinic functions much the same as the majority of family practice clinics throughout BC, except that in addition they do more urgent care. Frequently, the Kootenay Lake Hospital Emergency Department has called the clinic to inquire if they would be able to take on their overload.

What can we do? Does the shortening of hours (likely closing on weekends and holidays to start) sound like a bad idea to you? Do you count on the Medical Clinic being open for you when the East Shore Health Centre is closed and the hospital might see you sitting for a three hour or longer wait? KLMC doctors have even recently had a meeting to discuss the possibility of shutting down entirely if things don't change for them.

You can send your thoughts/inquiries to:

Dr. Peggy Yakimov, Senior Medical Director Interior Health, Kootenay Boundary Office, 813 – 10th St., Castlegar, BC, V1N 2H7 or contact the doctors at the clinic at 250.352.4666.

**NewKey's Place**  
250.227.6911

**Kate Page won a \$100 Gift Certificate!**

Could it be you for July? Watch for Newkey's ads in this issue & identify the lines of 3 songs. Name the songs & original artists & then enter at Newkey's for a chance to win a \$100 gift certificate. *One entry per person.*

jazz', **Lost Fingers**.

For soulful heart ballads of love, loss and life, **Frazey Ford** (from the **Be Good Tanyas**) and Coloradan **Nathaniel Rateliff** will reveal their mighty inner selves with truly great song-writing.

The engaging lyrical & instrumental artistry of veteran performers **Rick Scott** and **Tippy Agogo** will captivate the parents as much as the kids. Rounding out the roster, you'll find talented, rootsy, jambanders **Cast of Clowns**, who, along with the Russian/Chinese quintet **Namgar**, and the South Saharan Tuareg guitar wizard **Bombino**, will totally psych-rock-out while maintaining very conspicuous roots in their ethnic inspirational sources.

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Retail Distribution, Subscriptions, Advertising, Layout:  
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(Subscriptions: \$40/year within Canada, \$50 to the US, and \$75 Internationally)

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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 2011 issue items by:

**Next Deadline:**  
**MONDAY, July 25, 2011**

Of course, Saturday night will finish with a raz-zling-dazzling set from improv dub-step duo **EOTO**, undulating our grass palace, turbo-boasted by Keith's visual splendors and Cookie's LED hip-hoop spinings.

Come jam with us. This promises to be an event not to be missed.

Please Note Special  
Deadline:  
**MONDAY, July 25/2011**

# STARBELLY JAM 2011 – A Fantasmic Smorgasbord!

by Todd Halfnight for Starbelly Jam

Starbelly Jam Festival is ready to give birth to our 12th full year and the due date is July 15 -17, 2011.

This will be a wonderfully eclectic celebration of community spirit and artistic expression, featuring diverse genres of music (from folk to hip hop), as well as many workshops, kids inter-activities and entertainment, grounds performances, extensive food & craft vendors, and fascinating people interaction. Please take advantage of the fantasmic smorgasbord being brought to your door, from the people coming from around the Kootenays all the way to artists coming from around the world.

Our traditional Friday evening rev-up will be enhanced this year with the offering of three examples of innovative, successful home-grown talent. **We Are The City** is a trio originally from Kelowna whose atmospheric progressive-pop sound has been getting much attention, both from fans and the critics (winning a \$150,000 'battle of the bands' contest in Vancouver). Then, local electronica wizards **Kashoo** will engage with their innovative dub effects & beats, leading up to an **Adham Shaikh** extravaganza in the form of the new **Outworld Orkestra**, featuring brilliant world fusion & treatments supporting a variety of live local talent, including **Ben Johnson**, **Slava Doval**, **Boris Sichon**, and **Shine** with visuals by **Sijay**.

Saturday and Sunday feature the usual Starbelly eclecticism, starting with the deep groove zones of Reggae headliner **Midnite** all the way from St. Croix (US Virgin Islands), master song-smith **Ron Sexsmith** (and band), funkadelic hip hoppers **The Coup** from SanFran, and those hip hucksters of French gypsy 'hot 2 *Mainstreet* July 2011

**JULY 15,16,17**  
**CRAWFORD BAY PARK**  
Friday 5 pm - 11 pm  
Saturday 9 am - 1 am  
Sunday 9 am - 11 pm

Lots of free workshops and other events

Food & Crafts

**Starbelly Jam**

Great Lineup for young and old

The cultural event of the year!

Advance Tickets at local outlets until July 14

**Pick up a Festival Guide and visit [www.starbellyjam.org](http://www.starbellyjam.org)**



# Word on the Mainstreet

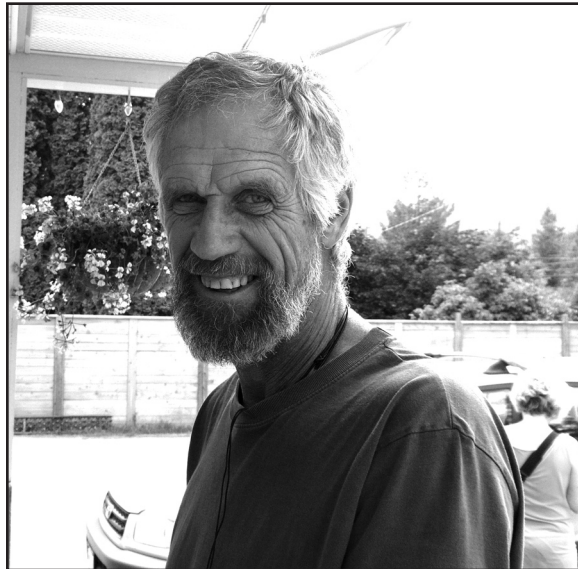
by Mainstreet reporter, Galadriel Rael

**QUESTION:** What do you love about the East Shore in the summer, and what would you like to see or what do you think is missing?



“I love it summer or winter. I love the people, the nature...I like how people look out for each other. When we first moved out here, it seemed like all the communities (Riondel, Gray Creek, Boswell) were separate, but now they have all come together. I also love watching the kids, watching them grow up.”

Wai Yin Fung, Riondel, B.C.



“I love the hot weather, the beach, Starbelly Jam... I think it’s pretty perfect, that’s why I’m here, it’s perfect. It’s the rest of the year that’s the problem.”

Ted Wallace,  
Riondel Rd, BC.



“I love all of the artisan shops. Any time I have company, I always take them shopping. I love the clean lake.... looking out from our house, we never see more than a few boats (except when there is the regatta).”

Jenn Irving,  
Pilot Bay, B.C.

## *Creativity, Community, Conscience*

# Next Deadline: MONDAY July 25/11



## RDCK Area “A” Update

by Garry Jackman,  
Director, Area “A”

**Grants in Aid:** I need to recognize that the glass is half full. Over the past month I have been in meetings with community volunteers to review many grant applications for recreation and economic development initiatives. I was perhaps too critical of how many grants are still being submitted by individuals, as opposed to being submitted by societies or associations which have a clear record of financial accountability. In the end, with some extra work for the community volunteers, appropriate sponsors can usually be found. These sponsoring groups are also volunteer based, and their directors need to be commended for taking on the extra responsibility of handling the grant funds including tracking expenditures on their financial ledgers and reporting the amounts received and expended on their annual financial statements.

If community members feel they have good ideas for recreation, economic development or community development I ask that they engage their community service groups, whether it be the local hall board, service club or society, early on in the process and obtain their consent to partner on the initiative. It is very difficult to allocate funds to any individual, who would not be bound to report on how they expended funds, regardless of their impeccable character or demonstrated history of community service. A little more

planning will avoid the crunch at grant application deadline. That said, I again acknowledge that our glass is more than half full and that the level of volunteerism within each of our communities is admirable.

**EDC:** You will note in Lorna’s submission that we are looking for new volunteers to sit on the Economic Development Commission. Please give her article a read and then call me if you are interested.

**Time zone:** Just a short update. Discussions about time zone are on again. I understand that one Area Director is contemplating a general mail out with a questionnaire to return on what, if anything, should be changed. Since most people who I have spoken to indicate no change is needed I will await with interest to hear the results from the other area.

**Fire Service Governance:** We are still having discussions with the Town of Creston, our Regional Fire Chief and several of the local fire services. The focus is now on options for initially combining services in the Creston vicinity, which could include Wynndel. Again, there are mutual benefits for the volunteers and chiefs which will also translate to better service. I have only had one response from the Crawford Bay area as to whether the option for a fire service there should be reconsidered. Please see my last month article for more information.

**Lake Levels:** We have now seen the peak, higher than most, but I have heard few reports of damage. This may be a result of not having too many severe wind storms. We should expect the lake level to drop slowly, as all of the lakes and reservoirs are at high levels and we will still see surges of water for fish flows.

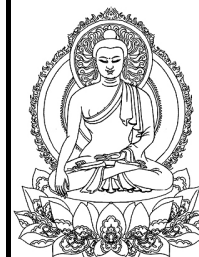
**Roadwork:** I received a bulletin from the Ministry of Highways confirming that the contract to pave from the Sanca Creek bridge to Boswell has been awarded and that the bulk of the work will take place in July. I noted that during the last two paving projects there were fairly small lineups and short delays as the flagging crews set up in a number of locations to help quickly move traffic around the congested areas, Here’s hoping the work this summer will be as smooth. This is the last section of pavement from Wynndel to the ferry to receive a major upgrade.

**Enjoy your summer, whether travelling or staying put to host visitors. As always, contact me by calling 250-223-8463 or at gjackman@kootenay.com.**

## *Next Deadline: Monday, July 25/11*

### Bodywork at Barefoot

- Traditional Thai Massage
- Mind/Body Therapy
- Reiki & Energy Work



with Lea Rae Belcourt  
Certified Phoenix Rising Yoga Therapy  
& Thai Massage Practitioner

250.227.9030  
learae@telus.net





## KLEECA Updates

by Alanda Greene

On June 11, KLEECA's Annual General Meeting provided attending members an overview of the year's activities. Members voted on next steps, in accordance with the decision-making points outlined in the business plan titled *A Supportive Senior's Community in Crawford Bay*.

This business plan was previously presented to the membership at a special general meeting in 2009. Our subsequent AGM of that year saw a nearly unanimous vote to go ahead with the proposal. The business plan identified key points in the project development, called Decision Points, to determine if what was needed was in place in order to continue. Everything was in place for the first decision point, which was to go ahead with the pre-development phase. This meant we had secured an option to purchase and we had enough funding to cover the predevelopment costs associated with acquiring a PLA (Preliminary Layout Approval). Fall of 2009 and the year 2010 saw the work completed to submit our PLA application and to receive it approved with the conditions outlined for going ahead. We had a well dug, engineering reports completed, mapping and layout of lots and roads, plus the required water system outline.

This brought us to the second major decision point, which was: *after receipt of the PLA and an evaluation*

*of the attached conditions and receiving firm quotes for development work, does the project remain feasible?* In order for this response to be affirmative, KLEECA required at least nine qualified and committed investors. Given unanticipated and previously non-existing costs of developing the strata lots, as well as changes in the real estate market, our lots could not be offered at a competitive price. The strata lots of course were the interim step that would allow purchase of the property and the development of a supportive living complex, which had been the goal from the beginning.

KLEECA's Land Project Chair, Dave Hough, presented the Land Report and concluded with a motion that the project in Crawford Bay not be funded further. **We will keep the possibility of the project open until November of 2011 when the option to purchase expires, but given the conditions, further expenditures cannot be justified.** Two donors had allocated substantial funds to allow the project in Crawford Bay to move forward (Nelson Lions and East Shore Proj-

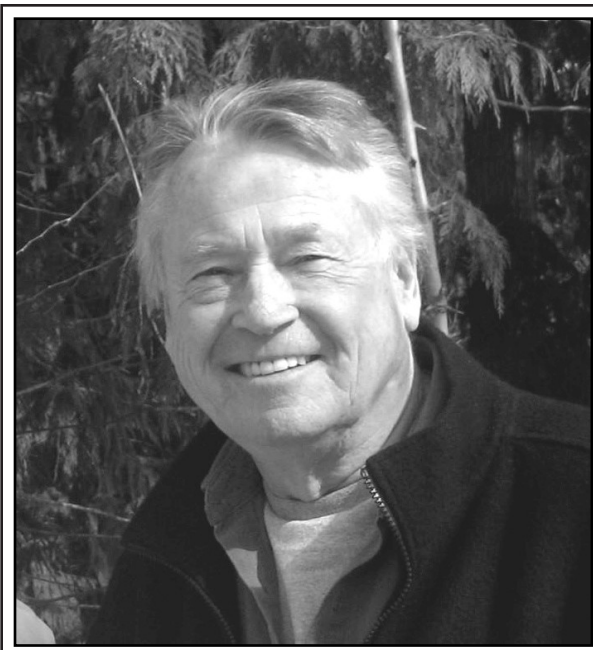
ect) and if the option to purchase expires with no further involvement with the property, the membership at the AGM voted that the remainder of those funds will be returned proportionally to the donors.

KLEECA's bylaws require that a board member, after the beginning term of office, can only serve two complete terms. Therefore, at the AGM, we sadly noted and with much gratitude, the end of membership on the board for Peter Duryea and Susan Hulland.

Peter has served as Chairperson of KLEECA's Board of Directors for more than seven years. During that time, he maintained professionalism, reliability, responsibility and his indomitable positive-mindedness that kept us forward moving and hopeful. Peter volunteered so many hours for KLEECA, and even in the past months, when challenged with serious health conditions, would join meetings on Skype, follow-up with emails and phone calls, and make sure we kept our focus on the goal. Peter held the vision that our East Shore elders deserved the chance to live out their lives on the East Shore, amidst friends, family and community. That dream has been seeded in the community and will surely eventually take root, grow and flourish.

Susan Hulland has maintained KLEECA's communication to the East Shore and to the membership, as well as organizing fundraisers that involved great energy and time from her: summer markets, quilt raffles, and the silent auctions. These enabled KLEECA to have administrative funds to keep moving forward. The yearly newsletters, the *Mainstreet* articles, and the website ([www.kleeca.coop](http://www.kleeca.coop)) were all a result of Susan's efforts. The board knew that whatever she set out to do or took responsibility for completing would be done and done thoroughly.

Both Peter and Susan will be greatly missed, for their energy and effort, but more for their presence and their belief in the worth of this project. Thank you both for all you have given (and will continue to give as members of KLEECA).



### Tom Sez, Gala Answerz by Mainstreet reporter Galadriel Rael

**TOM:** In order to follow directions and not idle your vehicle at the ferry landing wear wool long john Stanfields, with wool pants and jacket.

**GALA:** So, we get the subliminal message to go buy wool everything at the Gray Creek store and this isn't really a question about idling, but I thought I'd answer some of the indirect questions insinuated anyhow...

First off, in case you didn't know, the ferry landings are Idle Free Zones. What does that mean? Turn your gosh darn car off! Kidding aside, it means that you could actually get a ticket if your car is parked and found idling for more than three minutes. A basic violation will get you a hefty fine of \$50, or \$100 if you drive a heavy truck or leave your vehicle unattended. Since there is little to no chance that the police are actually coming from Creston, just to watch us park and wait for the ferry, I would like to persuade you to turn it off just out of good conscience and these quick facts....

-Ten minutes of idling costs about 10 cents.

-It does not cost more to start and stop the engine, and does not cause wear and tear on your vehicle.

-Idling will lead to more rapid engine oil contamination, due to increased residue in the engine, resulting in an incomplete combustion cycle and condensation of unburned fuel on cylinder walls. Idling decreases the operating life of engine oil by 75%.

-While a vehicle idles, it emits pollutants into the air, including greenhouse gasses like carbon dioxide and nitrous oxide, and other pollutants that create smog. These contribute to global warming, and threaten public health with poor air quality.

-Idling in places where there is high pedestrian traffic creates a public health risk of respiratory illnesses, such as asthma.

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### The Riondel Golf Club would like to thank the following sponsors & volunteers for their help in running a successful Fathers Day Tournament:

**Golf Club Sponsors:** Creston Golf Club, Granite Pointe Golf Club, St Eugene Golf Resort, Kokanee Springs Resort, Balfour Golf Club, Bootleg Gap Golf Course, Kaslo Golf Club, Champion Lakes Golf Club, Castlegar Golf Club, Rossland/Trail Country Club, Mirror Lake Golf Club.

**Local Supporting Businesses:** Bob's Bar and Grill, Riondel Market, Newkey's Place, Kootenay Insurance Services (East Shore), Kootenay Forge Ltd, Cedar Grove Campground, Nelson & District Credit Union (East Shore branch), Home Building Center (Creston), Van Hellemonde Sporte, Save On Foods (Nelson), Sirdar Pub, Hedlund Contracting, Nufloors (Creston), Overwaitea Foods (Creston), Eastshore Storage.

**Volunteers:** Bill Smith, Don Howie, Nando Salviulo, Ole and Diane Johnson, Stu Corry, Cliff McGregor, Marge and John Kehler, Marylou and Don Laing, Margaret Sian, Jane Norris, Lillanne Dejonge, Eileen Tjader, Jill Lang, Nancy Schmaus, Lee Martin and his ground crew, Debbie Macmillan and her club house crew, Doug and Nancy Bothamley.



