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Ian Neville's Dumpstaphunk



Everyone Orchestra



Ian "Junk" Tonino



The Cave Singers



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# MS Issues

by Ingrid Baetzel, Editor

With the dissolution of the Kootenay Lake Eastshore Eldercare Cooperative Association (KLEECA), the group has given substantial amounts of money (over \$10,000) to other worthy community groups that offer, in particular, necessary services to seniors.

According to Alanda Greene, the board decided at their AGM that when all expenses and returned membership fees were covered, the remaining money would be given to the East Shore Health Society, for initiatives related to helping seniors on the East Shore. The mandate of the East Shore Health Society most closely matched some of the aims of KLEECA, particularly in providing services for elders.

At the AGM it was also voted to donate \$3000 to the Eastshore Ambulance Society, with \$1500 of that to go to the First Responders to cover the funds still needed for acquiring a defibrillator. For the Ambulance Society, the money was donated to help them acquire mannequins for training of ambulance personnel. By the time the KLEECA account was closed and all expenses covered, they were able to pass on the remaining funds of 7,586.31 to the Health Society.

At the recent East Shore Health Society AGM in June this substantial cheque was presented to the society and John Rayson writes in his update in this issue that they were overwhelmed with this most generous gift and appreciate the vote of confidence and responsibility implicit with the gift.

Peter Duryea, former board member for KLEECA and long-time supporter of many East Shore enterprises said, "I think it's a great place for the all the fundraising money that KLEECA raised to go. From the beginning, our intention was to help seniors on the East Shore. Since KLEECA's initiative to provide elder housing proved impossible to accomplish at this time, this gift is releasing significant funds to further the care and support for elders here in our front yard. The East Shore Health Society will do a fine job administrating the delivery of these funds to worthy projects."

Thanks to the KLEECA board for having such generosity of spirit and a willingness to keep local funds for important health initiatives within the community. We are all better because of you.

Kate Page, Proprietress  
Book ahead: 250.505.6950

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or Best Yet, Email to: mainstreet@theeastshore.net

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 2012 issue items by:

**Next Deadline: Wed, July 25, 2012**

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## LETTERS TO THE EDITOR

### A GAGGLE OF GRATITUDE

Dear Editor:

I would like to thank Ed, Dustan, and Troy for defying bureaucracy and using their machines, knowhow, and relentless energy to shore up Crawford Creek during June's floods. The town owes you their gratitude, especially those in the creek's path. And thanks Ingo for helping me with a difficult decision.

Sincerely,

Paul Hindson, Kokanee Chalets

Dear Editor:

I want to send out a huge "THANK YOU" to the Boswell Nifty Needlers Quilt Guild for creating the wonderful wall hanging "Kootenay Landscapes" & drawing my name in the raffle of this stunning fabric art piece. I am thrilled beyond description to have it hanging in my living room. As a quilter myself, I can truly appreciate all the hours of hard work and dedication that have gone into its design & creation. Thank you so much.

Gratefully, Rose Janzen

Dear Larry (Keraiff) and Janet (Fleming)

We'd like to thank you for the wonderful job you did teaching, inspiring and caring for our children and all the children on the East Shore over the years. Enjoy your grandchildren and the rest of the adventure!!

Bonnie and Bob Schutter, Gray Creek

Dear Editor:

East Shore Hospice wants to send out a heartfelt thank you to all who participated in this year's Hike for Hospice by joining us on the walk, gathering pledges, volunteering, and donating. This year East Shore Hospice raised a total of \$1765 which will go towards supporting hospice services on the East Shore. In particular I would like to thank the following hospice volunteers; Ali George, Rose Janzen, Victoria Henriksen, Garry Sly and Nicole Plouffe.

Thank you to the following businesses who contributed food donations to the hospice luncheon; the Crawford Bay Store, Save On Foods, Safeway and the Co-op. Thank you to Jacqueline Wedge and Barefoot Handweaving for donating the prizes for the two hikers who gathered the most pledges. This year's prizes were awarded to Victoria Henriksen who raised \$570 in memory of Jerry and Denise Kozak and

**2 Mainstreet July 2012**

Willi Bohmke and Ali George who raised \$370 in memory of Fiona McLaren. Thanks also go to Ben Johnson who provided the entertainment and created just the ambiance we were looking for!

Alexis Phillips, Crawford Bay

### PAINT-A-THANK YOU!

Dear Editor:

Paint-splashed thanks to all who participated in the second annual PAINT-A-THON, held June 23 at the Crawford Bay Hall.

Many gorgeous paintings were made and auctioned-off, with the money raised going to music education and instruments for kids on the East Shore.

I am so grateful to live in a town where awesome people support my endeavours.

Thanks to my amazing painters who donated hours and hours of time and creative effort for this wacky project (my love for you all is immense): Matthew Smith for constructing the gorgeous canvasses & paddles, driving stuff around, and constant unquestioning support & strength; Ingrid Zaiss Baetzel for the paddle-painting party, shopping, clean-up & big-time general help; Mauz Kroker for the sweet smiles & perfect pizza; Carol VanR for the auctioneering; table/ kitchen volunteers; Crawford Bay Market for snack donations (despite your crazy opening day); my kids Félix & Olivia who put up with their compulsive fund-raising mama; and to those who braved yucky weather, many competing events, and fiscal constraints to be there for us, to receive the fruits of our labour when we work our butts off in artistic meyhem and bliss. (And Howlin' Dan, I'm sorry that I used so many commas and semi-colons.)

With huge love and behemoth gratitude,

Jacqueline Wedge, Crawford Bay





## RDCK Area "A" Update

by Garry Jackman,  
Director, Area "A"

### Emergency Response

Over the past few months our area residents have seen a number of weather-related events which posed varied levels of risk to people and property. One of the earliest occurrences this spring was intense runoff and low level snow melt in Riondel which brought water flows in the roadway drainage ditches up over Ainsworth Avenue. A quick response by residents, with the loan of pumps from their volunteer fire service, successfully diverted water away from residences on lower lying properties. Thanks to all who spent their evenings and late into the night to refill the fuel tanks on the pumps. This is a classic example of how community volunteerism can mitigate a potentially serious problem. Works which are getting underway to upgrade some of the system, along with maintenance of other sections, should avert similar occurrences in coming years.