The Board also extends thanks to Johanne Bedard, who has worked as Project Manager for KLEECA since we moved ahead on the project. Johanne has been invaluable in liaising with various levels of government, completing forms, locating grants, and coordinating the various consultants required for completion and submission of a successful PLA. Thanks for your professional, responsible and enjoyable contribution, Johanne.

The final AGM vote approved a change from a nine member board to a seven member board. The current serving board will continue to keep the KLEECA membership informed of next steps. Although the particular project that has been KLEECA's focus for the last two years does not appear to be feasible, KLEECA itself continues.

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





# Our Back Yard

## A Look at Lead & Other Environmental Contaminants

by Galadriel Rael, Mainstreet reporter/correspondent

Have you ever thought about the amazing history of the East Shore? How did it all begin? How and why did people come to live here so many years ago?

**Some History:** Well, obviously one of the great contributors to the creation of this precious area was the Bluebell Mine in Riondel. It all began in 1882 when an American staked four claims (including the Bluebell) on the Riondel peninsula. What ensued in the following years were several changes of ownership, murder, the longest mine history in British Columbia, and the birth of Riondel. Until 1972 the mine was a lucrative producer of lead, zinc, and silver. However grateful we may be for the opportunities that the mine brought us, we also need to ask; exactly what did it bring us?

As many readers will already know, mining is not without its risks, both environmental and physical. The extraction and processing of minerals comes at a cost, creating potentially hazardous waste. Health Canada has set standards for mining companies to abide by, and there is no doubt that these standards are set for the purpose of keeping people safe, but nevertheless, it is important to be informed of any risks that may be involved when you live in an old mining town.

The Bluebell Mine was shut down in 1972 and closed adhering to standards at the time. But, in 1997 Teck Cominco (the company that owned the mine and surrounding land) initiated investigations for the purpose of identifying any potential environmental and public safety issues due to process fines (residual tailings and concentrates), waste rock dumps, and deposits of mine water discharge. There was mine water discharge both on land and in Kootenay Lake (affecting heavy metal levels in the fish), and there was ground water and surface water issues caused by acid rock drainage and neutral pH metal leaching.

Once the dangers were identified and the conclusions of the investigations were complete, Cominco began a remedial program with the intention to substantially improve the environment and public safety. The remediation (clean up) of the Bluebell Mine site was completed in 2001. In 2006-2007 Cominco hired the same company (Morrow Environmental Consultants Inc.) as who did the investigation and remediation of the mine site to look at the Bluebell Campground (the campground is also owned by Teck Cominco and is leased to the Riondel Park Recreation and Community Services Society, who then hire someone to run the campground.)

**Concerns:** The investigation was initiated due to concerns about the health and safety of campers. The concerns included possible exposure to heavy metals, lead in particular. Morrow created a grid of the campground lease area and proceeded to sample the soil and berries, testing for arsenic, barium, cadmium, chromium, copper, lead, and zinc. Neither surface nor groundwater was not tested as it was not considered as an exposure pathway and previous testing indicated that surface water chemical concentrations were acceptable.

**Test Results:** The results of the investigation found that five campsites identified were "hot spots", exceeding acceptable lead levels of 500ppm (standards set by Health Canada). The levels ranged from 568ppm to 6,078ppm, and it was recommended that the soil from these sites be removed and replaced with fresh imported soil. Arsenic, cadmium and zinc were also found in the soil at slightly above acceptable standards, but once again, the primary concern was for lead. Other campsites were measured at slightly above acceptable lead levels (507ppm), but it was calculated that at these levels, there was no long term exposure risks to humans, so these sites were left undisturbed.

Morrow followed through with the remediation of land as recommended in their report. The contaminated soil was removed and disposed of below the southwest corner of the

Glory Hole (of the Bluebell Mine) and contoured into the bank. The disposal site was chosen since it had already been impacted by mining and had similar soil concentrations. The results of the berry sampling found lead, arsenic and chromium, but levels were deemed acceptable for human consumption, as long as the berries were not all collected and eaten from the same locations repeatedly.

So what exactly does all this mean? Are these metals dangerous? How do they get into our systems? First, it is important to note, potential harm can vary greatly depending on contaminant, potential methods of ingestion (i.e.: respiration, contact with skin, and assimilation through food and water), and of course variables including short high dosage exposures to toxicities, and long term exposure to mild amounts. Although there are several contaminants of concern, I would like to focus on lead.

**Focus on Lead:** The signs and symptoms of lead poisoning can vary greatly, from immediate onset of illness, to being so subtle there may be no notable symptoms at all. Since the mine is no longer operating, the concerns for lead exposure should be focused on the results of long term exposure, or what is referred to as chronic poisoning. Lead affects children and adults differently but children are more sensitive and at higher risk. Children with elevated lead in their system may suffer from loss of appetite, vomiting, weight loss, abdominal pain, constipation, kidney failure, anaemia, irritability, lethargy, learning disabilities and behaviour problems. They may refuse to play, may suffer from ADHD or aggressive behaviour. They can also have delayed growth, and show a lack of coordination.

Adults may suffer from sleep problems, headache, memory loss, kidney failure, reproductive problems for males, abdominal pain, lack of concentration, depression, nausea and weakness or numbness/tingling of the extremities. About half of the lead ingested makes its way out of the body naturally via urine, sweat, etc, but the rest gets stored in blood, bone and teeth. The tissues where the highest concentrations are found are the brain, kidneys, spleen, liver, and lungs. Lead can be absorbed through inhalation of air containing lead, contaminated dust/soil, and contaminated water and food.

**...results of the investigation found that five campsites identified were "hot spots" ... The levels ranged from 568ppm to 6,078ppm, and it was recommended that the soil from these sites be removed and replaced with fresh imported soil.**

Lead is generally poorly absorbed through the skin, but a large portion is absorbed via inhalation, which begs the question, if contaminated soil is being dumped behind Riondel, what is keeping the lead from blowing through town? Well, where there are known areas of contaminated soil, Teck Cominco will engage in something called agronomics, or more simply put, they plant grasses and varied vegetation to contain the soil and decrease risk of dust. I would like to acknowledge that there have been great (and costly) efforts to clean up the Bluebell mine and campground, and this has been done in accordance with standards set by Health Canada; however, there is no known safe exposure level of lead. What is deemed "safe" differs around the world, and even the accuracy of current testing methods is debatable. So perhaps it is up to individuals to decide what they are comfortable being exposed to.

**Morrow's Health Risk Assessment:** At the conclusion of Morrow's report for the Bluebell Campground lease area, they recommended Teck Cominco continue to manage hot spots and if site conditions changed, it would be appropriate to ask Morrow to re-evaluate the findings and conclusions of their report. Morrow also conducted a Human Health Risk Assessment and concluded that a risk management plan should be anticipated to continue to monitor that site conditions remained acceptable for people (particularly the children), using the area. Since the remediation of the Bluebell Campground lease area, there was disruption of the soil for work to be done on waterlines, although it seems unclear if there was or wasn't a follow up. There is also a document from Morrow (2007 Post Excavation Map DVG No. 131333-005) that continued to show elevated lead levels.

**What If:** My intention is not to insinuate that there is a lack of responsibility of management of the site, but more to ask the following questions: how can we, the public, be assured that there is responsible management of these sites? What happens, if anything, when the land is disturbed by high water like we are seeing this spring? How often does Cominco monitor and re-test its sites? What other contaminants are lurking around the corner? It has just recently been discovered that the area behind the Riondel Community Center, administration building, playground, and the ball

diamond area contain high levels of arsenic (a carcinogen), and there will be a proposal for remediation soon. How will we know when this is done? Is there a number to call? Is there a local body that could be posting current information? Who is responsible for these sites and public education? Is there a website that we can access to obtain current site information? Could Teck send e-mails to concerned citizens with monitoring results and updates? I asked Steve Hilts from Teck Cominco these questions and he said it would be something to look into.

**Test It:** If you are concerned about what could be in your back yard, you can take soil samples to be professionally analyzed at a minimal cost. Or, if you are concerned about heavy metals and your health, you can have hair or blood analysis done. The first step here may be a visit to your GP to inquire about the process. There are already a few residents in Riondel who have done testing, with some results showing high heavy metal levels. After sharing the results of her family's analysis, one woman who had been concerned and contacted a professional in the mining industry was told, "You have reason to believe you could have been exposed. Now you have evidence."

It is inevitable that the rumours will fly and false information is always abundant, but it is up to every individual to educate themselves, and the responsibility is ours to uphold what is the truth.

**Agreement:** In the land lease agreement with Cominco and the Riondel Park Recreation and Community Services Society it states "Industrial Emissions and Works 2.15: The Tenant acknowledges that the Lands may contain inherent hazards, including environmental contaminants, industrial emissions, openings and subsidences from historical mining activities, or naturally occurring geographical features; and that the Landlord shall not incur any liability whatsoever to the Tenant or to any third party for any claims arising from the use of the Campground by invitees of the Tenant; 2.16: The Tenant acknowledges and agrees that except as expressly set forth in this Agreement, the Landlord has made no representations and warranties about the condition of the Lands and the Tenant is leasing the Lands in an "as is, where is" condition. The Tenant acknowledges and agrees that it is responsible to investigate the environmental condition of the Lands to its satisfaction and is relying on its own investigations to verify such condition. The Landlord has no positive obligations regarding the condition of the Lands unless required by law. The use of the Lands is at the sole risk of the Tenant..."

I asked Steve Hilts from Teck Cominco that in the unlikely scenario that someone may come forward claiming to be suffering health issues due to exposure at the campground, who would be responsible - Teck Cominco or the Riondel Park Recreation and Community Services Society? It would be terrible to see something like that fall on the shoulders of a handful of volunteers. I was told Teck would get back to me on that one.

**Resource References:**

1. Information regarding investigation, testing, conclusion and remediation from **"Limited Environmental Assessment & Risk-Based Remediation, Campground Lease Area Bluebell Mine Site, Riondel, BC"** by Morrow Environmental Consultants Ltd, now known as SNC Lavalin Inc - Environmental Division.
2. Details about the history of Bluebell Mine gleaned from various local historical reference manuals and Wikipedia.
3. Other information taken from a meeting held on June 23 at Riondel - Q&A with Steve Hilts from Teck Cominco and from Health Canada as well.

**Next Deadline:**  
**MONDAY**  
**July 25, 2011**  
[www.mainstreet.eshore.ca](http://www.mainstreet.eshore.ca)  
[www.eshore.ca](http://www.eshore.ca)



## East Shore Ambulance Auxiliary Society Update

submitted by Jacquie Wallace

Recent changes in government policy have had an impact on the role of the ambulance auxiliary. As the fire and rescue services are now funded by RDCK, while the ambulance service is not, our role of supporting the volunteer fire department has given way to supporting the ambulance exclusively. Therefore, at our annual general meeting on April 17, 2011, the membership endorsed a new constitution and a new name. These changes better reflect the function of the ambulance auxiliary.

The objectives of the East Shore Ambulance Auxiliary Society, as stated in our new constitution, are as follows:

-To support and assist, where appropriate, in the operation of the local ambulance service.

-To support and assist, where appropriate, in maintaining a well trained local ambulance crew.

While B.C. Ambulance Service is responsible for screening and hiring prospective employees, they do not provide funds for costly training, and once employees have completed the hiring process, there are still challenges involved in retaining employees. Staff members are paid only \$2 per hour for on-call shifts, and in a low volume station like Riondel, this means that being an ambulance employee is almost a volunteer project. That is why so many trained crew members leave to work in full time positions elsewhere.

In order to meet these challenges, fundraising has become a critical function of the ambulance auxiliary. To that end, we have applied for, and received, a discretionary grant from Mr. Jackman of RDCK as well as a Columbia Basin Trust Community Initiative grant. Thank you again to Mr. Jackman and the Trust. We are extremely grateful for these funds, as they enable us to assist in maintaining a well trained East Shore ambulance crew.

In addition to these grants, we have undertaken a number of fundraising projects, including the concession and cake walk at Riondel Daze 2010 and a highly successful garage sale in Riondel this June. Support for the garage sale was overwhelming. Thank you to the members of the community who donated items and then came to buy others. Thank you, as well, to those who donated money, some anonymously with overly generous donations for coffee, muffins, and hot dogs. We hope to make this an annual event! We also plan to run the concession and cake walk once again at Riondel Daze this August.

We are pleased to be able to report that two members of the East Shore community have completed training as Emergency Medical Responders and are in the hiring process, and a third has applied. This means that we will soon have new staff members ready to respond to calls.

It is critical that we continue to support training and upgrading of our ambulance crew in order to retain our East Shore Ambulance Service.

**Anyone interested in making a donation or becoming involved in the society may do so by contacting Tom Lang (chairperson) at 250-225-3360.**

## New Members Needed for Area A Economic Development Commission

submitted by Lorna Robin

Every year a sum of money flows from the Regional District of Central Kootenay which is earmarked for economic stimulation and growth in Area A (East Shore). The volunteers of the Economic Development Commission review funding applications and make recommendations to the RDCK, and participate in some outreach projects to stimulate ideas and connections. Members of the group are drawn from every community along our "mainstreet" including Wynndel, Boswell, Gray Creek, Crawford Bay, Kootenay Bay, and Riondel.

Meetings are held six to eight times a year, at different locations along the East Shore, and generally last about two hours.

**If you are interested in how taxpayers' money is spent and would like to serve your community in this capacity, please submit a letter of interest to Garry Jackman, Director, Area A, by email at [gjackman@kootenay.com](mailto:gjackman@kootenay.com)**

If you want to find out more, please feel free to call Lorna Robin (current chair of the EDC) at 250-225-3333.

## Radio Amateurs to Put Pilot Bay Lighthouse on World Map

submitted by Ted Lagerway

Not many people in this area realize what a treasure we have in the Pilot Bay Lighthouse. We are not alone. All over the world lighthouses are being abandoned and neglected. This is where radio amateurs come into the picture. Several years ago several amateurs in Scotland decided to do something about the local lighthouse which was falling into disrepair. They started what has since become the International Lightship/Lighthouse Weekend (ILLW). During this weekend amateurs set up stations in or near lighthouses and operate, establishing communications with other amateurs worldwide.

**Objectives are:**

- Bringing the lighthouse to the attention of local residents.

- Putting the lighthouse on the international map.

- Proving that amateurs are capable of establishing communications in situations when commercial power or telephone services are unavailable or have failed because of natural disasters.

- Also to draw visitors to the lighthouse.

Over the past 10 years this event has grown to include over 300 lighthouses in some 51 countries. The Pilot Bay Lighthouse has been recognized by the ILLW organization and given number CA0030. This indicates it is the thirtieth Canadian lighthouse registered thus far, most of those have in the past participated in this event. This year local amateurs are planning to participate and put the Pilot Bay Lighthouse on the world map. There is a lighthouse in Saskatchewan of all places. It was only built about 20 years ago and **it still has a working light.** Any local amateurs interested in joining us for the weekend of August 20 and 21 or just more information please contact:

**Ted Lagerway : VA7TL/VE7CRQ**

**EMAIL: [tlagerway@gmail.com](mailto:tlagerway@gmail.com)**

**Phone: (250) 227-9474**

### Angus MacDonald, Reiki Master

*Over 25 years experience...*

Reiki is a mental, physical & spiritual healing process in which you learn through applying it to yourself and others.

- Reiki classes (Levels I & II and Master)
- Classes for groups of 3 or more.

**For more information, call 250-227-6874.**



### Expression of Interest to become an RDCK Water Service

If you are a water system purveyor located in the Regional District of Central Kootenay (RDCK) and are interested in exploring the feasibility of becoming an RDCK water service, please visit the RDCK website ([www.rdck.bc.ca](http://www.rdck.bc.ca)) for further information or contact the undersigned.

**Application Process:** Applicants should review the RDCK's *Water & Sewer System Acquisition Policy* and *Regional Water Management Plan* for details and application requirements, and then submit an 'Expression of Interest' letter signed by an authorized representative of the water system. Both documents can be found on the RDCK's website.

**Eligible Water Systems:** Any water system located within the administrative boundaries of the RDCK.

**Deadline:** An 'Expression of Interest' letter from interested parties must be received at the RDCK Office, 202 Lakeside Drive no later than 4:00 pm, Thursday September 1<sup>st</sup>, 2011.

**Contact:**

Mary von der Porten  
Water Services Liaison  
Regional District of Central Kootenay  
PH: 250-352-8171 / Toll free 1-800-268-7325  
Email: [mvonderporten@rdck.bc.ca](mailto:mvonderporten@rdck.bc.ca)

### Korean Healing Practice

## GiCheon

With Master Lee from Korea

This intensive training with an accomplished trainer will help you to:

- Increase your stamina and strength
- Release physical/emotional blockages
- Heal old traumas
- Rejuvenate and enjoy life more

GiCheon is a form of "Qi-gong" (chi-kung) practice originating in Korea. It is currently gaining interest in the West, as its effects are very fast and deep. Very positive results have been achieved with deep-rooted and degenerative diseases, as with pain relief. Besides its value as a healing modality, GiCheon is also a complete spiritual practice leading the practitioner to enlightenment and liberation.