Around the same time, mud flows in Wynndel and Crawford Bay caused varied amounts of damage. The Wynndel incident only impacted one property, while the Crawford Bay event along Draper Road resulted in the closure of the highway and required considerable remediation work along the highway and on one private parcel where the residence was impacted. In the Crawford Bay event, a local state of emergency was declared and immediate assistance in terms of alternate shelter was offered to residents who were perceived to be at risk. Looking at how much mud emanated from such a small waterway reminds us of how the Kuskonook incident a number of years back pushed structures right to the lake. The evacuation notice was issued on the 'better safe than sorry' principle.

The more recent events, which have prompted me to write this month's topic, were a series of weather events which impacted Sanca Creek, Gray Creek, Crawford Creek and the Salmo/Creston summit along Highway 3A with a secondary impact on the ferry. I will leave my observations about the ferry incident for another time.

By Tuesday, June 5, substantial seepage from Sanca Creek was eroding the highway shoulder and flowing north towards the developed areas of the community. Highway crews quickly formed deeper ditches and maintained culverts so the water did not severely damage the pavement with associated risk of washing out the highway. Over the next two days, rising water in several locations in Gray Creek was washing out driveways, eroding the highway shoulders and eventually washed out a sufficiently large area of the highway that the road was closed for safety concerns. Work to restore the roadway and ditches is still not complete and will fall under the budget for the Ministry of Transportation.

During these same days, the water in Crawford Creek rose to a level where seepage through a significant section of the old berm was overflowing a drainage ditch running parallel to the berm and eventually the water level reached the crest of the bank, spelling potential for a major breach of the stream bank. A state of emergency was declared for this incident, along with an evacuation alert, while the situation was evaluated and equipment suitable to effect interim repairs was

mobilized. Unfortunately for concerned residents of Crawford Bay, the most readily available equipment, along with the low bed truck required moving the equipment, had already been procured by Highways so work did not start until several hours after the Crawford Creek situation was elevated to a state of emergency. More than going into the details here, much of which was covered at a follow up community meeting, I would like to review the larger process.

For Crawford Creek, the need for a hydrologist, an incident commander, a swift water rescue team (in case bad turned to worse) and other resources were identified from the outset. At the same time, calls were made to heavy equipment contractors. We had the benefit of a very rapid response from members of the Riondel Fire Service (thank you) while the others made their way to the site. **Note that several communities were already under alerts or states of emergency**, a major accident had occurred at the summit on Highway 3 which was subsequently closed, the main ferry was off for maintenance and once the highway washed out at Gray Creek we were relatively isolated. The second round state of emergency call out for Crawford



Washout of Highway 3A in Gray Creek

Photo Bernd Rave

Creek ten days later was less complicated as there was equipment readily available and the traffic was moving along the highway.

Despite all of the local discussion and dissection I am hearing, given the big picture, things went fairly well. For the one event, an evacuation notice, normally handled by the RCMP, was deemed the best course of action. The equipment needed to contain the situation did arrive (twice) and did succeed (thank you again). The province provided expertise and funds to assist the local efforts. The Red Cross prepared to handle evacuees on a longer term if needed. Many criticisms have been duly noted and this input will be used to tailor future responses. I remind residents that there is a response protocol in place for any incident anywhere within the RDCK but residents of any community are welcome to contact the RDCK emergency coordinators to work on local plans, including critical contacts and resources within each of our communities, if local volunteers are willing to step up and serve their neighbours and themselves.

### Process for State of Emergency:

I would like to provide an overview of the process where a local state of emergency is declared. Our provincial government funds a Provincial Emergency Program (PEP) which can be accessed under certain conditions. The province has legislated that all local governments, such as our neighbouring incorporated towns and cities or the Regional District of Central Kootenay, must provide staff who are dedicated

to emergency preparedness and able to respond with local assistance for the first 72 hours of a local crisis. In the RDCK, we have broken the representatives into three areas which include our municipal partners. For Area A, our emergency services coordinator is Alanna Garret who also covers Areas B and C (Canyon, Lister, Ericson, Kitchener, Yahk, West Creston, Lakeview, etc), the Town of Creston, the Village of Salmo and portions of Area G (rural Salmo and Ymir). As I have noted in previous submissions, throughout the year, Alanna responds to issues arising during winter storms, fire seasons, peak runoff and any other emergency, such as major structural fires or even vehicle incidents involving chemical spills, to ensure a smooth transition from an initial local response to a more robust response from beyond our communities as required to handle the incident.

So how do our regional district staff link to PEP? When an incident is identified as potentially being larger than can be handled by local resources, and where threats to life safety exist, the RDCK board chair of senior designated staff may declare a local state of emergency and request assistance through PEP. Prior

to doing this, several factors are considered and the severity or potential severity of the event must be ascertained to some level of confidence. The reason for this is obvious, because if every local government "cried wolf" at the first sign of trouble our scarce emergency resources, such as search and rescue, volunteer fire, forestry, etc, may be misdirected to a location with minimal problems while another community with serious problems may not receive a response at all. We all realize that when it is raining and the snow is rapidly melting it is occurring over our entire geographic region. Similarly, when the fire risk in our back yard is extreme there are other communities with the same risks on the same day. Making the initial call for outside help is not done lightly, but once it is done certain processes kick into gear.

First, the right 'team' with an appropriate incident commander is located. Due to the nature of our small communities, this incident commander may not be a neighbour with whom you have good rapport.

**They may seem like strangers trying to call the shots in your community, but they are there to help and whether it is appreciated or not, they are selected based on their experience, skills and ability to function in a calm and rational manner despite the conditions surrounding them.** They are also versed in the 'big picture' legislation which steers their actions towards fixing the problem of the day without causing larger impacts elsewhere in a streambed. Some have come to me and said, "If they did this instead...it would have been better for them in the long run". Probably. However, there could have been negative impacts for others. Until you all discuss your problems as a community, gladly with my assistance where possible, actions should be contained to the problem at hand.

I thank all the people, volunteer or paid, who came to our communities to assist in a time of need. I also thank local residents who assisted, ranging from our highway maintenance crews, contractors and others.

Many larger issues are left behind now the main crisis has abated. The conversation everyone needs to begin to have with their neighbours is whether, as truly rural residents, they are prepared to be pro-active and take steps to protect their homes and properties in the long term. The process may not be simple, but the beginning is with a conversation within a community. The RDCK board has already initiated a direct conversation with the premier on your behalf.

**If you have a question, please contact me by calling 250-223-8463 or e-mail gjackman@koote-nay.com.**

## Minding Your Business Kootenay Lake Chamber Of Commerce

by Gina Medhurst

Thanks for everyone's support in helping to acquire the AED (Automated External Defibrillator). The Riondel Volunteer Fire Department/First Responders were able to purchase the AED early May. **The First Responder Truck now has an AED!**

In light of what happened with flooding and high waters on June 6, the Chamber has formed an unofficial emergency community/travellers response team.

When the Kootenay Pass was closed due to snow and Highway #1 was closed due to mud slides, the final and only route through to the East Kootenays was Highway 3A.

There were a lot of people coming over across the ferry during the day and evening. Unfortunately there was a section of Highway 3A between Crawford Bay and Gray Creek washed out as well. This left many travellers stuck on the East Shore. They were sent back to wait for the ferry in Kootenay Bay for hours. There wasn't even a coffee to be had during this time of chaos, the businesses and residents in Kootenay Bay didn't have power because a transformer had blown. **What can we do as businesses and community members representing the East Shore of Kootenay Lake?** We should always consider making a connection with the people stranded, asking them, "What do you need?" or offering coffee and sandwiches, letting them know that they aren't really sitting in the dark in the middle of nowhere. This could have been a better experience for those travellers who were stranded here, some until 3 am.

We as business owners and community members need to take care of these people if a similar situation happens again. After speaking more and more about this, those who were at the last Chamber meeting felt that we let these stranded travellers down. **What are the chances of them returning here after such a stressful experience?** There was no communication to these stranded people regarding ferry waits, nor what was going on or even where the public washrooms were. There has been a committee formed of people and businesses that are willing to band together and do what it takes to reduce the feeling of helplessness and relieve some stress to stranded travellers if this should happen again. Jamie Cox (Crawford Bay Market), Gina Medhurst (Kootenay Forge), Kathy Donnison (Crawford Bay Sunday Markets), Gerri Gomola (Emerald Eastcliff Gallery), and Kokanee Springs will be available to initiate a community disaster relief group. If you are interested in becoming a part of this please email: [info@kootenaylake.bc.ca](mailto:info@kootenaylake.bc.ca).

The next meeting will be on July 24, at 7:00pm in the Community Meeting Place at the Crawford Bay School.

## FortisBC Laundry Lines Make Comeback in Crawford Bay FortisBC PowerSense set to give away free clothes- lines at the CB Market

press release

CRAWFORD BAY, B.C. – June 27, 2012: To help Crawford Bay residents conserve energy this summer, FortisBC PowerSense is set to kick-off this year's Laundry Line campaign by distributing free laundry lines at the Crawford Bay Store on Wednesday, July 11.

This has proven to be a very popular item for our customers and we expect there will be great photo opportunities of people lined up to receive their free laundry lines from FortisBC community ambassadors.

- **What:** Free laundry lines to conserve energy
- **When:** Wednesday, July 11, 2012 from 10 a.m. to 1 p.m.
- **Where:** CB Market
- **Who:** Shelley Hastie, FortisBC PowerSense Community Ambassador

FortisBC is committed to helping customers conserve energy and get the most out of their energy dollar by providing both financial incentives and advice on energy efficient technologies and practices. Since its inception in 1989, FortisBC's PowerSense program has helped southern interior electricity customers save more than 425 gigawatt hours (GWh), enough electricity to power over 32,000 homes for a year.

For more information on energy efficiency tips, rebates and programs to help save energy in homes or businesses, contact a local PowerSense representative by calling 1-866-436-7847, email: [powersense@fortisbc.com](mailto:powersense@fortisbc.com) or visit [fortisbc.com](http://fortisbc.com).

## East Shore Internet Society Update

by Bob Carter

ESIS currently has over 400 customers, and is experiencing growing pains. The Internet's offerings and people's use of it have grown faster than the radios capabilities, and ESIS is looking to upgrade its equipment and increase available bandwidth. Other problems are endemic with difficult terrain and high lake levels which create added reflection. Many of our connections are non-line-of-sight through the forest, and subject to changing environmental conditions. Spring tree growth each year can change the conditions of your non-line-of-sight connection.

ESIS receives numerous phone calls daily, and often the problems have simple solutions, as listed below. At times the equipment needs to be reset. If you are having problems with your Internet try the three following steps:

1. Shut down your computer – power it right off briefly. If you leave your computer on all the time it is good to turn it off and on once in a while to keep it working its best. If after it restarts you still have issues move onto step 2.

2. If you have a router power it off for 30-60 seconds. Once you plug it back in wait about one minute for it to boot up and reconnect. It is a kind of computer and benefits from being restarted every once in a while too. Rebooting can get it working properly again if it gets buggy. If you still have connection issues after that move onto step 3.

3. Unplug the power to the radio. This can be done at the junction box, where DC power is 'injected' into the cable that runs to the radio outside, or by pulling the AC adaptor powering it from the outlet. Wait 30-60 seconds and plug it in again, then another minute before you try the Internet again. If you still don't have connectivity please call us. We want to know about the issue and will try to resolve it as quickly as possible.

Sometimes outages are short and resolved quickly; if you don't have Internet try again in 15-30 minutes. If there is a significant issue affecting the network we leave a status message on the phone. If your Internet has been out for a while you can call and learn whether there is a known system issue, so you know it isn't your computer.

Some of the network issues we've had this spring have been due to malware on subscriber's computers – they flood the network with traffic and cause things to slow down and even stop for other users at times. We've worked hard at identifying these troubled computers and having their owners take them off the network for repair. We're affecting other changes to the network to help prevent these issues in future and to more quickly identify infected machines, but it is not an overnight fix and will take some time to fully implement.

You can help, and protect your data and privacy as well, by making sure your computer is kept secured with the latest updates and by having good, updated antivirus and anti-spyware programs, and run full scans regularly. And of course think twice about visiting questionable websites or opening unsolicited attachments to emails.

If your computer is very aged, consider replacing it. The internet demands increased capability and it may be difficult to properly secure. If you're in a wooded area please look at the new tree growth that may be blocking your radio signal and prune it back if you can.

ESIS is striving to provide greater communication with subscribers through email, the website and the *East Shore Mainstreet*. We appreciate your feedback. Watch for the launch of our revamped website soon.