Location	Dates	Contact
Crawford Bay	July 12-15	250.227.9434
Starbelly Jam	July 15-16	250.227.9434
Nelson	July 18-21	250.227.9434

**Cost:** (sliding scale as your budget permits)

**3-day training:** \$180-\$120

**1-day training:** \$60-\$50

(Personal Consultations by kind donations)

Master Lee will also be available for private consultations. He can be consulted on issues pertaining to health issues (especially chronic or persistent) or issues related to Qi-gong/spiritual practice. Master Lee is a very compassionate teacher who travels widely and works full time to alleviate peoples suffering. We are honoured to receive his teachings on his first visit to Canada.

[www.gicheon.org](http://www.gicheon.org)

### RDCK Resource Recovery Facilities



### BC DAY Hours of Operation

All Waste Facilities will be CLOSED on Monday August 1, 2011

For more information contact:

Recycling Council of BC Hotline at 1-800-667-4321  
RDCK at 1-800-268-7325 Office Hours: 8:30am – 4:30pm  
Mon. to Fri. (except holidays) or <http://www.rdck.bc.ca>



## Notes to Our Neighbours: Crumbling Steps & Summer Concerts

by Sue Philp

Many people around here when asked would tell you it's been a bit of a tough winter, for all, and that includes our church steps. They are crumbling, but that's life when you are nearly 91 years old. If it isn't one thing that's crumbling, it's another. With the help of Deberah Shears (renowned pianist of the Many Bays Band) and the generous musician of the East Shore we are planning two evening concerts.

The first concert will be held at the Harrison Memorial Church (on Crawford Creek Road) Saturday July 9 from 7:30-9:30 p.m. The Jazz Combo featuring Donnie Clark on trumpet, Ray Heberer on trombone, Stephen Albrechtson on guitar, Jim Donald on base and Clem Verhoeven on drums will perform. Suggested donations of \$5.00 include coffee, tea and a homemade treat. All are welcome.

The second concert will be held at the church Thursday August 4 from 7:30-9:30 and features Ted Wallace and Friends. This will be a Blues /Harmonica Concert. There will be more details in the next *Mainstreet*. So mark your calendars, bring a friend, sit back, enjoy the music, and help save our steps.

**Did You Know:** The first testicular guard, the "cup", was used in hockey in 1874 and the first helmet was used in 1974. That means it only took 100 years for men to realize that their brains are also important. Ladies quit laughing!  
"Driving that train."

**New Key's Place**  
250.227.6911

Home of the RV & Camping Park!



**RESCUE  
TRUCK  
FOR SALE  
BY TENDER**

The Regional District of Central Kootenay is offering the following surplus fire apparatus available for sale - 1972 International 4 wheel drive, 2 gas tanks, equipped with power take off, 120,000 km, 1000 imperial gallon tank, 4 inch main dump valve, 2.5 inch intake, 2.5 inch discharge, main tank opening on top, portable pump mount, 2 inch portable pump feed with shut off. \$4000 minimum bid. Pictures available at [www.rdck.bc.ca](http://www.rdck.bc.ca) / Public Notices/Tenders. Sold as is where is.

For additional information or to make arrangements to view, contact Fire Chief Clive Derbyshire 250.551.1352 / [cderbyshire@rdck.bc.ca](mailto:cderbyshire@rdck.bc.ca)

SEALED BIDS marked "RIONDEL SURPLUS FIRE APPARATUS BID" will be received at the Regional District of Central Kootenay Office, Box 590, 202 Lakeside Drive, Nelson BC V1L 5R4 up until **2:00 pm, July 8, 2011.**

The Regional District of Central Kootenay reserves the right to reject any or all bids, and to accept the bid deemed most favourable in the interest of the Regional District of Central Kootenay.

## Hi Tea with a Purpose

by Wendy Scott, photos supplied by Bruce and Wendy Scott

Up to this point, the Hi Tea events in Riondel have been low key affairs set up by neighbours for neighbours. These gatherings presented opportunities for our older citizens – some of whom live by themselves – to enjoy a cup of tea or coffee along with some sandwiches and those ever popular goodies. But, perhaps the best part of these get-togethers has been visiting with friends they may not see very often – and, as some have pointed out – keeping up with arrivals and departures of people from 'just down the street.' Thanks to Wendy Miller, the Hi Teas have been held in one of the friendliest places in town – the restaurant at Bob's Bar & Grill.

Today, however, the venue was changed to the Common Room at Bluebell Manor, which, of course, is another of Riondel's friendly places. The date was significant as it has been designated as the day to recognize seniors in all our communities and pay attention to their well-being. The location for this event was also well-chosen and became the reason for a double celebration.

Twenty four years ago, after a concerted effort by members of the Lions Club, the property was secured, plans drawn, the building completed, and the Bluebell Manor dedicated. *The East-West Kootenay Review* called it "A Grand Project Indeed," and dealing with the BC Housing and Mortgage Company was not a walk in the park; the Lions Club was required to guarantee the price of rental if a suite remained empty for a period of time. The club has never had to meet this rule as the Bluebell is almost consistently full. In fact, we were delighted to hear from Tom Lymbery that an expansion has been recommended.

The communities of the East Shore have supported Bluebell Manor from the birth of a notion, through the



struggle to convince others that a dream can materialize, and have carried through with contributions, ideas and a great deal of energy. The first tenant, Gladys Wooll-off, moved into the Manor July 15, 1987 – twenty-four years ago, almost to the day. (That would be, Auntie Gladys, to the Gendron girls, Kathy and Fran, and I imagine, to brother Tom as well.) Over two decades of time, the tenants of the Manor have welcomed friends into their suites and community groups into the Common Room.

The Bluebell Manor Society has gained many new members and each one of them has been dedicated to carrying the original idea into the Manor's successful future. One of those members, Wallace Adkins, used his considerable skill with landscaping to create flower beds and shrubbery on three sides of the Manor; these will maintain their interest year round, and surprisingly the attractive plots require little maintenance.

Today the Common Room at Bluebell Manor was filled to capacity; refreshments were deliciously catered by Wendy Miller, who supplied finger food filled with tempting cheeses and trays of decadent desserts. Visitors were given a tour of the Manor facilities and one of the suites.

Bill and Rosemary Hampson came to have a cup of tea and discovered that they were, in fact, the guests of honour. Tom Lymbery gave us the history of this building and of these two people who have been associated with the Manor since it was merely a suggestion. They

have been managers for over twenty years. To honour Bill and Rosemary, Tom presented them with a plaque to be mounted above the door to recognize the common room now as, "The Hampson Room"

The celebration did not end with this presentation. We enjoyed a wonderfully impromptu concert by Darryl Alguire, on his guitar, and Johannes van der Krabben with his violin. The room was filled with music



Tom Lymbery's presentation to Bill and Rosemary Hampson

and song. The party was a fitting encore to yesterday's Seniors' Picnic in the Park. Both events will be featured on Riondel Cable, and they might pop up on YouTube. You just never know what to expect in this little town. But you can be fairly sure of a cup of tea in pretty well anyone's kitchen, at any time of the day. You can quote me on that.

Come to think of it, what better way to celebrate our own Canadian identity than by acknowledging generosity, kindness, and respect with a happy gathering and the added surprise of live music and plenty of singing.

Many thanks to the organizers and to all those who joined together in The Hampson Room to celebrate the continued success of "A Grand Project Indeed!"

Happy Canada Day. Let the party continue.



Left to Right: Larry Bolton, Tom Lymbery, Rosemary Hampson, Eileen Autio, (lady behind unidentified - May Williams maybe?), Muriel Gendron



Bluebell Manor being built in 1987



Bluebell Manor today

JULY 2011 *Mainstreet* 7



# First Annual Gala Dinner Fundraiser

photos by Ron Overdevest

On May 28 the CBESS Hot Lunch staff and volunteers hosted an exclusive, full service, seven course dinner at the historic Gray Creek Hall. Dress was formal and the music was Jazz. The evening's entertainment was provided by Paul Landsberg, Rob Johnson, and Steve Parish, and featured world renowned jazz trumpet player Donnie Clark.

A great time was had by all and thanks to everyone who supported the event.

Thanks again to the volunteers who made it happen, and a special thanks to Farley Cursons and Jennifer Irving for their spectacular efforts all year and at the Gala Dinner.

All proceeds went to the CBESS Hot Lunch program.



## CRESTON VETERINARY CLINIC

Dr. Stephanie Rhebergen

Dr. Robert McLeod

1(250)428-9494

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



Clinic dates:

July 19 & August 23

at the Crawford Bay Castle.

community thrives on events like these that seem to create even more community within this awesome microcosm.

**More on Tipi Camp News:** It's still not too late to sign up for the Family Nature Weekend on July 29, 30 & 31. This will be quite the getaway for you and your family, if you choose to embark on this light-spirited adventure entitled, We Float on a Cloud of Miracles, which focuses on the many natural miracles that sustain us on this earth.

This event is hosted by Peter McAllister and Gita Ridder. This is a family-packed holiday that will include discussions about life on earth implementing a delightful mix of science and spirituality. Hands-on arts and crafts, such as cedar basket weaving, hoola hooping, and silly games will also be offered.

Bursaries are available to you and yours if money is tight this year. Check out our website [www.tipicamp.bc.ca](http://www.tipicamp.bc.ca) for more info on this and any other workshop that tickles your fancy.

*This Fundraiser was all about the kids, and the kids sure did enjoy the photo booth! Pictured left are Felix Wedge Darchen and Theo Artzoglou and below Olivia Wedge Darchen and Joli Mwinyi.*



# A Pre-Solstice Shprixieland Extravaganza

by melanie faith

**Silent Auction:** A fabulous night was had by auction-goers at Shprixieland in Boswell on Saturday, June 18 - another successful benefit for the Tipi Camp. We would like to extend a colossal thank you to the folks that hosted the event, Pixie and Shpricken. Their humble abode was decked out in the usual charm and whimsy they embody; even their chickens were in a festive mood and stayed up way past their regular roosting hour.

The night started off at 7 as people perused tables heavy-laden with potential loot. The bidding stopped at 10 pm sharp as the adept auction-goers stood vigilantly behind covered items, ensuring their number and bid had the final say as to whose hand the gear would go. There were too many incredible goods and services to be named here but we would like to send out a mega-encompassing thank you to all the kind-hearted local businesses and individuals who donated their products and services to make this event the success that it was.

The silent auction raised just a little more than \$4000 and this could never have been accomplished without such a fine array of items. Also, thank you to all the folks who donated their time in organizing this event, whether it was sourcing the businesses and their donations to collecting and organizing the donations, promotions of the event via newspaper and posters as well as photographing the main event. Your time and efforts are much appreciated in making this evening the incredible pre-solstice gathering that it was. This



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

We are open for dinner from 5-10 pm  
(Thursdays closed)

Please call for reservations: 227.6906

Local's Nights are back with the following Saturday live entertainment:

July 2/3: Jude Davison from Nelson

July 9: Howlin' Dan

July 16: Lisi Sommers, the Mexicali Rose

July 23: Kate Loverock, belly dancing and Teague Lamond on guitar

Come and try our wood-fired oven pizza on whole wheat dough & our seasonally inspired menu, homemade desserts and ice cream.

Gisela Conrad, Proprietress  
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Massage Therapy  
Harreson Tanner, RMT  
Over 30 years clinical experience



\* Knowledgeable \* Skilled \* Experienced

Tuesday - Riondel

Wednesday - Riondel/Creston

Thursday - Yasodhara Ashram

Friday - Crawford Bay Medical Clinic

For appointments, call 227-6877/505-6166

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428-5287 Fax



# Fall Fair Centennial Reflections

From the *Nelson Daily News*, Sept 25, 1912

## ENTRIES DOUBLED AT CRAWFORD BAY!

**Second Fair is Great Success  
Record Attendance - Competition  
Keen - Prize List**

(Special to the *Daily News*) Crawford Bay, B.C. Sept 24- The second annual horticultural show was held here on Thursday in the public hall and the directors of the local Farmers' institute who carried the thing through are to be congratulated on the entirely successful results with which their efforts were crowned, special thanks being due to the president, J. McGregor, and the secretary, W.W. Mooney and F.G. Fauquier of the Needless was sent in by the provincial government to judge the exhibits. Needless to say, his decisions gave absolute satisfaction all around.

There were several conspicuous improvements over last year's fair. The number of entries showed an increase of over 100 per cent. The improved quality of the exhibits was equally marked, especially was this the case with the apples and the packing of same, the latter fact being due to the packing classes held here by the provincial government during the last winter.

The weather also was all that could be desired, which partly accounts for the record attendance at the show. Mention should also be made of the support accorded by the adjoining settlement at Gray Creek in the matter of entries, and a number of visitors came in from that point.

Competition in all classes was very keen, especially was this so for the best box of Wealthy apples, which, after much consideration on Mr. Fauquier's part, was awarded to Burden & Watson's box with a margin of only half a point over that belonging to J.E. Houghton. The remainder of the prize list was as follows:

**Apples:**

**Box Wagner apples:** First, Burden & Watson; second, T. Oliver

**Best box apples, any winter variety:**

First, John Olson; second, J.E. Houghton; third, W. Linton.

**Best packed box apples:** First, P.J. Locke; second, H. Goodall; third E.O. Davis.

**For trays of apples:**

**Wealthy:** first, W. Linton; second, T. Oliver

**Gravenstein:** first, W. Linton; second F. Thornely

**Wagner:** first T. Oliver, second, John Olson.

**Jonathan:** first, W. Linton; second, J.E. Houghton

**Macintosh Red:** first, W. Linton; second T. Oliver.

**Any winter variety:** first J. E. Houghton; second, W. Fraser.

**Crabapples:** first, P. J. Locke; second, A. McGregor.

**For plate apples:** T. Oliver secured three firsts and one second; W. Linton, two firsts and two seconds; J.E. Houghton, two firsts and one second; A McGregor, two firsts; Burden & Watson, one first and two seconds; English brothers, W. Fraser and J. Derbyshire, one second each.

**Plums:** first J.E. Houghton

**Pears:** first, W. Linton; second T. Oliver.

**Vegetable:**

**Best collection of vegetables:** First, G. McGregor; second W. Freeman; third, A. G. Houghton.

**Best 50 pound potatoes:** First, Inglis brothers; second, J. W. Kean; third, A.C. Houghton

**Heaviest three potatoes:** First, J.W. Kean; second, Inglis brothers.

**Turnips-** First, George McGregor; second, A.C. Dee.

**Carrots-** First, H. Richardson; second, G. McGregor.

**Onions-** First, H. Richardson; second, W. Kidman.

**Tomatoes-** First, A. McGregor; second, W. Fraser.

**Beets-** First, F. Woolgar; second H. Richardson.

**Cabbage-** First, D.C. Dee; second, W. Fraser.

**Squash-** First, G. McGregor; second, P.J. Locke.

**Cucumber-** First, H. Richardson; second G. McGregor.

**Pumpkin-** G. McGregor.

**Flowers:**

**Best collection of sweet peas-** First, A.C. Houghton, second, H.S. Goodwin.

**Collection perennials-** Mrs. Richardson.

**Collection annuals-** First, W. Freeman; second, Mrs. Richardson.

**Collection bottled fruits-** First, Mrs. Richardson; second, Mrs. J. Houghton; third, Mrs. Oliver.

**Bread-** Mrs. George McGregor.

**The Prizes:**

The money prizes were mostly put up by the Farmers' Institute, but the directors have to thank the following gentlemen and firms who kindly contributed toward the special prizes: A.S. Goodeve, Neil F. MacKay, M.P.P., Commander Harrison, Inglis brothers, A. C. Dee, J.E. Houghton, Brackman-Ker milling company, Taylor Milling company nelson Hardware company; P. Burns & Co.; A.G. Lambert & Co., *The Nelson Daily News*, the A. McDonald company, and the Bell Trading company.

# Fun in the Park

submitted by Fran O'Rourke

Riondel Parks and Recreation Society is lining up a series of programs and events to fill the Riondel Park and Campground with fun this summer. We have not yet nailed down all the details but wanted to lay out the broad strokes to alert people to keep an eye open for more information.

**Mondays will be Arts & Crafts day.** Community individuals have offered to lead workshops for all ages in a variety of activities – from painting in various mediums to building a humming bird feeder for your back yard. There will be a standard fee of \$5 for Arts & Crafts day to off-set material costs and expenses for the leaders. Some projects, building a bat house or a butterfly house or a bird house, will require a \$10 fee because materials are more expensive, and participants will need to pre-register; to register, call 250-225-3268.

**Wednesdays will be Mid-Week Market Day.** There will be no charge for tables. Between 10:00 am and 1:00 pm, space on the cement pad in the park and a few picnic tables will be available on a first-come-first-served basis if you want to offer your crafts, your art work, or your second-hand treasures for sale.

Thursday is Music Night. With all the musical talent on the Eastshore, we had to have a music night. There will be a concert or jam session every Thursday (that we can arrange) from 7:00 – 9:00. No charge. Bring your own lawn chairs and snacks if you like. We will have soft drinks and coffee for sale to support Fun in the Park. And we would like to suggest that you come early with a picnic to enjoy before the music starts. If you are a musician and would like to volunteer, call 250-225-3300 to co-ordinate your performance.

**Fridays will be Story Night.** What is better than sitting around a campfire telling and listening to stories? Nothing I can think of. Add a few sticky marshmallows – just perfect. Again, no charge. And if you have a story or two you would like to share, call 250-225-3300 to participate.

**Sundays are reserved for Church Services and Ice Cream Socials.**

We are working on several special events as well, starting on July 1 with a **Chili Cook-off and Potato Bash** to raise money for the Riondel Community Centre Roof. Our lineup will include several walks, talks, and picnics. The wind-up event will be our **Recycled Boat Regatta** (all boats must be made of recycled containers or cardboard) on the Labour Day weekend. So please check local bulletin boards and web-pages for more details because you are all invited to join in Fun in the Park.

**Deadline:  
July 25, 2011**

## Would You Give Me the Shirt Off Your Back?

Fall Fair Request from Dena Kubota

Well okay, maybe just one out of your closet. To celebrate this year's Fall Fair theme, Centennial Reflections, I am making a T-shirt quilt to be displayed and raffled at the fair. In order for this project to be successful, I'm looking for donations of T-shirts from various businesses and cultural, school, ferry, church and/or community events – enough to visually encompass all that the East Shore has been over the last century.

Thank you to those who have already dropped off some very "useable" shirts and made phone calls on my behalf. I've got a small collection started but I'm still hoping to get imagery related to; Starbelly Jam, golfing, fishing, Riondel Daze, the Lighthouse, the Ferry, Credit Union, Gray Creek Store and anything else "Eastshore" you can find on a T-shirt.

If you have any T-shirts – worn or new – that you can donate to this quilt, please drop them off at Pilot Bay Resort or contact me at 250-227-9441 or pbr@telus.net. I need time to make the quilt and must start soon, so please check your closets right away!

(silver) BOOKLETS with entry forms ARE NOW AVAILABLE

plants  
fruits & vegetables  
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100TH  
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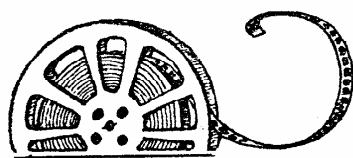
crafts  
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FAIR OPENS  
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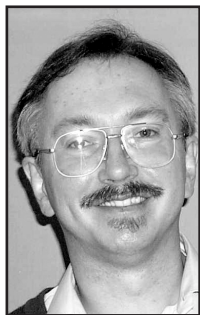
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## Seldom Scene by Gerald Panio



"Only a few films are transcendent and work upon our minds and imaginations like music or prayer or a vast belittling landscape...." --Roger Ebert, describing *2001: A Space Odyssey* in his book *The Great Movies*

It's one of those cruel little ironies that the movie genre most harshly treated by the passage of time is science fiction. Predicting the future can be a mug's game. Advances in technology and seismic shifts in public consciousness relegate the bulk of science fiction films to the "400 Movies for 40 Bucks!!" box sets in Wal-Mart and Best Buy. A precious few (*Plan 9 From Outer Space*, *Attack of the 50 Ft. Woman*) are saved from oblivion by being so bad as to achieve cult status. A handful of the greatest (*Metropolis*, *Invasion of the Body Snatchers*, the first *Star Wars* trilogy, *Blade Runner*) are landmark films that will never lose their luster. It was with a readiness to be disappointed that a couple of weeks ago I sat down to watch Stanley Kubrick's *2001: A Space Odyssey* for the first time since it came out in 1968. How unkind, I wondered, would those forty-odd years be to the epic into which Kubrick poured so much of his formidable heart, mind, and soul?

I needn't have worried. Although I was a bit fidgety for the first half hour of so, as our ancestral pre-hominids cavorted in a landscape of primal splendor and I awaited the appearance of the black monolith that would trigger an evolutionary leap and one of the most famous jump cuts in cinema history (a spinning, ape-tossed bone weapon morphs into a spacecraft), I soon realized that Stanley Kubrick's legendary passion for detail has paid off in spades. There is no way this opening sequence could be done more convincingly today. Kubrick hired dancers and mimes for the roles, and had them spend hours at the London Zoo studying the movements of the apes in captivity. That strategy, along with a fantastically talented makeup crew, meant that 40 years later we see a window back in time rather than a bunch of people running around in hokey monkey suits. From the first moments of *2001* we believe what we see, and we never stop believing.

It's also immediately apparent how perfect Kubrick's musical choices were. There's still some controversy over the fact that he'd originally commissioned the gifted Hollywood composer Alex North to write the score (which has been released and is available for purchase), and then dropped North's work in favor of pieces from the classical repertoire he'd used in the interim, but the effects he achieved were breathtaking visual symphonies. How many of us who saw *2001* on its first run ever forgot the balletic dance of spacecraft and planets as Johann Strauss's "Blue Danube" and Richard Strauss's *Thus Spake Zarathustra* played?

Great apes are all well and good, but surely the future stuff can't look all that great now that we're actually ten years past the original story's time frame and your iPad has almost as much computing power as NASA did in 1967. Guess again. Multi-million dollar CGI effects can't trump a brilliant filmmaker's passionate commitment to the truth.

Truth? What does that mean when you're talking about space stations, alien artifacts and journeys beyond the known universe? Well, it means two things. First it means a purity of vision that is essen-

tially poetry in motion, a minimization that paradoxically achieves maximum beauty and timelessness. I like to think of *2001* as a 38-ton haiku, with music. 38 tons? That was the weight of the life-size centrifuge Kubrick had built to simulate the rotating wheel of the space station. Truth also means taking three years to get the details right. Stanley Kubrick needed to be able to film inside a set that was utterly convincing, so he built a life-sized working model. We hadn't yet landed on the moon, and Kubrick made us believe we were on the way to the stars. And in a trend-setting move that would later strongly influence George Lucas and James Cameron, Kubrick helped design radically new camera equipment to do what couldn't be done.

Given Stanley Kubrick's reputation as something of an enfant terrible, it might seem odd to claim that a lot of the enduring magic of *2001* is due to humility. When Kubrick approached this film, it was with the acceptance that he had everything to learn—about science fiction, about the space program, about special effects cinematography. One story claims he ordered in and watched every science fiction every made to put himself in the right frame of mind. Certainly true is the fact that he drew on the combined expertise of some 50 powerful companies (from IBM to Honeywell to Vickers-Armstrong) to ensure that every possible detail (like the page of instructions for the use of the zero-gravity toilet) in the film was a realistic extrapolation of the most cutting edge technology of the time. It didn't

hurt that he also had almost unlimited access to NASA and the down-to-earth brilliance of his screenplay's author, s-f doyen Arthur C. Clarke. Stanley Kubrick always gave full credit to his dream team—Clarke, cinematographers Geoffrey Unsworth and John Alcott; production designers Tony Masters, Harry Lange, and Ernie Archer; and special effects supervisors Douglas Trumbull, Wally Veevers, Con Pederson, and Tom Howard.

Arthur C. Clarke's original story, "The Sentinel," was a minor classic about an ambiguous signal sent out into space announcing humanity's "arrival" as a space-traveling species. The ambiguousness came from the fact that the story never told us who's answering the call. The film achieves its epic scope by providing us with a kind of answer, trippy enough to have nourished an entire Sixties subculture and untold numbers of far-out light shows at high school dances. The "star gate" phantasmagoria that ends *2001* is probably not to everyone's taste, yet it was at least partially responsible for saving the film on its release. The original critical and commercial reaction was lukewarm at best, and the studio was just about to pull the film from the theatres when a few theatre owners suddenly noticed increasingly large groups of young people gathering in the front rows to soak in the pyrotechnics. This devotion may have been somewhat fueled by psychotropic substances, but it was enough to give *2001* the extra time it needed to get its second wind.

You'll notice that I haven't said anything about the actors or the acting. As good as they are, they're subsumed into the grander scheme of things. Consider this: if you're listening to a Beethoven symphony live you're probably not thinking, "Wow, listen to that guy on the oboe!" Listening to interviews with *2001* actors such as Keir Kullea, one gets the sense that they, too, were awed by what was being shaped around them.

From the actors' point of view, it's another cruel irony that the one unforgettable character in *2001* is not human. I'm talking about HAL, the dulcet-voiced, homicidal supercomputer. The story of HAL's psychotic breakdown is the film's dramatic centerpiece and a stroke of genius. I can't recall if the idea was Clarke's or Kubrick's, or a joint effort. It's brilliantly handled, as the absolute silence of space—broken only by the occasional mechanical noise or the sound of breathing or muted conversation—provides the ideal counterpoint to the kind of lethal action that a lesser

director would have pumped up with screams, crashing chords, and splatter. HAL could have been a role model for the calm, calculating lunacy of Hannibal Lecter. HAL was creepy enough back in '68, yet as our own computers become more powerful than anything dreamed of a couple of generations ago, it might be time to start looking over our shoulders. A big crash, and we might be back in the medievalism of Walter M. Miller's *A Canticle for Leibowitz*; a few more technical quantum leaps and the future could look like an unholy marriage of *Brave New World* and *1984*.

Hey, don't worry. It's only a coincidence that all those hundreds of slick components that make up HAL's brain look exactly like iPods.



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- Sat 2nd**
- & Sun 3rd:** Brunch, 11-4, Mimosas & Caesars
- Sat 9th:** Darryl & Roy, 7pm
- Sun 10th:** Deberah Shears on piano, 6pm
- Fri 15th:** Kootenay Jack, 7pm
- Thurs 21st:** Bob's Birthday, toss the boss for your beer
- Fri 22nd:** Teague, Kate & Lyndi, 9pm
- Sat 30th:** Llama, 9pm

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## Starbelly Jam: Kooky Kids Crafts

by Jacqueline Wedge

The Starbelly Jam kid's area in the pavilion is seeking a few donations from the community to successfully put on another fantastic activity for our shorter (and cuter) citizens during the festival this year. Without giving away too many details (mwaa-ha-ha), we are looking for:

- toilet-paper/paper-towel rolls
- used envelopes with the see-through section intact
- old bamboo blinds (just the 'bamboo strips' sections)
- funky string
- glass & wooden & seed beads
- bottle caps
- gnarly curvaceous driftwood (~8-14" long)
- thin malleable wire
- old/new biggish buttons
- bells. any kind/shape/size.

Your help in this matter is extremely appreciated and will get you a special starbelly hug during kooky craft time.



# THE MANDALA PROJECT


by Jacqueline Wedge

Watch out for outdoor mandalas sprouting up throughout the East Shore this summer and fall (and maybe even winter). The MANDALA PROJECT just received a stupendous grant for all materials to complete at least eight gorgeous exterior paintings. The Creston-Kootenay Foundation has generously given us funds for this art adventure, which will link East Shore communities with fun and fabulously colourful creations. They will all be four feet squared, on public property, visible from a road, and sure to delight even the crankiest of art-critics. A full-colour pamphlet will be published upon completion, easily available for all art-seekers, with a map to enable proper viewing and admiration.

A huge thank-you to the CK Foundation for enabling this, and also to Ingrid Baetzel for encouraging and helping with the grant application. It has been on my bucket list for years, and it's the kind of project that could keep on going, morphing into other directions. The eight foot mandala on the Community Corner Building in Crawford Bay inspired me to continue this interactive means of beautifying our little towns. I hope the end products please everyone and reinforce the fact that we are blessed to be surrounded by such natural AND human beauty.

If you have ideas as to where these beautiful masterpieces should be situated, let me know. If you would like to participate in a "mandala painting group", I am open to suggestions. I will show up with everything needed to make art (birthday parties, retreats, reunions, and even long boring meetings are all examples of gatherings that would be great hosts for this kind of

thing). Themes and overall direction of the mandalas will be dictated by each group, so they will all be individual expressions of participants. Our first painting will be a Starbelly Jam Music Festival, and the second will be at the Arty-Sporty Summer Day Camp at the Crawford Bay Park. To book the next one, call me at 227-6803 to discuss details, or e-mail moonrakings@theeastshore.net. Check the *Mainstreet* online for the most recent updates.



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## Art Walk 2011

submitted by Frank Goodsir

With the high cost of gas, being a tourist in your own backyard sounds like a good idea. This year, Art Walk has several new artists and venues along the East Shore as well as many longtime supporters of this annual event, now celebrating its sixteenth season. Colorful brochures, which include detailed maps and hours of operations, are available at all venues and tourism offices

If you begin your art journey in Riondel you will find, that once again, the **Riondel Art Club** has an excellent display of their varied art work at **Bob's Bar and Grill** which recently held the East Shore opening event. At **Pilot Bay Resort** you can view the wonderful pencil portraits of **Dena Kubota** as well as her Asian influenced quilted wall hangings.



Red Gladiolus by Geri Gomola

At **North Woven Broom** you can find the world-famous handcrafted brooms of wood and broomcorn created by **Janet and Rob Schwieger**. Just down the street is **Junction Creek Hub** where one can find the acrylic and watercolor paintings of **Jenna Schell and Sarah Green**. Across the street is **Barefoot Handweaving** where one can see the hand weaving of **Janet Wallace** and the contemporary acrylics of **Ted Wallace**.

Close by is the hand forged iron lamps, fire tools, coat racks and art pieces of **Cory Medhurst, Gina Medhurst and Randy Cruse** at the **Kootenay Forge Ltd and Fireworks Copper and Glass**.

**One Thread Collective**, new to Art Walk, has the handcrafted eco/recycled leatherwork of **James Belcourt and Jessie Hobson**. The **East Shore Branch of the Nelson and District Credit Union**, a strong supporter of Art Walk for many years, has quilted items by the **Many Hands Quilting Guild** on display this year

**Wedgwood Manor** has the watercolors of **Laura Leeder** while the **Sacred Journey Import and Art Gallery**, has the photography, pottery and canvas art by several local artists. Also new to Art Walk is the **Emerald East Cliff Gallery** in Gray Creek which has on display the sculpture, paintings and metal work of **Geri Gomola**. The last of the East Shore galleries is long time Art Walk supporter **Flickering Goddess Soap and Candles**, where **Laurie Rhead** has her fine display of soaps and candles.

The Art Walk continues on through the Creston area and on to Yahk. Pick up your colorful brochure soon, and begin planning an exciting day of exploring the arts in your own neighborhood of British Columbia.

### GRAY CREEK MUSEUM DAYS

July 22-25 12-6 pm at the Hall. Free - come and see what's old and new in Gray Creek.

### WILLIAM BAYLISS, ARTIST

Do you have Will Bayliss art on your walls, or in your attic that you would be willing to loan or take a picture of for us? The Gray Creek Historical Society is displaying part 2 of the works of Will Bayliss, at the upcoming Museum Days on July 22-25, 12-6 pm. Will produced hundreds of paintings and carvings, using many local themes. Contact Janet Schwieger at 250-227-9201 or nwb@theeastshore.net



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**Kootenay Lake Chamber Of Commerce**

**Minding Your Business**

by **Gina Medhurst, KLCC Secretary**

It looks like summer is finally here and the visitors will be once again flowing through our communities. There will be more and more vehicles on the road and more people, children and their furry and maybe even some feathered friends around. Please take care in driving around.

This month has two weekends of entertainment back to back, including **Starbelly Jam and Kootenay Gutbuster**, Comedy Festival (see ad in this issue). The KGB will draw 10 - 15 stand up comics from across Canada performing live acts, a couple of them have been on Just For Laughs. There will also be a couple of live rock bands for extra entertainment. They are expecting to see at least 400-500 visitors stay for the weekend.

On July 24th a Fortis BC representative will be visiting the Crawford Bay Sunday Markets at the Crawford Bay Community Park to hand out FREE, yes FREE, retractable clothes lines as part of their continuing Power Sense promotions.

If you would like to contact the Chamber of Commerce please contact: Jamie Cox, President, by phone (250)505-8286 or email @ [jcox@theeastshore.net](mailto:jcox@theeastshore.net) or Gina Medhurst, by phone (250)227-9466 or email @ [kootenayforge@theeastshore.net](mailto:kootenayforge@theeastshore.net). Our next Chamber meeting at the school Meeting Room on July 21st at 7:00 pm

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**WILLIAM BAYLISS, ARTIST**  
Do you have Will Bayliss art on your walls, or in your attic that you would be willing to loan or take a picture of for us? The Gray Creek Historical Society is displaying part 2 of the works of Will Bayliss, at the upcoming Museum Days on July 22-25, 12-6 pm. Will produced hundreds of paintings and carvings, using many local themes. Contact Janet Schwieger at 250-227-9201 or [nwb@theeastshore.net](mailto:nwb@theeastshore.net)



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# Melodrama in July – The Villain Wore a Dirty Shirt

submitted by Footlighters Theatre Society

The dirty laundry will be out in the open on July 15 and 16 when Footlighters Theatre Society presents a melodrama, *The Villain Wore a Dirty Shirt*, at the Prince Charles Theatre.

Villain is the group's 12th summer melodrama, and as with previous melodramas, the audience will be in for an evening of fun and laughter as they enjoy another twist on a tried-and-true formula.

"It's a fun show with great stock characters — the hero, the villains, the damsel in distress," said director Gail Kitt. "It will be a lot of fun for the whole family."

The show takes place in the mining town of Digalittledeeper, Calif., where Olympia Klenz (played by Jennifer Dewald) and Sweet Sally (Jacqui Vezina) operate a laundry, the Tub and Scrub. Sheriff Jack B. Nimble (Matt Hansen) is in love with Sally, but he turns into a babbling fool every time he gets close.