[cs@theeastshore.net](mailto:cs@theeastshore.net) 250-505-4089

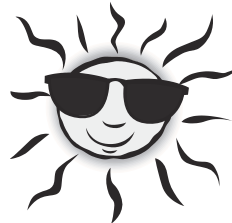
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## Behind the Wheel

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### Radar and Laser Jammers

Radar and laser detectors are currently legal to install in your vehicle and use to avoid prosecution for failing to follow the speed limits in British Columbia. One has to ask why BC is one of the few provinces in our country that has not made this illegal. If you think like I do, inappropriate speed is a significant contributor to collisions and should not be encouraged in any way. Radar and laser detectors are encouraging some drivers to drive at inappropriate speeds every day.

Radar and laser jammers are another matter entirely. While they are not illegal to install they are illegal to use to defeat police speed measurement. In fact, if you are successfully prosecuted for using them, you will have a criminal record that could prove to be a significant handicap to you later in life. The offence is in obstructing a peace officer in the execution of his duty, in this case speed measurement.

Laser jamming devices are the most commonly found because modern lidar units warn their operator that they are being jammed. Since the vehicle being targeted is known precisely, it is easy to flag the driver out of traffic and start an investigation to confirm the source of the jamming. If found, the jamming equipment will be seized and kept to present as evidence at trial. If convicted, the equipment will be forfeit in addition to any other penalty imposed by the court.

Are you willing to trade the possibility of a fine and a few penalty points for the possibility of a criminal record? Think twice about the "legal counsel" provided by the producers and sellers of jamming equipment. The author is a retired constable with many years of traffic enforcement experience. To comment or learn more, please visit [www.drivesmartbc.ca](http://www.drivesmartbc.ca).

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## East Shore Health Society

by John Rayson

The AGM of the East Shore Health Society was held at the Gray Creek Hall on June 21, 2012. The meeting was attended by twenty-one members of the society.

Cathy Poch as Secretary-Treasurer reported that the society had healthy balance of \$6564. The major expense during the past year was the garnishee of \$6089.70 for outstanding GST charges incurred at the time of the sale of assets in Crawford Bay. The expense included significant penalties for late payment.

The highlight of the meeting was a presentation by Alanda Green, representing KLEECA. KLEECA has dissolved and voted to donate remaining monies to the East Shore Health Society for the promotion of senior health on the East Shore.

KLEECA presented a cheque for \$7593.71 to the East Shore Health Society. The members of the Society thanked KLEECA for this most generous gift and appreciate the vote of confidence and responsibility implicit with the gift.

Alanda Green was supported in her presentation by other members of KLEECA including Dave Hough, Susan Hulland and Peggy Tugwell.

The society elected the following as directors for the upcoming year: Karen Arrowsmith, Verna Mayers-McKenzie, Bill Bannister, Tom Lymbery, Cathy Poch, Merrydi Robb, Norm Bonnell and John Rayson.



### Boccalino

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- July 14: Alex & Sarah playing pop & jazz
- July 21: Shauna & Eric - lounge lizards with smooth jazz
- July 28: Howlin' Dan

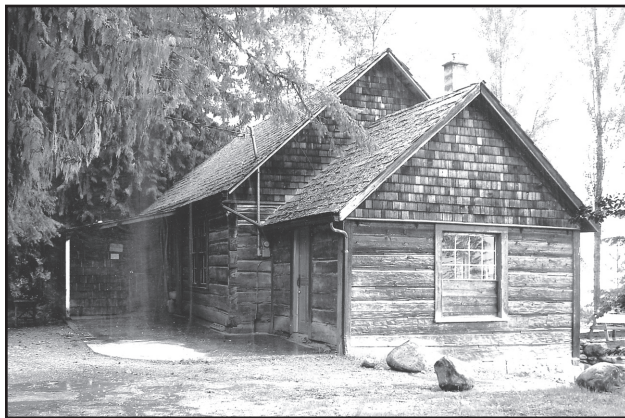
Gisela Conrad, Proprietress  
& the Boccalino Team



## Museum Days Coming to Gray Creek Hall July 27 - 30, noon - 6 PM

by Frances Roback

Come to Gray Creek Museum Days to relive a day in (very) recent memory when all hell broke loose with our creeks and roads. Janet Schwiieger's photo display will recapture June 6 when our creeks – seven in Gray Creek alone – busted loose, wreaked havoc with our roads, culverts, and water boxes, and threatened homes, bridges, and workshops.



The historic Gray Creek Hall, 100 years old this year, will be in the spotlight during Museum Days July 27th to 30th. Photo courtesy Shellye Lindsay

Gray Creek Hall has seen days in its 100 years when creeks ran riot, and lake water lapped at its very foundation. Built with volunteer labour, tended by volunteers, Gray Creek Hall looks to a bright future with an upgraded kitchen, electrical and water system, new storeroom roof and more. In its past century the hall has been a place for school, church, and dance hall; summer camps, theatre, concert hall, and meeting hall; idea exchanges, heated debates, celebrations, and of course, potluck central. Come see the story of the Hall's past century in posters, mementoes, and a slide show.

Another feature display will celebrate the SS *Nasookin*, the legendary Kootenay Lake sternwheeler, and her equally legendary captain Malcolm MacKinnon. Capt. MacKinnon ferried the *Nasookin* between Gray Creek and Fraser's Landing (Balfour) for her final dozen years until the ferry landing was moved to Kootenay Bay in 1947. Come see the *Nasookin's* eight foot wheel, other original *Nasookin* artifacts, pictures, and stories of Capt. MacKinnon.

The life and times of several Gray Creek families will be shown, including sneak peaks at two memoirs-in-progress. Tom Lymbery's memoir is on his family's 100 years in Gray Creek and their Gray Creek Store, a community hub and model for general stores everywhere. Tom's book will be out in time for the Gray Creek Store's 100th birthday in 2013. The second memoir in progress comes from a year's worth of Thursday supper – and – storytelling evenings with John Oliver, a 92 year old 4th generation Gray Creek farmer. John's memoir, once completed, will be for his family and community of friends.

Another sneak peak display features the vital role of local newspapers to chronicle local people, places, and events through the years. Thanks to the work of Gray Creek and East Shore writers, editors, and newspaper publishers, our local communities have been well served over the years. Don't be too quick to recycle your old local newspapers or clippings – bring them to Museum Days instead. They may be ones we are looking for.