Meanwhile, villain Phineas Flatworm (Jordan Koop) discovers Olympia has amassed a tidy sum in a manner only possible in a laundry. So with the aid of his mother, Mrs. Mugwump (Ann Deatherage), and Lola-Lola (Bobby Doran), a talentless flamenco dancer, he sets out to get control of the Tub and Scrub.

The action really picks up when other characters are added to the mix, including Coyote (Jasmine Lothien), waifs Little Lavana and Irma (Katie Foy and Jesika Troughton), Ida (Suzanne Chubb) and Mayor Haggie (Mark Douglas). Aurora Moore, Ella Moore, Zoe Marini and Hayley Ducharme make up a children's ensemble, and guest stars Axel Marini and Frank Goodsir are slated for appearances (with others in the works).

"It's wonderful to see so many new faces in this cast," said Footlighters president Brian Lawrence. "One of our goals is to educate aspiring performers."

Tickets for *The Villain Wore a Dirty Shirt* are \$10 for adults, \$8 for seniors/students and \$5 for children under 12, and are available at Black Bear Books or at the door.

**Thought for the day:** Nothing sucks more than that moment during an argument when you realize you're wrong.

*"You know, I read it in a magazine."*

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## 70 Years Married!

submitted by Paul Hindson



Art and Irene (Renie) Quinn were married in Miscouche, PEI on June 10, 1941 in the throes of WWII. They met at a dance in Summerside three months earlier. They were married in a triple ceremony by Father Mahone. Apparently the other two couples have passed away already.

Art was in the Royal Canadian Air Force and had various postings in Canada and overseas during and after the war. The couple moved to Calgary in 1981 and began to make the Kootenays their summertime home soon after.

After making Crescent Beach and Mountain Shores their home for many years, they have been at Kokanee Chalets for the past twelve years.

Art is now 91 and Renie is 92. They still enjoy cruising the lake and hauling in fish to be eaten shortly after.

They are also often visited by their numerous children, grandchildren, and great grandchildren.  
Happy 70th guys!







## Tom's Corner

by Tom Lybery

**Henry & Henriette Besanger**

When the Besanger family of eight moved to Crawford Bay in 1960, Henry leased the B/A garage. This had been started about 1951 when the re-opening of the Bluebell Mine in Riondel brought a substantial payroll to our side of Kootenay Lake. Logger Ted Davidson got B/A (British American Oil Company) to finance this new garage. The B/A supplier in Creston Bert Boffey set up a basic station with pumps. However, whatever logging Ted had been doing was seriously under-financed, so most customers who came in to fill up their vehicles said "Just charge it to what you owe me, Ted." In just a few days Ted was out of gas, without any funds to re-fill the tanks.

Boffey then became one more business with Ted on their "Try to collect" books, and he found Walt Golla to take over the lease. Walt did some more work on the building to make a service bay. But as he had a home just across the highway, he did not add any living accommodation. Walt was a competent mechanic so he got on okay, in spite of there being other service stations in Riondel, Kootenay Bay and Crawford Bay. I think Walt continued there until Henry took over. Highway 3 was still the only all-season route across B C, so traffic was steady year round. Summertime ferry lineups came all the way over the hill from Kootenay Bay to the West Kootenay Power substation – that was where the Besanger family sold pop and snacks to people stuck in the long waiting line. The ferry even operated 24 hours a day, to try to persuade the tractor-trailers to cross at night. Greyhound had priority loading for their four daily trips each way.

When the Rogers Pass opened in July 1962, our traffic almost disappeared overnight. As the Creston – Salmo highway was under construction and due to open in October 1963, Henry felt that there would not be enough customers to keep the business viable. He accepted an offer from Texaco to move to Salmo on the new route. When this didn't pan out they returned to the B/A station, and were able to purchase it and add living quarters to the premises. Henry was a good, consistent mechanic; Henriette had brought a business background from Holland with her and could look after accounts most effectively – an excellent combination. She told me of her father's business in Holland. When he deducted 2% for prompt payment of an account, the reply was "Our terms are net," but Henry's reply was "My terms are 2%" - and he got it!

Although there were other mechanics such as Wen McLeod in Kootenay Bay, Jim Willis at the Riondel turn off, and Herb Draper in Crawford Bay, Henry and Henriette developed a steady customer base. Henry also stocked items such as wheel bearings that helped out the boat trailer failures which come from water immersion. When Sharon was coming home from visiting her sister Maureen on the Riondel Road, the right side of our 1957 Chev suspension suddenly fell off. Henry towed the car back to his shop and solidly welded it back again. It gave us several more years of that faithful '57.

After Henriette passed away in 1975, Henry knew

that the business would only survive if it was operated with full mechanical service, so he spent some time to find a buyer who seemed qualified to do this. He also made a good tidy up of the rear of the property, where mechanics often accumulate vehicles which may be a source of parts. I had to move the remains of a 1951 GMC pickup from which Henry had utilized the front axle to make a wood trailer for me, which I still have.

Henry, Henriette, and son William Besanger are buried in the Gray Creek Cemetery. Germaine, Raymond, and Barbara Besanger collaborated to write the family memoir which follows this article.

## The Besangers of Crawford Bay

by Germaine, Raymond and Barbara Besanger

Henry (Henri) Besanger was born in St. Brieux in central Saskatchewan on Oct. 1, 1914. As a young man Henry worked on threshing crews in Saskatchewan. He talked about travelling to the Harrison Hot Springs area to work as a logger before volunteering to join the army during the Second World War. He took his basic training in Vernon, B.C. Henry was in the army from 1939 to 1947, staying to help rebuild Holland as a soldier. He met Hendrika Jansen while in Nijmegen, Holland with the occupation forces.

Henry's war bride Hendrika joined him in St.

Brieux, Sask. where they were married on April 7, 1947. She left behind a very large family in Holland and would not see them again for twenty-five years. Over the next seven years, they had six children, Josephine (Josie), William (Bill), Marie (Marianne), Raymond, Mike, and Germaine.

After their marriage Henry and Hendrika worked a rented farm near Ethelton, Sask. Eventually he purchased a small garage in Ethelton. In 1960, the Besanger family moved west to B C,

mainly due to the current political and economic climate in Saskatchewan at that time. Henry and Henriette (as she became known in Crawford Bay) rented the B/A Service Station from Mr. Boffey for two years before moving to Salmo. They were looking for an easier, better life. Texaco offered them a new service station just west of Salmo with promises of high gas sales when the Salmo/Creston Highway was completed. They took the offer. The promise of a better life didn't work out, so in ten months time they moved back to Crawford Bay just when the boom was happening due to Kokanee Springs Golf Course being built. They bought the garage they were previously renting from Mr. Boffey in July 1964.

In 1964, Henry also bought the original Pentecostal Church, which sat where the current one is located. He moved it behind the garage, and that is where the family lived until Henry built the little house on the back of the garage that is still there to this day.

The garage was open seven days a week from early morning until the last ferry traffic went through. A small confectionery was run by Henriette as part of the service station. Henry and Henriette were both extremely hard workers and passed this trait on to their children who have become business owners and professionals. As an example, during the 1962 Seattle

World's Fair when the ferry traffic was backed up for miles, the Besanger children sold chocolate bars, chips and pop to the appreciative people in the lineup. Henry often told his children, "You have to paddle your own canoe in life" and not expect handouts.

Henry was a colorful character. The extended family has many laughs remembering stories about him. One such story involves three teenagers who stole a car in Creston and tried to steal gas from the Besanger service station. They filled up at the pumps, then drove off without paying. Little did they expect that Henry would follow them in hot pursuit, chase down their stolen car, cut them off, force them to exit the car and run into the bush. The following day, the police along with their dogs tracked down the culprits, who were found, cold and scared, in a nearby cabin. When the police brought them to the Besanger garage to be identified, Henry reached inside the police car and grabbed the boys and smacked their heads together. The policeman said, "I just needed a 'Yes' or a 'No'."

As Henry was adding on a new bay to the garage, an inspector from Creston arrived at the shop and asked if he had a permit to build the bay. Henry chased the fellow out saying he had fought in WW2 for freedom in this country, so there was no way he was going to get a permit. The fellow never came back and Henry never got a permit. Needing a permit would have been a form of socialism to Henry!

When a Riondel boy knocked a gas pump off its mounts, Henry called the police who said they couldn't do anything about it as it was a civil matter. Henry was so upset he told the police officer that the yellow stripe on his pants should be running down his back instead.

Along with his hot temper, Henry had a big heart. Raymond remembers he took a young couple with a baby into their home overnight, gave them breakfast, and then drove them to the ferry landing the next morning.

Henry and Henriette's life was a busy one, raising six very rambunctious children and running a business. Henriette took great pride in her bookwork for the business, always balancing at year end to the last penny. They endured much joy and tragedy during their married life but their love remained strong throughout.

Henry sold the service station in June 1975 after the death of his beloved wife. He lived in Crawford Bay for a while in a home along the loop road, and then moved to Creston where he lived until his passing in 1986.



*Henry and Henriette Besanger and their six children ca. 1958. L - R: Raymond, Bill (standing), Henry holding Mike on his lap, Henriette holding Germaine, Josie (standing), and Mariette.*

*Photo: Besanger family*



*The Besangers' B/A Service Station in Crawford Bay ca. 1967 - now Crawford Bay Auto.*

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## Answers from the Physio

by Anna Rose, Physiotherapist

**Q. What can I do for a knee sprain?**

**A. Get it assessed fully, help it through the acute phase, strengthen the muscles and encourage strong healing of the ligament, retrain your balance, and learn how to avoid unreasonable stresses in your activities of work and play.**

*age strong healing of the ligament, retrain your balance, and learn how to avoid unreasonable stresses in your activities of work and play.*

### Relevant anatomy

The knee joint is essentially a hinge – it is designed to bend and straighten in one plane, and be stable from side to side. A small amount of rotation can occur safely between the big femur bone and tibia of your lower leg, but not much. What keeps the knee on the straight and narrow is a system of four strong ligaments, two deep within the joint and one on each side. Recall that a ligament is a relatively non-stretchy band of connective tissue that attaches bone to bone.

### The injury

The most commonly sprained ligament of the knee joint is probably the one on the inner side, the “medial collateral ligament” or MCL. In team sports, the impact of another player against the outer side of your knee can sprain the MCL. Another common mechanism of injury is a fall that gives this same sideways stress.

Sprains are graded I to III by the physio or doctor testing the ligament. In grade I, there is discomfort but no extra movement, because only a few fibres have been torn in the injury. In grade II, there is discomfort and some extra movement. A significant number of fibres have been torn. In grade III, there is a lot of extra movement but no pain, because all the fibres have been torn and there’s nothing left to feel the stress. Only surgery can restore a ligament that has suffered a grade III sprain. I’ll deal with grades I and II below.

### Actions to help recovery

1. Get it assessed fully – what you think is a simple sprain of one ligament could involve other structures, such as one of the cartilaginous menisci that sit on top of the tibia. Physiotherapists are good people to see first -- they will tell you if they think you need to consider getting a referral to an orthopedic specialist, and can guide you through the rest of the actions listed here.

2. Help it through the acute phase – sprains are usually followed by swelling, generalized ache at the joint and sensitivity to even minor stresses, so the handy acronym PRICE applies. Protect the joint – you may need to reduce walking stresses by using a cane or crutches for a while. Rest it – sit or lie down more often, though not all day! Ice it. Use the compression of a tensor bandage or soft neoprene brace. Elevate it as needed. Try other measures that help reduce pain, inflammation and swelling, such as herbal medicine, gentle massage, ultrasound and gentle range exercises given by the physio, etc.

3. Strengthen the muscles and encourage strong healing of the ligament – your quads and hamstrings won’t be working normally if you have knee pain, and will lose strength. You need to do exercises appropriate to each stage of your recovery. The ligament itself can be encouraged to heal to suitable tissue strength by gradually increasing the stresses on it.

4. Retrain your balance – all those little nerve connections that first tell your brain that you’re about to

fall or overstress a joint, then tell which muscles to act to correct the problem “get rusty” after an injury.

5. Learn how to avoid unreasonable stresses – as you increase your activity gradually, a grade I sprain will remind you when you’re oversteering it. A grade II sprain may require a brace with hinged metal side bars to decrease the risk of further injury for a few months. But understanding the biomechanics of the knee better than before your injury is the best long-term strategy.

In some cases, a knee sprain becomes a chronic problem that requires increasing your safety measures (e.g. using a pole when hiking) or decreasing your expectations of it (e.g. giving up “big air” in skiing) but don’t resign yourself to that outcome when you have your first injury. Following the above list can help it heal to your full satisfaction.

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## Riondel Community Church & Eastshore Garden of Remembrance

by Wendy Scott

To the energetic dozen who came with gloves, rakes, buckets and enthusiasm to clean up the church lawn, Fiona’s woods, and the Remembrance Garden: Susan Corry, Beth Alguire, Clay Hobbs, Fran O’Rourke, Kathy Smith, Jon Wyngaard, Brenda Ross, Muriel Crowe... to all of you, especially Stuart Corry and Bruce Scott who carted off seven loads somewhere (we did not ask where), many, many thanks, and, of course, a special pat on the head to Cutter, who eliminated the need to trim the long grass by eating it first.

Much gratitude, as always, to Dave Loeppky who has installed the most recent seven marble plaques. There will be several more fairly soon. They include Jim Poch, Will Holt, Ethel Christensen, Brandon Salvulo, and Don Johnson.

Thank you to all members of our communities for your support of this remembrance garden.

### Contacts:

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

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

## Notice of Passing

Sussums, David Rory

September 12, 1981 - June 5, 2011



It is with deep sorrow the Sussums family (Don, Donna, Laura and Dan) announce the passing of their beloved son and brother. Dave touched many in his 29 years.

His unfaltering courage and dignity while battling cancer was a testament to his bright spirit. His ever-present smile and unquestionable love for those in his life will be forever remembered. He leaves behind great memories and a reminder to live, laugh and love as best you can.

He will be sadly missed by family and friends too many to mention, and the love of his life, Tara, who never left his side.

A celebration of life was held at Foster’s Garden Chapel in Calgary, Alberta on June 12, 2011. There will be an additional celebration held at the Crawford Bay Hall in Crawford Bay, B.C. on July 23, 2011. (Please email [sussumsservice@yahoo.ca](mailto:sussumsservice@yahoo.ca) for information)

Expressions of sympathy may be forwarded to the family at [www.fostersgardenchapel.ca](http://www.fostersgardenchapel.ca).

In lieu of flowers, Dave’s request was for donations of blood, or contributions to any of the following organizations: [www.cnetscanada.org](http://www.cnetscanada.org), [www.carcinoidawareness.org](http://www.carcinoidawareness.org), or to Tom Baker Cancer Centre at [www.albertacancer.ca](http://www.albertacancer.ca)

## Yoga w/ Lea:

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## Thought For Food

by Farley Curzons

Much of the information my research has uncovered for this column has been fraught with controversy and the subject of salt is no exception. There has been a trend in recent years for nutritionists to restrict the use

of salt and the medical authority for the most part to agree. Early research uncovered a correlation with salt intake and high blood pressure, but subsequent studies indicated that salt restriction might harm more people than it helps. A recent study found that dietary salt did not have any significant effect on blood pressure in the majority of people. In some cases, salt restriction actually raised blood pressure. In other cases salt deficiency led to loss of taste sensation, cramps, weakness, lassitude, and severe cardio-respiratory distress on exertion.

With few exceptions, all traditional cultures use some salt. Isolated primitive peoples living far from the sea or other salt sources burn sodium-rich marsh grasses and add the ash to their food. Salt provides not only sodium but also chloride, needed for our bodies to manufacture hydrochloric acid. Salt is required for proper brain and nervous system function. The chloride content of salt also activates amylases, needed for the digestion of carbohydrate foods.

The need for salt varies according to the individual. People with weak adrenal glands lose salt in their urine and must have plenty of salt in the diet, but for others excessive salt consumption causes calcium to be excreted in the urine and may contribute to osteoporosis. Excessive salt in the diet also depletes potassium.

Most discussions of salt ignore the issue of salt processing. Few people realize that our salt, like our sugar, flour and vegetable oils, is highly refined. Our salt is the product of a chemical and high temperature industrial process that removes all the valuable magnesium salts as well as trace minerals naturally occurring in the sea. To keep salt dry, salt refiners adulterate this pure product with several harmful additives, including aluminum compounds. To replace the natural iodine salts that are removed during processing, potassium iodide is added in amounts that can be toxic. To stabilize the volatile iodide compound processors add dextrose, which turns the iodized salt a purplish color. A bleaching agent is then necessary to restore whiteness to the salt.

Sun dried sea salt contains traces of marine life that provide organic forms of iodine. This form of iodine remains in the bodily fluids for many weeks whereas the iodine released from iodide salts passes through very quickly. Even most so-called sea salt is produced by industrial methods. The best and most health-promoting salt is extracted by the action of the sun on seawater in clay-lined vats. It's light gray color indicates a high moisture and trace mineral content. This natural salt contains only about 82% sodium chloride; it contains about 14% macro-minerals, particularly magnesium, and nearly 80 trace minerals.