Susan Hulland's illustrated nature journals, on display for the first time, depict the wonders of nature on the Peninsula, Crawford Bay wetlands and other local places. Janet Schwiieger's William Bayliss art display will be back with newly received artwork from donors and lenders. Boswell folks, come and see orig-

inal Boswell photos. There will be colourful original posters from Tipi Camp's 25 years on Alice Bruce's land at Cortiana's Bay. And back in the limelight will be the local theatre company Kootenay Lake Players, with a new display on their play *An Awakening*, which toured the region to great acclaim in 1981.

All this and more is coming to a hall near you, brought to you by the Gray Creek Historical Society.

Put it on your calendars: Gray Creek Museum Days, Gray Creek Hall, Friday July 27th - Monday July 30th, from 12 noon to 6 PM

## Bayliss Art

by Janet Schwiieger

The work of Will Bayliss chronicles much of the East Shore in the early to middle 1900's. Do you remember when there were two waterfalls in Crawford Creek before the creek bed changed? He painted them.

Gray Creek Historical Society is looking for digital copies of the art of Will Bayliss. Please let us know if you have any pieces that could be photographed and emailed or sent to us. We are creating a permanent record of his art for public display at Museum Days and for archival purposes.

Please send original art to loan or digital photos for display to [gchistory@theeastshore.net](mailto:gchistory@theeastshore.net) or call Janet at 250-227-9201.

Come to Museum Days on July 27-30, 2012 to see samples of his work.

## Land (with cabin) For sale



LAND FOR SALE: Gray Creek 11.2 acres with cabin on Hwy 3A. 1 bdrm + loft. Gorgeous setting w/ view of lake. Additional building sites. \$250,000. Call 354.3347

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## Up, Up and Away – Riondel Daze

submitted by Fran O'Rourke

**Riondel Days, August 3 – 5**, will look a bit different this year – more in the character of a family fair – and proceeds from many of the events will go directly to Raise the Roof on the Riondel Community Centre. Hence the theme “**Up, up and Away**” for the **parade** Saturday morning. If you want to participate in the parade, the sign up sheet is at Bob's Bar and Grill.

For the traditionalists, we still have the **Baseball, the Cake Walk and the Beer Garden**. And Friday night kicks things off with a **Bingo** but for some rather lush prizes this year. **The Art Show and Book Sale** are back, as well, and planned to extend over two days.

We have added several new events to keep people, hopefully families, active throughout the weekend for fun and prizes. **The Squawfish Derby**, designed for parent/child teams, and **Scavenger Hunts** will run all weekend. Sunday will see the **Tam o' Shanter Walk**. The Recreation Hall will be open for **3 per side Basketball, Darts and Pool**.

We hope the highlight of your weekend will be the **Pasta Dinner & Silent Auction** (Don Clark has promised music). The weekend wraps up with a **Family Dance; Howlin' Dan and the Riondelics** will play, and the prize winners will be announced.

**So come and join us for Riondel Days, August 3 – 5. You'll need Monday off just to relax. For more details, watch for posters.**

**Next Deadline:**

**July 25 2012**

## Ambulance Auxiliary Garage Sale Huge Success

by Jacquie Wallace

Thanks to great support from the East Shore community, the second annual Eastshore Ambulance Auxiliary garage sale, held June 8 and 9 in Riondel, was a resounding success. The event raised more than \$4,000.

Despite cool, rainy weather on Saturday, the East Shore community came out in large numbers to find a treasure or two, in some cases leaving with a carload. More than just a sale, this was also a social event offering coffee, baking, hotdogs, and lots of great conversation.

Thanks to Jill and Tom Laing and Dave and Marion Kien for the use of their garages and carports and Kathy Donnison for including an Epicure fundraiser. Thanks, also, to those who donated items for the garage sale or goodies for the bake table. Special thanks to all those East Shore community members who supported the sale through purchases, donations, and help with set-up and take-down.

The proceeds of the sale will enable us to support our existing ambulance crew and also help prospective employees with training and certification.

6 Mainstreet July 2012

## Riondel Recreation Update

by Fran O'Rourke

Thanks to funds from Rec #9 grants, Riondel will be able to offer some interesting events and programs this summer on North Bay Beach (the beach of Riondel Park and Campground)

The first is a **Kayak Skills & Safety Workshop** scheduled for Wednesday, July 11, 12:00- 3:00 pm; or Tuesday, July 17 if the weather does not cooperate. Experienced trainers from Hellmans will review basic handling and safety. Bring your own kayak, paddle, life jacket. Admission \$20 per person pre-registered; \$25 on the day.

We are able to offer **Swimming Lessons**, probably the only opportunity on the East Shore this summer: Mon – Fri. starting August 13. 10 lessons for \$25 per person and adults are welcome. **Pre-registration is required.**

**Milk Jug Regatta** on Saturday, August 25: our third event is a day to celebrate ecologically-friendly, non-motorized water sports. The morning will be taken up with an adult poker paddle; a leisurely paddle along an arranged route, picking up playing cards at designated stops. The best poker hand collected wins. That afternoon, there will be a series of races in North Bay. The highlight race will be for homemade watercraft made of 90% recyclable materials (whatever is accepted in our blue bins) to be paddled across the bay. Special prizes will be awarded for the driest passenger, the highest recycled content, etc. So challenge your friends and neighbours and start building your recycled boat now!

Other events will pop up during the season – **Music in the Park, storytelling and craft event**. Watch for poster and web postings. **To register or for information call 250-225-3268 or 250-225-3492**

## Riondel Roof Fund

by Muriel Crowe

Recently several people have mentioned to me that some others think the Riondel Community Centre building is not worth saving. This building belongs to the Regional District of Central Kootenay but is the responsibility of the Riondel taxation area. To dispose of the building would be very costly and would leave no funds for construction of a new one. The study that was done five years ago had most people agreeing that the building needs a new roof and is worth saving.

Please give the need and the possibilities consideration. This building is the heart of our community; if we lose it we lose all the wonderful events that take place here. Do you know that the senior's room alone is home to Walk-a-mile, Wii, yoga, turbo jam and afternoon pool as well as bridge and bingo? They also host Whist nights and interesting meetings with a pot luck lunch. Other rooms in the building are home to Strong Start, the museum and historical society, the arts group and the library as well as the commission office. These are just the weekly happenings; there are many special events in this building throughout the year and in fact this building is in use in some way almost every day of the year.

Let us look at the positive side of this problem. A new peaked metal roof will give this building a very long life at low roof maintenance cost. The building is currently quite sound but is long overdue for some renovations and upgrades. The roof is a start and if we continue to budget our funds we can make many more improvements that will cut our carbon foot print and make the building a brighter, healthier and more efficient place which will cost less to operate.

Please think about this and then consider making a donation that fits your financial ability. Your donation can be mailed to the Riondel Commission at Box 146, Riondel BC V0B 2B0 or deposited in the containers at Bob's Bar and Grill, Riondel Market, Riondel Library or the commission office. Put it in an envelope with your name on and your name will be posted to the display in the main hall. Donate \$25 or more and you will get a tax receipt.

## Wanted: Hot Lunch CHEF

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

- The applicant requires a knowledge of & interest in flavourful nutritious cooking, Food Safe Certification, and must submit a criminal record check (available through Creston RCMP).
- The ideal candidate will enjoy working amongst children and with teens (having your own children registered at Crawford Bay School is a plus), have high energy, a love of good food, an understanding of nutrition and a willingness to work with and under the direction of the Manager who reports to the CBESS PAC Hot Lunch Subcommittee.

- The program has typically been served Monday through Thursday. The chef will be expected to plan menus, prep, cook & serve the food as well as clean the servery in 6 hrs/day, beginning at 8 AM.

To apply for this sub-contracted job, please send resume by email to:

**jennirving89@gmail.com**

or by Canada Post to:  
**Jennifer Irving PO Box 96  
Kootenay Bay, BC, V0B 1X0**

**Applications are being accepted until August 17, 2012 with the position beginning in the fall.**



# Looking Forward and Looking Back on Tipi Camp's 25 Years

by Peter Duryea

The original vision for the Tipi Camp came in 1986 or so, in the middle of the struggle between the community, forestry and the logging companies. About 25 local residents were part of the "Stop Clearcuts" campaign by the Eastshore Forest Council. Word that Forestry was planning 22 clearcuts on Pilot Peninsula set up a wave of resistance that spread along the Eastshore. After seven or eight years of that struggle, our lives felt like a war zone. Besides super educating ourselves, all of us woke every day to strategize our next moves. Finally, we realized that we were the other part of the problem...the other pole of the struggle if you will. We needed an alternative.

Soooo...the idea grew that maybe we could show that using the land for conservation and educational purposes could lead to a sustainable industry of Outdoor Recreation. Right then, dear Alice Bruce came up with her wonderful offer to use her land for our idea. To support our initiative we documented and drew up the 25 page report, *Outdoor Recreation: A Kootenay Industry* in 1989, with maps and a spreadsheet showing all

the recreational opportunities in the West Kootenays, and assigned values for each recreational opportunity. The overall value amounted to \$500 million per year... which, looking around now, is certainly on its way to happening in the West Kootenays. The Tipi Camp was to be the pilot camp to show a way it could be done, followed by other operators setting up low impact camps on the lake and in the mountains at a cost of about \$20,000 each. That hasn't happened yet, but the Tipi Camp is now flourishing.

In a smaller picture, the Tipi Camp began with nine supportive local folks who met on Alice's Cortiana's Bay beach on Pilot Peninsula to establish the camp. Each of us went in all directions to gather appropriate hearth stones to create the first tipi's fire pit. As we brought them together, we created a bond and

intention to create a place for people to experience Nature's wild presence and to learn. Those stones are still in the East tipi, and underneath the main stone are still some trinkets we buried at that time. We even moved everything when we moved the East tipi to its present location.

Regarding the Peace Pole at the camp, did you know that when David Johnston made that pole he made two poles? The second pole stands at the Twin Island Resort in Salmon

Arm. We were partnering with them on some tourism initiatives at that time and they thought it was a great idea too. **There are over ten thousand peace antennas worldwide sticking out of the earth.**



At 8000 feet, Peter Duryea speaks to Tipi Camp's WISE teens about the connectness between heaven and earth on their 1998 trek up Sphinx Mountain. Photo: Tipi Camp photo collection



## Thought For Food

by Farley Curzons

The Mediterranean region encompasses all the countries bordering the Mediterranean Sea, from the Strait of Gibraltar separating the rocky cliffs and crags of southern Spain and the seaport of Tangier in the mountains of northern Morocco to the Mediterranean's distant shores of the Middle East. Between these extremes lies a broad sampling of European, Middle Eastern and African countries, all Mediterranean, yet each unique in culture and character: pastoral southern France with its orange groves, vineyards and rolling hills; scenic Italy with its snowy peaks and topless beaches; the former Yugoslavia with its dramatic coastline; the tiny but sensationally mountainous Albania; historical Greece with its hazy, sea infused ambiance and it's scattering of mythic islands; geologically volatile Turkey; the Middle Eastern countries of Syria, Lebanon, and Israel, with their coastal planes backed by a sudden rise of mountains; then down to the northern ends of Egypt, Libya, Tunisia, Algeria, and back to Morocco.

One might think that such a vast array of countries must dine on an equally vast assortment of foods. Although each country bordering the Mediterranean Sea does indeed have it's unique cultural characteristics, the region maintains many common, and more mutually influenced ingredients, recipes, and cooking techniques. Pasta may come in the form of ziti in Italy and couscous in Morocco, and of course the essential olive oil, sea salt, durum wheat, and the most vibrantly fresh and irresistible vegetables and fruits characterize the entire Mediterranean with their unique, striking flavors. Not insignificantly, Mediterranean countries also share an attitude toward food and how it should be eaten.

The magnificent diet of the Mediterranean region has been evolving for thousands of years. The history of the region, coupled with its distinct climate and the pervasive influence of the sea, has shaped the choice of foods and the types of cooking so characteristic of traditional Mediterranean culture. Bread, olive oil, and wine-which continue to play a significant role in the Mediterranean diet of today-accompanied meals in ancient times. The cultivated vegetables and other plant based foods so central to the diet date back to Neolithic times. According to archeological evidence and depictions and descriptions of food and meals in the art and literature of ancient Greek and Roman civilizations, ancient populations relied primarily on plant foods, with only occasional indulgence in meat and seafood.