The best and purest commercially available source for unrefined sea salt is the natural salt marshes of Brittany, where it is "farmed" according to ancient methods. Red sea salt from Hawaii is also an excellent product but is not readily available off the islands. Unrefined salt mined from ancient sea beds contain many trace minerals and is theoretically acceptable as long as it doesn't come from contaminated areas. However it will lack organic iodine from the minute bits of plant life that are preserved in most Celtic sea salt.

Both surfeit and deficiency of iodine can lead to problems with the thyroid gland, including goiter, hyperthyroidism and hypothyroidism. Iodized salt will often relieve the overt symptoms of goiter (it will cause the thyroid gland to shrink back to near normal size) but it does not prevent other thyroid problems, such as obesity, low vitality, fragile teeth and bones, various sexual and mental problems, as well as heart disease and cancer.

Broth made from meat and animal bones is another good source of sodium, chloride and iodine as well as magnesium, potassium and important trace minerals. Broth made from fish carcasses and fish heads are rich in additional substances that nourish the thyroid gland. Properly made, broth is also a source of gelatin, which research has shown to be an excellent aid to digestion and assimilation of cooked foods.

Throughout history, ocean salt has earned a legendary reputation. Our ancestors saw it as an element that regenerates blood, a principle of equilibrium and life. To this day towns ending in "lick" still attest to the fact that our early ancestors were drawn to the seashores or the rock salt deposits of the earth. In England town names ending in "wich" in Germany "saal" as in Salzburg, remind us of their Neolithic origins. Early settlements grew up around these salt beds and springs.

For millennia our ancestors nourished themselves from the abundance that the land provided. Whether you're Inuit eating raw seal meat or an African tribesman foraging for roots and termite mounds the earth has always provided a balance of what our bodies needed to survive. Then in the last 70 or 80 years we (Western European/North Americans) changed everything. We changed our diet.

Now our medical institutions are being brought to their knees by an overwhelming number of heart attacks, cancers, organ failures, degenerative diseases, and mood disorders. The nutrition information presented to us vague at best. Why? How in less than 100 years did we forget how to take care of ourselves? **How could we have turned off our basic instinct to tap into the wealth of whole foods our planet provides?** It seems as we become more disconnected with nature and our environment, so too does our bodies natural ability to recognize real food.

It's time to take a step back and ask ourselves some very serious questions about food production and food security in our region. How do we keep our local population healthy and economically viable? Who will we trust to tell us the breakfast cereal our children are eating isn't just some empty calorie gimmick with less nutrition than the box it came in? Who will we trust? Hopefully ourselves.



### AREA "A" EDC Economic Development Commission

**There is ☐\$20,000** now available for grants to organizations for the 2011 calendar year, for projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. All applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

**Next application deadlines:  
October 7, 2011... March 7, 2012  
Approval/funding lag time 6 to 8 weeks**

An application form can be printed from the RDCK website following this path, or filled out online and emailed:

<[http://www.rdck.bc.ca/corporate/grants/electoral\\_area\\_a\\_economic\\_development\\_grant.html](http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html)>

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

**Grant/allocation approved by EDC in June, subject to RDCK approval:**

InvestKootenay partnership for 2011 - \$2500  
Kootenay Lake Chamber of Commerce –  
website development, new area signage,  
renew community blue signs - \$7636  
Starbelly Jam Society – assist in transition to  
new management structure for sustainability  
and professionalism - \$5000

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## New Lease on Life with GiCheon

submitted by Zora C. Doval

True enough, as the old Vedic scripture states, "Whatever is born will surely die and, whatever dies will surely be born again," as the cycle of birth and death continues.

Or, as one of the noble truths says, 'Life will bring some suffering to everyone, be it in the form of disease, old age, death and other losses.'

As humans, we count among more complex forms of universal life and are subject to many changes and perpetual restructuring. Many ancient seers (Vedic, Taoist, Kabbalist, Christian, Sufi) knew all along that the microcosm of the human organism is composed of the five great elements (ether, air, fire, water, earth) which inform it in a similar fashion as how they also inform the macrocosm of the external universe

The only way for us humans to avoid suffering is to maintain a state of balance between our internal world and the world at large. Since the elemental forces are in a constant flow, it is easier said than done. It was to this end that the ancient seers developed practices such as yoga, chi gong, ayurveda and shamanism to help humans attune with the elements.

One such practice has been cultivated in the sacred mountains of Korea and it can be classified as a form of chi-gong; however, it differs from the Chinese forms in certain aspects. Its martial art aspect will increase a person's energy and stamina in a relatively short time. It will also ignite the "inner fire", so the practitioner feels warm and never again suffers from cold extremities. As one invests time into the practice, the practice pays back by creating extra time as the need for physical rest and sleep will be reduced. The practice will also transform the metabolism so that the process of digestion will be more complete and we derive full benefit from less food. GiCheon will restore each person to their optimum weight, so it works well for either gaining or losing weight, according to the need. At some point in the practice, the inner channels will be cleansed with the resulting mental clarity, emotional balance, joy and peace.

This July we are honoured to welcome Master Lee, an accomplished practitioner and teacher of this form on his first visit to Canada. He is a very compassionate teacher with a gentle humour who teaches GiCheon full time and travels widely. He can quickly assess where each person blocks energy and knows how to unblock old traumas, release karmic patterns contained in the body.

He will lead a few training sessions in Vancouver, Nelson and surprise, also on the East Shore! This is a rare opportunity to study with a bona fide teacher, improve our health, release any blockages from the past and hopefully enjoy our earthly journeys more.

To register for training (July 12 - 15) or more info on GiCheon or Master Lee, please call Zora at 250-227-9434. Please, note that Master Lee will be available for personal consultations (on issues pertaining to health and spiritual practice). These will be by kind donation.

Please see ad on page 6 for more info...

**Next Deadline:  
July 25, 2011**

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## East Shore Community Library/Reading Centre News

by David George

### Your library will be moving downstairs!

Later this year, your community library/reading centre will be moving downstairs in the Castle. Approved at a board meeting earlier this year, and reaffirmed at the AGM, this move should be completed by the beginning of next year. There will be more than twice as much space, and far more room for activities and special presentations.

We will need some help with this move. In addition to our loyal volunteers, it would be good if some in our local community could help with various aspects of the move. Come in and let us know when you can help. More specific dates will appear in this column soon.

Need some books for summer reading? We have the books, we have the audio books, and what's more, you can buy a bag full of books from our gently used section for only \$5. That's right, only five dollars for a standard shopping bag full of books, or our used CDs or VHS tapes.

Come in and browse our used section just outside the library doors. We will be happy to give you the bag, too. Don't have a library card? If you have a local address and identification, we will be happy to give you a library card. Cards are free, too.

We have new books arriving almost every week. Check them out from our new section!

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## Riondel Community Library

by Muriel Crowe

Once again we welcome our summer residents and look forward to seeing you throughout the summer months. Over the winter we instituted a few changes. The first was to purchase bar-coded member cards that we are issuing to every member and are asking you to always bring your card with you. For those who chronically forget their cards may we suggest a wee silver donation to the roof fund. Our second was to move the non-fiction paperbacks and the romance paperbacks into the main room and shift the science fiction paperbacks off the rack and onto the small shelves in the annex. Last but not least we have started putting black and yellow biography labels on those non-fiction books that are biographical.

The winner of our surprise draw for May was Fran O'Rourke. This may become a monthly event but when it will happen and what the prize will be is a mystery. There may even be skill testing questions involved at the librarian's discretion.

Remember that this year is the centenary of our Fall Fair. Let's make it a huge success, start planning your entries now.

The annual book sale will happen once again during Riondel Days. Watch for the posters and volunteer lists to go up in the library. If there are sufficient volunteers we will hold it on Saturday and Sunday but will need volunteers for Friday as well. All the proceeds will once again go to the roof fund.

## Starbelly Writing Contest Winner!

press release

Congratulations to Nicole Plouffe - the winner in our writing contest for two Starbelly Jam weekend passes.

We asked for your stories, anecdotes, poetry about your best memory of Starbelly Jam or why you love the festival so much.

Thank you to all ten people who submitted entries. We enjoyed reading every one.

...And now for Nicole's entry:

"It was yet another magical Starbelly Jam night and twilight painters feather-brushed lavender hues on the awaiting hillsides just as dusk was wrapping its cool blue coat around sun-kissed bodies. Starbelly during the day, of course, is like one long carnival dream where color and laughter and music transform that one tiny Crawford Bay field into an everywhere. But the night, ah...the night can bring about so many wondrous events that only darkness and a misty mountain backdrop can accomplish.

One night in particular, Rastrillos, the reggae band from Mexico was set to play and this band had already proven itself around the community to consist of top quality musicians and personalities. They got up on stage and immediately the crowd began jumping to their sensational sound and their lyrics obliterated the boundaries of language and infused everyone with loving vibrations.

Now this would have been fulfilling enough and I was happy to dance the night away under their spell but what happened next, truly defined Starbelly Jam for me. Kenji Fukushima is an incredible guitarist in Rastrillos and of course we all know him locally. He and lovely Galadriel Rael have a beautiful son named Zyan who at that time was around 1½ years old. Zyan was placed up on stage with these professional musicians with his toy guitar and without missing a beat, Zyan began to mimic the actions of the musicians

and began boogying right along side of them. At that moment, you could feel a collective mind-meld happen and everyone in the crowd just roared, and jumped even higher and danced even harder. Zyan continued to play up on stage for at least three songs, air-guitaring like a pro. Galadriel attempted to remove him from the stage but he refused and kept right on jammin'. It was a spectacular moment and all of us gushed, my heart swelled and we all revelled in the spontaneity of it all.

This moment stays alive in my memory throughout all of the Starbelly Jams and symbolizes to me how this festival, this beautiful place we live, and all the people who organize it and the people who play and participate in it, provide a mystical nest for those simple, gorgeous moments to be hatched."



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## Boating Safety

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

I hope the weather has improved by the time you read this. In preparation for safe boating this year, here is a quiz that all boaters should be able to answer. This would also be a good time to have your boat checked to make sure it is safe and compliant with the law. Unit 104, Kootenay, CCGA will do this free for you and help you with any questions you may have. Give us a call at: 250-2276991 or 250-354-2932 and one of our members would be happy to check your boat for you.

Good luck on the quiz.

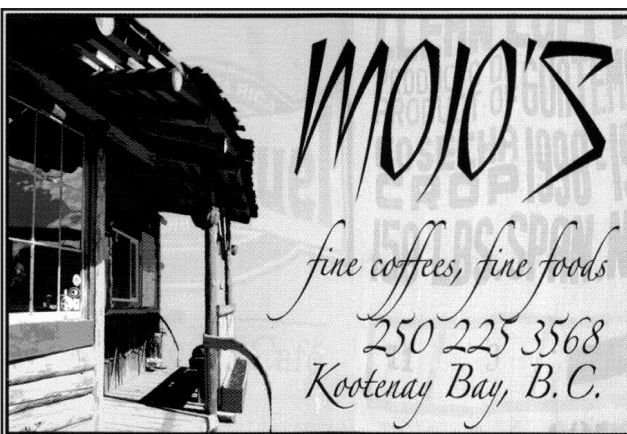
### SAFE BOATING QUIZ

- What is the colour of a starboard running light?
  - White
  - Green
  - Amber
  - Red
- Travelling north in your power boat, you see ahead and to your right a sail boat with bare poles, motoring west. Who has the right-of-way?
  - You, because you are going north.
  - The other boat because it is a sail boat.
  - The other boat because it is to your right.
  - The other boat because it is heading west.
- If you see a red flare shoot up from a vessel you should:
  - Applaud and watch for more fireworks.
  - Fire off a flare of your own to indicate you saw their signal.
  - Stay away - it means danger.
  - The vessel is in distress - approach and assist.
- If you are boating in fog (avoid this if at all possible) you must:
  - Have marine charts on board.
  - Dress warmly.
  - Sound one long blast on your horn every two minutes.
  - Have a spot light directed forward.
- How many seats must there be in a boat which is pulling two water skiers?
  - One
  - Two
  - Three
  - Four
- When leaving Nelson going toward the main lake (East) you see a flashing green light ahead, do you?
  - Head straight for it; it will guide you out
  - Keep this light to your starboard (right) side as you pass it.
  - Keep this light to your port (left) side as you pass it.
  - Don't worry about this light; it is for ferries and large freighters.
- A proper Personal Floatation Device (PFD) (life jacket) is one that is approved by:
  - Canadian Coast Guard
  - Canadian Standards Association
  - U.S. Coast Guard
  - Ministry or Department of Transport (MOT / DOT) Canada
- It is a criminal offence to operate a vessel while under the influence of alcohol or drugs - True or False
- It is a criminal offence to leave the scene of a boating accident - True or False
- When anchored at night, you must:
  - Display an all-round white light above your boat.
  - Contact Coast Guard Radio and tell them where you are anchored.
  - Have your red and green side lights turned on.
  - Keep a light on inside your boat.
- A man standing on his boat slowly waving his arms up and down at his sides is:
  - Another friendly boater - wave back.
  - Doesn't know where he is and needs directions.
  - Bragging that he caught one huge salmon.
  - In distress and needs assistance.
- This \* symbol on a chart indicates:
  - A dangerous rock which may be just below the surface.
  - Location of a ship wreck.

- A good fishing spot.
  - A good place to anchor.
- When refueling your boat, all your passengers should:
    - Get their wallets out.
    - Go ashore.
    - Sit down.
    - Put on PFDs (Personal Floatation Devices - life jackets).
  - Before starting out on a boating excursion you should:
    - Tell someone on shore where you are going and when you expect to get there.
    - Make sure you have charts of the area in which you will be boating.
    - Check the marine weather forecast.
    - All of the above.
  - It is illegal to discharge a marine head (toilet) in Pilot Bay. True or False

**ANSWERS**

- The starboard (right side) running light is green.
- The other boat - it's approaching from right (starboard) side.
- The vessel is in distress, approach and offer assistance.
- Sound one long blast on your horn (bell, whistle) every 2 minutes.
- There must be four seats - driver, observer, two skiers.
- Keep the green light on your port (left) side as you pass it. The rule is: "Red on the Right Returning", "Returning" on a river means when travelling upstream.
- a) and/or d) Dept. of Transport and Canadian Coast Guard are the authorities for approving PFDs (life jackets). U.S. Coast Guard life jackets do not meet Canadian standards.
- TRUE
- TRUE
- a) You must display an all-round (360 degrees) white light above your boat.
- A person waving their arms in this manner is signaling distress - approach and offer assistance.
- On a chart this \* indicates a dangerous rock which may be washed at low tide.
- When refueling all passengers should go ashore. (You may still want them to get their wallets out.)
- All of the above. Tell someone where you are going and when you will get there. Have charts of the area, and check the weather before setting out. Upon arrival at your destination, phone the party you left your sail plan with and tell them you got there. We don't want to spend the night searching for you while you are snug in harbor enjoying the local facilities.
- TRUE - Pilot Bay is a no dump area - it is illegal to discharge from a marine head, or holding tanks in a no dump area. Effluent should be properly disposed on shore.



## The Fitness Place



### Hours:

Mon - Fri: 6:30 am - 10:30 am

Mon - Thurs: 6 pm - 8 pm

Sat: 8:30 - 10:30 am

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



## The Privilege of Sharing My Passion

by Juergen Baetzel



While figuring out my race schedule for the summer earlier this year, I realized that because of bad timing, I'd have to pass on the usual season opener - the Vancouver Marathon. In a strange way I liked that I would have to do so because last year I had such a great run I was sceptical about improving upon that finishing time. Do I hear "Chicken"? Anyway, I was

looking for an equal challenge in the month of May that would suit my schedule. It was then that I remembered my brother-in-law telling me about a triathlon in Shawnigan Lake on Vancouver Island, located just minutes away of his family's home.

Because of the big distance it is quite rare that we actually see each other. A family visit plus a race seemed like a grand idea. After announcing the invasion of their home at the end of May, everybody (especially the kids) was very excited. Our children are all in the same age range, so they get along quite well.

Then, shortly after, there was another surprising announcement made from Jenn, my sister-in-law. She had decided to do her first triathlon ever and compete in the race too. In that moment I felt like an older brother welcoming his little sister to the first day of school. With now approximately 30 triathlons to my credit I could share the good deal of experience that I had gathered over the years. I didn't want to be pushy and know-it-all, only to contribute to a smooth and fun introduction to a new sport for her. We practiced some in the field necessities like how to change a flat on the bike. Whenever I could think of something important to mention I would do so. Of course having to deal with three disciplines at once requires a lot of details and something can be quickly missed or forgotten. In the stressful morning hours of the race day, Jenn had arrived at the race location realizing that she had forgotten her bike helmet. Yikes! Thank god that she could quickly drive home and get it.

The weather on race day was one of the first sunny days in a while. But due to the unseasonal spring temperatures the water was a bone chilling 14 degrees! We were aware of that but upon entering the waters of Shawnigan Lake, the cold water was breath-rendering.

At any given point this would be the time to ask yourself, "What the hell am I doing here?" But instead, and this is why I love the sport, you push those thoughts aside and try to get into your zone. This is the moment you've trained so hard for; this is the moment that keeps you inspired; this is the moment to show that you've got what it takes. When the start gun goes off you take that ice cold plunge, and you push body and mind to their limits because you have goals... you are a triathlete.