More recent studies of the Mediterranean diet, from the 1950's and 1960's, reveal eating habits and preferences similar to the ancient diet: a primarily plant food-based diet that included minimal processing, whole grains, olive oil as the primary fat source, and animal products (with the exception of cheese and yogurt in some areas) consumed only a few times a month. The groundbreaking Rockefeller Foundation study of the Cretan diet around 1950 stated that "olives, cereal grains, pulses, wild greens and herbs, and fruits, together with limited quantities of goat meat and milk, game, and fish have remained the basic Cretan foods for forty centuries...no meal was complete without bread...and olives and olive oil contributed heavily to their energy intake." This study, originally undertaken to determine how the people of Greece could improve their diets after World War 2, concluded that the diet couldn't get much better.

As the billions of people in the developing world are accumulating more wealth and adopting the western diet and lifestyle, problems being created by nutritional excess are becoming exponentially more urgent with each passing year. In 1997, the director-general of the World Health Organization, Dr. Hiroshi Nakajima, referred to the future chronic disease burden in developing countries as "a crisis of suffering on a global scale."

What do we all spend money on several times a day? Eating. After a lifetime of eating, what do we all

The Tipi Camp didn't go into the black financially for eight years. Then we could start to pay people to work there. In the end, we created five seasonal jobs, great jobs, but to me it seemed very slow to get started. The numbers of tourism visitors couldn't sustain the place so we moved to hosting groups only. The wilderness camps for children and teens grounded our efforts and the camp began to take off.

Why did we follow the vision? For me, I have called it an obsessive compulsive disorder. I can find no other explanation for my unswerving devotion to the cause. Even at the expense of some important pieces of my life. I guess the Tipi Camp was meant to be and we were just pawns in a greater game. I must say, it is an ideal place to connect people with nature. I now feel there is no other solution to human problems at this point. If we can come out from behind our enculturated behaviour and our programmed minds into our whole feeling/sensing selves, then we will be able to make the hard decisions that will set us and the earth on the path to recovery. The amazing field of energy that is Nature enfolds us, embraces us, both outside and deep within us. She smoothes away our anxiety with her waves of caring and kisses us with her breezes. **She will help our heart to sing if we will let her.**

Lastly, on the topic of magic... magic is alive and well at the Tipi Camp. Nothing to talk about; it just is. There is a will unfolding there that is much greater than our personal wills. I realized it when so many good people took over running the camp; and look how well the camp is doing today. At this point we don't really know what's in store for humanity. I do know that we will have to reawaken to the magic of our being, before we can respect ourselves and every precious thing for what we really are. We are so much part of everything and everything is so much part of us, that we need to see/feel that oneness to begin to heal. It is at places like the camp, and especially deep in the wilderness, that this awakening can happen. Here's to it.

do? Die (a process that usually involves large costs as we try to postpone it for as long as possible). We're all customers of hunger and death, so there's a lot of money to be spent and made. Because of this, the food and health industries in North America are some of the most influential organizations in the world. The revenue that is generated by the companies that produce food and health products is staggering. Many individual food companies have over \$10 billion in annual revenues. Kraft has revenues of roughly \$30 billion a year. The Danone group, an international dairy company based in France, operates the Danone brand and has revenues of \$15 billion a year. And of course there are the fast food companies. McDonalds has revenues in excess of \$15 billion a year, and Wendy's International generates almost \$3 billion a year. The total food expenditures, including food bought by individuals, government and business, exceed \$700 billion a year.

The massive drug company Pfizer had \$32 billion in revenue in 2002, while Eli Lilly & Co. chalked up over \$11 billion. Johnson and Johnson collected over \$36 billion from selling their products. It's not an overstatement to say over a Trillion dollars every year is riding on what we choose to eat and how we choose to treat sickness and promote health. That's a lot of money

Our society has been warped into an urgency of excess, and now many of the previously undeveloped countries are racing to get where we are. Never before have such large percentages of the population died from "diseases of affluence." Never before have so many people suffered such high levels of obesity and diabetes. Never before has the financial strain of health care distressed every sector in our society, from business to education to government to our communities, we are in for one wild ride.

Taking responsibility to me is accepting that the world IS ready for change. We have reached a point in our history where our bad habits can no longer be tolerated. We, as a society are on the edge of a great precipice: we can fall to sickness, poverty and degradation, or we can embrace health, longevity and bounty. And all it takes is the courage to change.



## From the Principal's Desk

by Dan Rude

Thank you to all who have supported our school this year! In the face of significant challenges we have continued to work together in supporting

the development of our children and youth, of community-engaged rural education, and of our community itself. Rather than look backward, at this time however, I prefer to look ahead at what is in the works for next year. Below are some tasks and ideas that we are working on with the intentions of engaging our students in their learning and engaging our community in our school.

- Hiring our new primary teacher.
- Hiring our new secondary teacher.
- Primary/Intermediate involvement in the 'Minds Up' program, focusing on developing resiliency and dealing with child anxiety.
- Involving our primary students in outdoor learning experiences, including expanding the greenhouse and garden spaces.
- Elementary music with the support of Jacqueline Wedge.
- Intermediate class's garden project: harvesting, classroom feast, replanting garlic in the fall, harvesting greens from the greenhouse for the lunch program and the classroom's Friday salad bars
- Intermediate Math focus project.
- Intermediate classroom newspaper.
- Elementary & secondary creativity work shops with Ted Wallace.
- Educational Assistants working with specific learning enhancing technologies.
- Secondary French exchange with a school in eastern Canada. (Our application is in and we are waiting to find out if we are one of the schools chosen for next year.)
- Secondary Drama get-away, comical production, Christmas piece, and involvement in Shakefest in Summerland.
- Involvement in the Coalition of Essential Schools Fall Forum in Providence, Rhode Island at The Met School.
- Secondary 'Community & Global Awareness Project' with the intention of connecting each of our students to a local development initiative, learning a second language, and traveling to be involved in an international development project.
- Secondary outdoor adventure & art intensive experiences.
- Community mentorship program.
- Developing of project-based learning, particularly in secondary Sciences and Math.
- Continued partnership with the newly developed East Shore Youth Council.
- Evolving of our hot lunch program.
- Working locally with our school board's newly adopted four student expectations: Academic Success, Creativity & Imagination, Resiliency, and Citizenship.
- Looking outward and listening for other brilliant ideas.