Congratulations, Jenn, on a job well done and your first voyage into the sport of triathlon.

### ENDURANCE RACE RESULTS FOR MAY/JUNE 2011

- Blossom Fest Creston May 22:** 10 km run, first place overall w/ time of 37 min 46 sec.
- Shawnigan Lake, Vancouver Island May 29:** 70.3 miles Triathlon, in the 40 - 45 male category second place w/ time of 5 hrs 14 min.
- Wasa Lake, Cranbrook June 12:** Olympic distance Triathlon, in the 40 - 45 male category 17th place w/ time of 2hrs 21 min.



## TOM SEZ

by Tom Lymbery

**John Edwards** is ahead of the increasing gas prices – he drives a propane powered vehicle – and propane has held very much the same price per litre for more than a year.

**Reduce your blood pressure** – cut out salt, and use pepper instead (lots of varieties of peppers are available, and can add more delight and safer flavours than salt).

**A lap top left plugged in** ignited a total loss house fire in Kaslo – switch off your power bar when yours is not in use.

**Special thanks to Don Clark** for his terrific trumpet at the Gala Dinner at Gray Creek Hall, a fund raiser for the school hot lunch program.

**Roadside flowers**, from lupines, broom, blue chicory and more. Some may feel that these are invasive, but isn't their bountiful colour worth it? Too bad the early settlers didn't bring the dwarf purple and white broom instead of the tall yellow.

We often get enquiries as to where is the Fitness Place, the Community Corner, or the Family Place. How about street addresses or directions for these when placing ads or notices?

When will the Crawford Bay School have signage?

Before plastic became available, lead was used for many things, including toothpaste tubes. At least it was easier to roll up the container to get the last few squeezes for your toothbrush.

All of the area covered by the RDCK now has the same green recycle bins – the western area ships to Kelowna, while ours goes to Cranbrook. The contractor, Waste Management, is a Houston, Texas based company.

Canadian Geographic tells us that it takes three litres of water to produce a one litre bottle of processed water.

The 2011 Kootenay Lake Fall Fair prize list is a treasure to hang onto. John Smith's pictures of Fairs gone by need a careful look to find yourself and your friends.

## Call to Action – Share Your Skill

submitted by Crawford Bay School and Diana Stokes

Astronomy, French braiding, gourmet cooking, Alasagna gardening, woodworking, bear awareness, poetry and softball all have something in common. What is that, you may well ask. Each of these activities requires skill and know-how. Diana Stokes, in association with Crawford Bay School, is looking to bring those who wish to learn a skill together with those who have a specific skill or flair.

An initiative is being launched to introduce a series of programs to both residents and seasonal visitors whereby skill, craft and know-how is shared through community workshops. If you have a given skill - perhaps you are really good at paper making and are willing to share your knowledge, you are invited to come forward and offer to run a workshop. On the other hand if you would like to learn something - perhaps public speaking - come forward. Diana wants to match those who know and those who want to know.

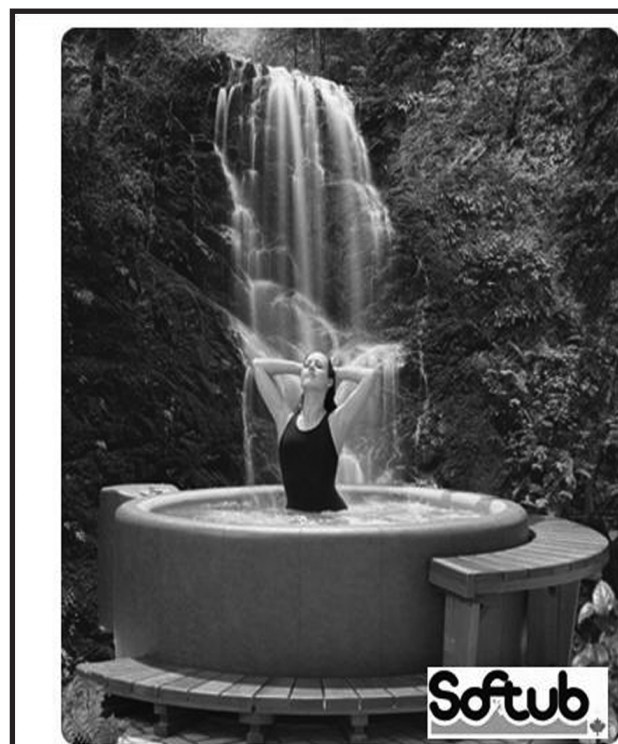
Okay, everyone wants to ask how much will this cost. That's a good question. Diana wants to keep the program low cost. A drop-in fee of \$2 per session per participant has been proposed. And another good question - how much will instructors be paid. Well, Diana is looking for volunteer instructors - teach a course/take a course is the proposal.

Some may say Diana is a dreamer. To test the waters on how this program may work, an initial workshop will run in the near future. This summer, Diana invites those interested in creative writing - poetry or short stories - to gather weekly to share skills and know-how. She is looking for both those who would love to learn and those who would love to share knowledge. Diana, whose poetry has appeared in literary magazines, collections, street publications and has been recognized in national contests, says she loves to share what she knows with others and that she always has something new to learn. The beginner, the novice, the casual, the advanced writer are asked to join. All that is required to take part is a pen, paper, a toonie and an interest in creative writing.

So community, let's get things rolling. Diana's call to action.... take a course, offer a course.

For more information, to volunteer, to offer advice. to take a course, even to complain - whatever - 227-8984.

As well, Dan Rude welcomes your comments and is available at 505-3032 or drude@sd8.bc.ca.



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new & used-softubs & chemicals  
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250-354-8557  
e-mail:portable spa@msn.com

for more info go to: [www.softubcanada.com](http://www.softubcanada.com)

### GRAY CREEK PASS REPORT

by Tom Lymbery

This is the 21st year for the road, which had its official opening in 1990. Over the years the date on which the snow melt allows wheeled traffic has varied from June 14 to July 23. Could it be August 1st this year?

This is only known by relatively few. We get enquires from January on as to how the road is!

### the 6th annual kootenay gut buster July 22, 23

is proud to announce Crawford Bay (Park) as its home!

2 nights of hilarious stand-up comedy plus musical guests. Some of the same comedians you've seen on TV and heard on XM Satellite Radio will make the Kootenay Valley howl with laughter at Western Canada's only outdoor comedy concert!

- Raising funds for the CBESS Hot Lunch Program
- A different show each night!
- [www.kgbc comedy.com](http://www.kgbc comedy.com) for ticket & show info.
- Don't miss this event!

Sponsored by these generous businesses:



Featuring over 8 comics, including Calgary comedian Daryl Makk (above) & the East Shore's own Paul Hindson!



#### GRAY CREEK MUSEUM DAYS

July 22-25 12-6 pm at the Hall. Free - come and see what's old and new in Gray Creek.

#### WILLIAM BAYLISS, ARTIST

Do you have Will Bayliss art on your walls, or in your attic that you would be willing to loan or take a picture of for us? The Gray Creek Historical Society is displaying part 2 of the works of Will Bayliss, at the upcoming Museum Days on July 22-25, 12-6 pm. Will produced hundreds of paintings and carvings, using many local themes. Contact Janet Schwiager at 250-227-9201 or [nwb@theeastshore.net](mailto:nwb@theeastshore.net)

#### Words to live by:

It's nice to be important, but it's more important to be nice.

"I feel fine, talking about peace of mind."

New Key's Place  
250.227.6911

Home of the Ice Cream Parlour.



# CONGRATS, CBESS GRADS OF 2011!



*Robert Hunter McClure*

**Your time with Crawford Bay School/Area:** My time at Crawford Bay School has been great, but I'm glad that it's over. I moved to Gray Creek from Kitimat in Grade 4.

**Your plans for the future:** I'm going to college in Nelson in September. I'm taking gas fitting.

**Message to impart/Quote:** I guess I got my swagga back.

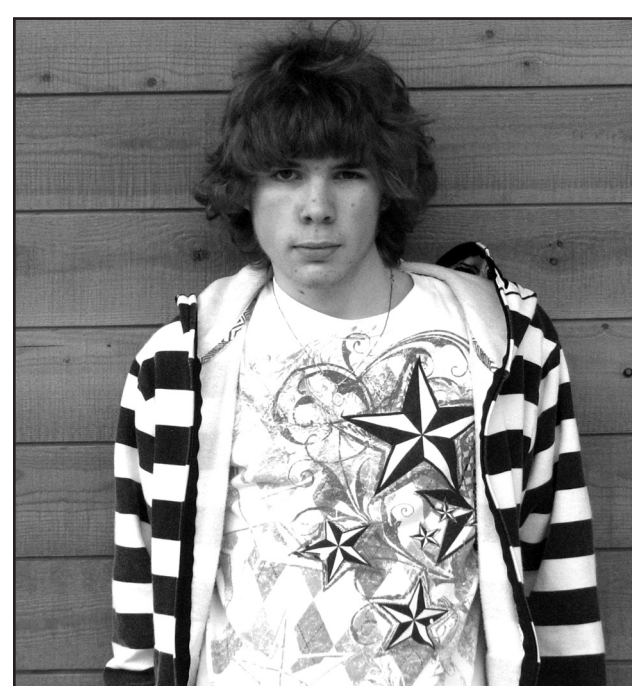


*Gabby Brasseur*

**Your time with Crawford Bay School/Area:** I have been here my whole life. So far, I really enjoy being here. Even though it's smaller than other towns, it's still really peaceful most of the time. It's been awesome.

**Your plans for the future:** I am probably going to take a year off just to rest and travel and keep working at the Riondel Store part time and go to school to be either a veterinary technician or assistant.

**Message to impart/Quote:** "You're the only one who can decide what's possible and what isn't. Set your sights on what you want and go get it. One step at a time!" - Benji Madden



*Cameron Scott*

**Your time with Crawford Bay School/Area:** I moved from Radium Hot Springs. I have been coming here since I was little but only moved when I was in Grade 10. It was nice being in a school where teachers actually cared.

**Your plans for the future:** Things will happen when they happen. If an opportunity wants to present itself, it will.

**Message to impart/Quote:** "This is a big fat waste of my time." - Calvin.



**Next Deadline:  
July 25, 2011**

## From the Principal's Desk

by Dan Rude

As this school year winds down, I want to express gratitude and appreciation for all of the incredible involvement we have had in the school this year. On June 16 we hosted our second annual Volunteer Appreciation BBQ to honor those who have given their time and energy to many of our learning projects, including (in no particular order) music, outings, yoga, community mentorships, classroom support, loans of tools, presentations, fundraising, running of our hot lunch program, participation in our PAC, leading of after school programs, and hosting at many local and regional venues. I would like to thank all of you again and also recognize the committed and visionary work of our teachers, who continue to work to re-invent what we do here to meet the learning needs and aspirations of our small, yet diverse, group of students.

One of the educational ideas that I find very promising and rewarding is to be continuously thinking in terms of 'learning projects' that link us all together around common purposes. Through this lens, I look back at this year and recall a wide range of experiences that students, teachers, parents, our community, and regional organizations have been involved in. Some of these include (again in no particular order and definitely not all-inclusive) class trips to Tipi Camp; the elementary science fair; nature outings; arts through community mentorships and an Artists in Education grant; greenhouse construction; garlic beds; grounds care and sandbox construction; Claymation videos; a variety of community mentorships; re-creation of the 'Haku' play from Peter Duryea; after school badminton, art, martial arts, and fiddle; the Summerland Shakespeare Festival; visits to various local post-secondary institutions; backpacking along the Bonnington Range; a week-long art intensive, creating personal mandalas; and young students writing and presenting their own plays. For visual images of some of these

experiences and others, please see the new link to our Flickr gallery at [www.crawfordbayschool.ca](http://www.crawfordbayschool.ca).

I have been asked to put together a presentation about our Community Mentorship Program that will be taken by our school district senior administration to the BC School Superintendents' Association summer conference, as an example of current learning projects that fit their theme of Pathways to Personalization.

For an interesting interactive presentation on current thinking on directions for education in British Columbia, I encourage you to look at the ministry's new 'Personalized Learning in BC Interactive Discussion Guide' at <http://www.personalizedlearningbc.ca/#/1>. There are many conversations going on around the province – and beyond – that respond to this document, and I also encourage you to get involved in these conversations by bringing in your own thoughts and values.

I'm looking forward to a summer of spending time with my family, playing as much soccer and badminton as possible, hiking and cycling, visiting, and... studying. I wish you all a great summer and want you to know how fortunate I feel to be the principal of our school.



**REGIONAL DISTRICT  
OF CENTRAL  
KOOTENAY**

**ELECTORAL AREA 'A'  
ADVISORY PLANNING  
COMMISSION**

**Notice of Meeting:**

**Wednesday, July 6, 2011 at 6:30 pm  
Boswell Memorial Hall - Boswell, BC**

**PUBLIC WELCOME TO ATTEND**

## Student Features:

In recognition of this as a time of year of transitions, we would like to recognize our new in-coming Kindergarten students, our grade sixes who move into secondary next year, and our graduates as they move into life beyond grade 12. We look forward to working and learning with our K's and 7's next year, and to following the new paths of our graduates.

**KINDERGARTEN**

Jade Besner  
Skyler Dumont  
Haliagh Fuller  
Nova Stone

**GRADE SEVEN**

Omi Bloom-Wolstencroft  
James Davidson  
Javin Lauritzen  
Arlo Linn

**GRADUATES**

Gabby Brasseur  
Robert McClure  
Cameron Scott

*Creativity, Community, Conscience*  
**Advertise Online!**  
*\$50 for 30 days of high visibility advertising:*



**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**

**EASTSHORE AUTOMOTIVE** - Service & Repair 250-227-9370  
**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: BF Goodrich, 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 bldg, logging, land/house site develmnt, self-loading log truck/dump truck, excavators/dozers, sand & gravel. Chris Choquette: 825-4701 or 354-9238.

**HULLAND AND LARSEN CONSTRUCTION** - experienced residential construction and custom finish work. 250.551.2915 or 250.505.3570.

**JB (JUERGEN BAETZEL) CONSTRUCTION:** Over 13 years experience, strong work ethic. Covered by Worksafe BC. Foundations to Finish (concrete, framing, roofing, drywall, siding, flooring, finish, carpentry, tile setting, some plumbing & wiring knowledge) 250.227.9246 or 250.551.7697.

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

**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

**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.

**An ASTROLOGICAL CHART READING** will give you awareness and understanding of your life and your current situation. Contact Susan Snead at 250-225-3520

**AYURVEDIC CONSULTATIONS WITH ZORA C. DOVAL** - Dietary and lifestyle recommendations. Mondays at Barefoot Handweaving Studio. To book appointment (250) 227 9434.

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

**COUNSELLING & SUPPORT SERVICES:** Free and Confidential for children, adults and families. Services include: Adult Mental Health and Addictions; Child Youth Mental Health; & Family Support. Call 1-866-774-5324 (toll-free) or 250-353-7691. North Kootenay Lake Community Services Society.

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

**LEA BELCOURT - TRADITIONAL THAI MASSAGE, ONE-ON-ONE YOGA THERAPY SESSIONS, REIKI & ENERGY WORK** - Every Tuesday at the Barefoot Handweaving upstairs studio space. Call: (250)227-9030.

**MASSAGE, FOOT REFLEXOLOGY, POLARITY BALANCING:** Call Susan Snead to book a session in your home or at hers in the Riondel area. 250- 225-3520

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

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

**REGISTERED ACUPUNCTURIST** - Christine Peel, R.Ac. Traditional 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 and try our wood-fired oven pizza new on whole wheat dough and our seasonally inspired menu, homemade desserts and ice cream. Call for reservation: 227-6906

**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.

**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.

*www.eshore.ca*  
*mainstreet@theeastshore.net*

**CLASSIFIED SECTION**

**AUTOMOTIVE/MARINE**

**Dog Life Jackets:** a super large net to retrieve your dog! Marine supplies, kayak paddles, oars, marine oils - Gray Creek Store

**BUS. ANNOUNCEMENTS**

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

**Sirdar General Store** - A unique place to shop on Duck Lake. Fishing & Hunting Licences, Tags & Tackle. Groceries, Souvenirs, Ice Cream, Soft Drinks, Juices & Water. Energy Drinks & Bars, Chocolate Bars, Chips & Nuts. Locally made Bird Houses, Cribbage & Cutting Boards. Just in time for Canada Day, Lapel Pins, Postcards, Back Road Map Books, Felicity Klassen's book-CHIL-COTIN RAMBLINGS. Straw Sun Hats & Sunscreen. 8050 Hwy. 3A, 250-866-5570 Fax 250-866-6811. Happy Canada Day!

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

**BUSINESS SERVICES**

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

**CLASSES/WRKSHOPS**

**Artist Mentorship:** Ted Wallace is offering to work with aspiring artists of all levels of experience. Artists will work along side Ted in his studio, receiving instruction and guidance as required, sharing ideas and reflecting on art and creativity. The introductory price is \$35 per day plus a fee for any materials used. Contact Ted at 250.225.3484.

**EMPLOYMENT OPPS/**

**Visit InvestKootenay.com** for East Shore opportunities to buy or sell a business and more.

**HOME/BUILDING**

**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. You don't need clamp tools, and they're great for RVs and tight spaces - Gray Creek Store

**Reaching deep into** a water tank or flooded plumbing? We have heavy duty plastic gloves that go to your shoulders - Gray Creek Store

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

**Steel or copper strapping** to secure your hot water tank solidly to the wall - a major earthquake may happen at any time - Gray Creek Store.

**Jonsered mix oil** for saws/ two cycle engines has gas stabilizer included - save expensive carburetor cleaning to remove varnish left by lesser mix oils - Gray Creek Store

**MISCELLANEOUS 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

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

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

**Summer Is On The Way** - suntan lotion, sunglasses, beach mats, new stock of Mexican blanket, and hammocks - Gray Creek Store

**Recommended by your dentist:** the Sulca Brush. Use in addition to your regular toothbrush. This one exercises and cleans around the top of your teeth - Gray Creek Store

**The Gun Safe:** locks up yours safely, and has a separate locking drawer for ammunition and your six gun - Gray Creek Store

**Lakota Joint Care** capsules: let Lakota defeat your rheumatism as the Lakota defeated Custer. Also: Beta Carotene capsules extend the use of your eyes - Gray Creek Store.

**Save Power:** plug in those printers and computers to a power bar, then one switch turns all of when not needed or when thunderstorms threaten - Gray Creek Store

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

**NOTICES**

**Slowpitch Softball** - Come join one of the teams Sundays at Riondel Field. Games are at 3:00 and 5:00 More info - Helder at 250 227 9686

**Vintage Costume Try-On:** Come to the Crawford Bay Hall on July 7 and August 10 to try on our collection of vintage garments,

then join us at the Fall Fair in Crawford Bay on September 10 and wear the garments in celebration of the event. Have fun in classic costuming! For more info call Shirley Enger at 225.3555.

**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**

**Hiking Poles:** versatile, different tips for different terrain, a pair. A much lower price than those in sporting goods stores (even Walmart) - Gray Creek Store

**Best selection of fishing lures,** rods, reels, nets, weights and down riggers on the eastern shore - 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

**ATVs or Motorcycle Helmets** - two styles and looks - Gray Creek Store

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

**RENTALS/REAL ESTATE**

**Waterfront Property** For Sale or Rent in Boswell - fully furnished. Check it out at www.Propertyguys.com listing #196662

**Waters Edge B&B** is now open - on the lake with kayaks for guests. Enjoy a quiet, park-like setting for a holiday. Ph: 250-225-3492

**YARD & GARDEN**

**Deer Scare:** Sprinkler with motion sensor. The sudden start-

ing sprinkler will frighten any animal - \$69.95 Gray Creek Store

**Garden Trugs** are back again - green ones/ pink ones, three sizes. These are flexible and unbreakable to carry soil, stones, veggies, shopping, 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. Cut long grass and reduce your waistline. - Gray Creek Store

**Fitness Machine:** Push a reel lawn mower and 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

**Long Handled Dandelion Weeders** Why bend over for that never ending job? - Gray Creek Store.

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

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

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

**Garden Hoses Gallore:** We got a big shipment at great dis-

counts - Gray Creek Store  
**Corona Garden Tools:** pruners, pole pruners, shovels as well - Gray Creek Store

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

**Bone Meal:** great long lasting organic fertilizer that the deer don't like - Gray Creek Store

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

**Mantis Tillers** - the lightweight wonder that can even handle raised beds. 4 cycle Honda, or two cycle engines - Gray Creek Store

**Garden Tools & Handles** - New selection of wheelbarrows. Tires, tubes and parts if your old wheelbarrow is repairable, or you can upgrade to the puncture - proof tire - Gray Creek Store

**VACATION TRAILER  
 5th WHEEL  
 1993 Travel Mate  
 (31 Feet)**

**Priced @ \$8,995.00,**  
**special condition,**  
**well maintained travel**  
**unit, must be seen to**  
**appreciate!**  
**Contact Brian**  
**& or Shirley**  
**@ 250-225-3555.**



## BULLETIN BOARD

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

**CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE Riondel Seniors Association AGM and Potluck Luncheon will be held on Feb 8th at 12:00 in the Seniors room at the Riondel Community Centre.**

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

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

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

#### PHYSICIAN COVERAGE FOR JULY 2011

July 5 Tuesday - Dr Grymonpre  
July 6 Wednesday - No Doctor  
July 7 Thursday - Dr Lee  
July 12 Tuesday - Dr Grymonpre  
July 13 Wednesday - Dr Moulson  
July 14 Thursday - Dr Lee  
July 19 Tuesday - Dr Grymonpre  
July 20 Wednesday - Dr Moulson  
July 21 Thursday - Dr Lee  
July 26 Tuesday - Dr Grymonpre  
July 27 Wednesday - No Doctor  
July 28 Thursday - Dr Lee

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

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

#### BOSWELL HALL GOINGS-ON

**1. Boswell Book Club, Boswell Nifty Needlers Quilt Guild and Boswell Vintners** will resume meetings in September.

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

**3. Yoga with Lea** is held on Thursdays during the summer months at 9:30 - 11 am. Contact Marilyn Arms 250-223-8058.

**4. Boswell Hiking Group** Boswell Hiking Schedule for July is as follows. July 6: Galena Trail (Sanden to New Denver), July 13: Haystack, July 20: Kaslo River Walk/Fletcher Falls, July 27: Cornice Ridge, Aug 3: Idaho Peak. All interested hikers are welcome. Call Melody Farmer for additional information at 250-223-8443 or email Melody at [melodick.farmer@gmail.com](mailto:melodick.farmer@gmail.com)

**5. Canada Day Dinner & Flower Show** - Fri, July 1 @ 6pm Boswell Memorial Hall. Advance tix available June 24 - 30 at Destiny Bay Grocers, \$10 adults, \$5 children OR at the door \$12 adults, \$6 children

**6. BADEV (Boswell and District Emergency Volunteers) Annual Corn Roast:** 5:00 - 7:00 Sept. 3 at the Conrad Residence, 12306 Wallace Road, the driveway just south of Boswell Hall - follow the signs. The menu includes fresh local corn, beans, hot dogs and ice cream. There are always lots of raffle prizes to be won and wonderful local musicians to entertain you. The cost is minimal - \$5 for adults, \$3 for kids under 10 and no charge for preschoolers. Everyone welcome!

#### DISCOVER GRAY CREEK AND AREA

Discover Gray Creek and area tours, to be held weekly throughout summer on Thursdays at 10am - watch for posters and **Mainstreet Online** for locations. Courtesy of Gray Creek Historical Society, call Janet at 250-227-9201 for more info.

#### BENEFIT CONCERT FOR HARRISON MEMORIAL CHURCH

A benefit concert will take place on Saturday July 9, from 7:30 - 9:00 pm. Come and enjoy an exciting jazz combo featuring Donnie Clark (and friends) at the Harrison Memorial Church. This is a benefit concert for the church to help pay for new concrete steps. (Suggested donation \$5). This is one of two benefit concerts planned for this summer. The other one will be Saturday August 4th and

feature Ted Wallace on harmonica (and friends) and be a fabulous bluesy time!

#### GRAY CREEK MUSEUM DAYS

July 22-25 12-6 pm at the Hall. Free - come and see what's old and new in Gray Creek.

#### WILLIAM BAYLISS, ARTIST

Do you have Will Bayliss art on your walls, or in your attic that you would be willing to loan or take a picture of for us? The Gray Creek Historical Society is displaying part 2 of the works of Will Bayliss, at the upcoming Museum Days on July 22-25, 12-6 pm. Will produced hundreds of paintings and carvings, using many local themes. Contact Janet Schwieger at 250-227-9201 or [nwb@theeastshore.net](mailto:nwb@theeastshore.net)

#### COLOURFUL THANKS!

A big colourful thanks to the creative kids from the AFTER SCHOOL ART program this past year. Every tuesday from 3 to 5 has been a delicious mix of artistic mayhem and serious experimentation in mediums, styles, and approaches to art, for the less aged eager artist. You folks seemed to appreciate the opportunity to express yourselves in various messy ways, and I myself also appreciate your tenacity and open-hearts, for letting me feed you full of artsy ideas. Oh and sorry about the paint stains on your clothing: though they probably won't come out in the wash, they are like badges of your awesomeness.

*Jacqueline Wedge*

#### AND ANOTHER ONE!

Another big colourful thank-you to Rec 9, Dan Rude (principal extraordinaire), and other benefactors who have financially assisted the AFTER SCHOOL ART program. Through grants, subsidies, visiting artist/teachers, and access to a fantastic art room at the school, we were able to accomplish many artsy tasks, overcome many drippy obstacles, and learn many messy techniques, with high-class materials and tools. I look forward to continuing classes in the fall, thanks to this supportive and fun community.

*Jacqueline Wedge*

#### SILENT AUCTION SUCCESS - THANK YOU!

A big thanks to Pixie and Shpricken for holding the fabulous Silent Auction Tipi Camp fundraiser. Best party ever! Without you two, it would never have been as glorious as it was. Big thanks to Ingrid at *The East Shore Mainstreet* for promotional help, to Galadriel, Rowan and Lea for their tireless help on the evening of and leading up to the event and thanks to Sandra Bernier for pushing for top dollar at the auction. Thanks to Tizane for all her exemplary help! To all the businesses and individuals of the East Shore and beyond, thank you for all of your donations. To all the attendees and visitors - thank you for coming! We achieved our fundraising target and exceeded, taking in over \$4,000. These funds help send many children to Tipi Camp who normally wouldn't be able to.

*Jacki Friesen*

**ED:** Huge thanks to Jacki Friesen for all her energy and positivity getting so much organized for this phenomenal event. You did it, girl! You are a powerhouse.

#### OVERWHELMED BY SUPPORT

Thank you to the generous souls of the East Shore and Creston Valley for your support during Dave's illness. Thank you to Marilyn and Beth for all their hard work on The Sussums Family Trust, to every business that put a collection tin on their counter and to every person that dropped in a coin. We were going to be with our son one way or another and your generosity made that easier. Thank you to Paul at Eastshore Automotive for your help, to Nick at Sunnywoods for your perfect gift, to Liz for taking the pressure off and for your loving care of our pets, to Malena and Albert for shoveling snow and checking in while we were away. Thank you to Gray Creek Store for allowing me to come and go as necessary, and to D-3 Logging for your understanding. If we have left anybody out it was unintentional. Please forgive us, and know that we appreciate everything - every prayer, kind thought, and each and every time someone asked how Dave was doing. We are overwhelmed by the support and kindness, the many acts of generosity. And we are touched and deeply moved by the compassion of an entire community.

*Thank you, Don and Donna Sussums & family*

## CHURCH CALENDAR

#### RIONDEL COMMUNITY CHURCH JULY SCHEDULE

July 3: Rev Shelley Stickel-Miles, U/C, 11 am  
July 10: Brent Mason, Presbyterian, 11 am  
July 17: Rev. Robin Ruder Celiz, Anglican, 3:00 pm  
July 24: TBA

July 31: Jeff Zak, Mennonite, 11 am  
Special music every Sunday. Please check [www.riondel.ca](http://www.riondel.ca) for changes. Info at 250-225-3381

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

For information call Christ Church Creston 428-4248  
July 3 - 1:30 pm: Rev. Robin Ruder Celiz

#### HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!  
July 3: Please join us at St. Anselm's in Boswell (1:30pm)

July 9 - 7:30pm, Jazz concert fundraiser  
July 10 - 11 am Service

July 17 - 1 pm: Rev. Robin Ruder Celiz  
July 24 & July 31 - 11 am 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

Reverend Thomas Kakkaniyil Phone: 428-2300 Fax: 428-4811  
Sunday Mass at 2 pm  
1st Sunday of the month, Fellowship Sunday.

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

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

#### CHRISTIAN SCIENCE CHURCH SERVICES

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

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

## MEETING PLACES

#### EASTSHORE ALLIANCE SUPPORTING THE EARLY YEARS (EASEY)

Everyone is welcome and childcare is offered.  
Contact Simone Stanley at 250.227.9218 ext 5504.  
Email: [simones@kootenaykids.ca](mailto:simones@kootenaykids.ca)

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

Meeting Times: 7 pm.  
Second and Fourth Tuesday of the Month  
For more info, call Lion David at 250-227-9550  
or Lion Jim at 250-227-9622.

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

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

**PARENT ADVISORY COMMITTEE (PAC)** Meetings held at 7 pm at the Crawford Bay School library on the second Monday of the month. **No more meetings until September!**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Mike Stenhouse, Bob's Bar	Brunch, Bob's Bar Local's Night, Boccacino
3	4	5	6	7	8	9
High Tea, Wedgwood Brunch, Bob's Bar CBay Sunday Market Bottle Depot, 10-2			APC Meeting, Bos Hall Indian Veg Cooking, GC Hall NO DOCTOR	TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2 Dr. Lee	Dr. Lee	Darryl and Roy, Bob's Bar Local's Night, Boccacino Harison Church Concert
10	11	12	13	14	15	16
Deberah Shears, Bob's Bar CBay Sunday Market Bottle Depot, 10-2		GiCheon - CB Area Lions Mtng, 7 pm Dr. Grymonpre	GiCheon - CB Area Dr. Moulson Lab 7:30-10:30	GiCheon - CB Area TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2 Dr. Lee	Kootenay Jack, Bob's Bar GiCheon - CB Area STARBELLY JAM!	Local's Night, Boccacino GiCheon - CB Area STARBELLY JAM!
17	18	19	20	21	22	23
STARBELLY JAM! Bottle Depot, 10-2	DAY CAMP, EVERY WEEK DAY FOR TWO WEEKS STARTING NOW, CB Park	Vet Clinic Chamber Meeting, CBESS, 7pm Dr. Grymonpre	Dr. Moulson, Lab 7:30-10:30	Bob's Birthday, Bob's Bar TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2 Dr. Lee	Gutbuster, CB Park GC Museum Days Teague, Kate, Lyndi, Bob's Bar	Gutbuster, CB Park GC Museum Days Local's Night, Boccacino
24/31	25	26	27	28	29	30
(24) High Tea, Wedgwood (24) GC Museum Days (31) Fam Nature Wknd, Tipi Camp CBay Sunday Market Bottle Depot, 10-2	MAINSTREET DEADLINE	Lions Mtng, 7 pm Dr. Grymonpre	NO DOCTOR	TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2 Dr. Lee	Fam Nature Wknd, Tipi Camp	Juergen's 40th Birthday Llama, Bob's Bar Fam Nature Wknd, Tipi Camp

### 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



The Keraiff Family is celebrating again! Ali recently graduated from the University of Lethbridge. Along with receiving her combined BA/Bed degrees she was acknowledged for her academic achievement by being awarded two gold cords signifying "Great Distinction". For now she is hiking & biking at Tyax Wilderness Resort.



New signs for Gray Creek Hall and Gray Creek Cemetery were supplied and erected by YRB. Nelson & District Credit Union kindly donated funding for these.

ADVERTISER	PAGE	
RDCK Water	6	
Angus MacDonald Reiki	6	Riondel Golf 4
Artisans	11	Riondel Market 13
ArtWalk	18	Rockwood 12
B-57 Excavating	13	Russ Anderson 13
Black Salt	13	Sacred Journey 12
Bob's Bar	10	Starbelly Jam 2
Boccacino	8	Starbelly Writing Contest 6,24
Boswell Hall	15	Strawberry Social 1
Bunkers	12	Sunday Markets 12
Community Futures	13	Sunnywoods Farm 18
Crawford Bay Hall & Parks	14	Sunset Seed 17
Crawford Bay Store	13	Tipi Camp AGM 7
Credit Union	12	Tipi Camp Silent Auction 10
Creston Veterinary Clinic	8	Turlock Electrical 13
Day Camp	12	Wedgwood 12
EDC	17	Will Chapman 13
ESIS	1	
East Side Mojo's	19	
Eastshore Physiotherapy	16	
EZ Dock	14	
Fall Fair	9,18	
Fitness Place	19	
Footlighters	14	
GiCheon	6	
Graciebean	1	
Gray Creek Store	22	
G.R.S. Contracting	13	
Green Machine	13	
Gutbuster Comedy Fest	20	
Harreson Tanner	8	
Heycamp (WH Excavating)	8	
Harrop/Procter Forest	11	
Hulland and Larsen	13	
JB Construction	13	
Junction Creek Hub	12	
Kootenay Insurance Services	16	
Kootenay Springs Softub	20	
Lea Belcourt Yoga/Massage	3,16	
Newkeys	2,7,14,20	
RDCK TS Hours BC Day	6	
RDCK APC	21	
RDCK Fire Truck	7	

**Transfer Station Hrs**  
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:**  
Mon: 2-4 pm,  
Weds: 6-8 pm  
Tues, Thurs, Sat: 10am-12:30pm

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

Drug & Alcohol: 353-7691  
Child & Youth: 353-7691

Public Health Dental Screening/Counseling: 428-3876  
Community Nursing: 227-9019 Hospice: 227-9006  
Mammography Screening: 354-6721

Baby Clinics: 428-3873 Physiotherapy: 227-9155  
Massage Therapy: 227-6877

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