Now for a well-deserved rest for all of us. Enjoy your summer and see you around our community.

*Creativity, Community, Conscience*

## Mentorship Interview Examining Visually-Impaired Career Alternatives

by Jessica Rideout, student

My name is Jessica Rideout and I am a grade 8 student at Crawford Bay School. Every year the high school students at my school participate in a mentorship program of our choice. This year, for my mentorship, I interviewed people with different jobs. Through this experience, I am getting marks for my mentorship, my Health & Career Education class, and my ECC IEP, (the meaning of this complex acronym is: Expanded Core Curriculum, Individual Educational Plan).

You may be wondering what all of this means. For those of you who don't know me, I am visually impaired. I'm not blind, I just have lower vision than most people do. Because of this, I am learning how to access information in different ways; this is my Expanded Core Curriculum.

I have interviewed six people who are visually impaired with successful careers to direct me toward possible paths for my future. Most of them have very social jobs, having to interact with others. Two people own their own businesses and one is the manager of a non-profit organization. Two work in the field of education assisting students. All of these people use technology. They are all gainfully employed, independent, active, and all went to post secondary school in order to get the jobs they have now.

Karl is half owner of a website design company and he builds and maintains web pages for different organizations and businesses. Karl's vision deteriorated when he was in grade 9. He currently uses assistive technologies such as Apple devices with VoiceOver and magnification.

Mary is the Disability Coordinator for a chain of colleges. Mary only has 3% of her vision and uses video magnifiers, large print and text-to-speech software and sometimes braille.

Karrie is a Registered Massage Therapist and is blind. Karrie uses a dog-guide to help her get around. She also uses Apple products with VoiceOver software.

Jenny is a Community Employment Counselor who has low vision. Jenny uses video magnification, large print file labels and a monocular.

Sammy has Retinitis Pigmentosa and is the founder and manger of Blind Beginnings, a non-profit organization. She uses a computer with VoiceOver, a talking cell phone, braille for making presentations and a scanner for mail.

Kevin has Retinitis Pigmentosa Inversa, and is a Teacher's Assistant in a high school. He uses a pocket magnifying glass, video magnification and a monocular.

From interviewing these successful individuals I have learned that when I grow up, I want to work with people. I wouldn't mind having a job like Jackie or Mary where they help other people. I don't think I would want to be in a position like Sammy who runs a non-profit organization, because of how much responsibility she has to have to do her job. I know for sure that I won't be in a position like Karl, who works by himself creating web pages because I don't like technology enough to do that every day. I don't think I'd want to be like Karrie either, because I don't have dreams to become a massage therapist. Kevin's job working with students, sort of appealed to me, because he works with people that have disabilities. Even though the people he works with don't have the same disability as him, I think it would feel good to help someone similar to me.

From this experience I've also learned that technology makes it easier for a person who is visually impaired to become gainfully employed. Most importantly I've learned that it doesn't matter if you have a disability or not, you can do anything that you set your mind to.

*Next Deadline:*

*July 25, 2012*

**Bob's Bar & Grill**

Riondel, BC 250.225.3511

### JULY EVENTS

**Sun, July 1:**

Bob's Bar 5th Anniversary Celebration

**Tues, July 10:**

Ladies Night Out w/ Mike Stenhouse

**Sat, July 14:**

Eastshore Dixie Band

**Sat, July 21:**

Jon Burden - Blues and Roots

**Sat, July 28:**

White Lightning

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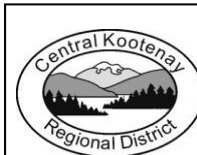
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**Restaurant Hours: 11-8**



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**Sit Long, Talk Much, Laugh Often, Eat Well**



### AREA "A" EDC Economic Development Commission

**There is new funding** available in September 2012, for grants to organizations for projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

**Next application deadline:**

**October 1, 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 assistance.

All meetings are open to the public, call for meeting dates.

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## Riondel Community Library

by Muriel Crowe

The Riondel Library is pleased to have been able to offer a workshop with our Parliamentary Poet Laureate, Fred Wah. Judging by the smiles on all participants' faces they certainly enjoyed the workshop as did the crowd that gathered to hear Fred read from his own works. We send our heartfelt thanks to Fred for a wonderful afternoon. We hope to be able to have him as a guest reader again soon.

The next event for the library is the annual book sale on the first August weekend. Watch for times on the Riondel Days signs. We hope to have the sale for two days but that relies on having volunteers. If you can offer a few hours help we would be pleased to have it. There is a signup sheet in the library. All the proceeds except the ten percent fee to the commission will go to the roof fund.

As all of you frequent users know we are in a constant spate of shifting stock trying to squeeze a few more spots for books or discs. We have discarded many VHS tapes but those remaining are at the front of the library where the photocopier used to sit. That has moved over a few feet into a former closet space. The space created by all of this is now next to the entry door and we are in the process of moving all local history books into that space. We hope that will be accomplished very soon and then we will consider what to do with that small left over space.

The library is still one of the places for donations to the roof fund. If you donate your name goes on the display in the front hallway. Just put your money in one of those envelopes with your name and address on and it will happen. How about putting in a twonie for each grandchild and listing their names, teach them about sharing and pride in community while helping to save our Community Centre? Donate more than \$25 and get a tax receipt. Meanwhile come in, browse and borrow.

## And More Paint-A-Thon Pictures

by Jacqueline Wedge



Diane Trudel working on her Sandpipers peice.

## Literacy: Teaching/Learning in Community

by Laverne Booth

A small group of literacy and lifelong learning enthusiasts met in April at the new Crawford Bay Library to make some plans for this year. Here are some highlights:

The Community Book Share is expanding to a bookshelf of children's books at the Riondel Rec Centre to correspond with the Tuesday and Friday recreation programs for children. Community members are encouraged to take a book or leave a book with this free community service. Look for book shelves at the Credit Union and Crawford Bay School. A fourth book share location is planned for Boswell. Thank you to Linda Steward of the Columbia Basin Alliance for Literacy (CBAL for their on-going support to literacy activities in our area.

A basic computer program started on April 30 in Riondel and a program is planned for the fall in Crawford Bay. Thanks for instructor Gef Tremblay for tremendous classes and support this year in Crawford Bay. Literacy in Ipads and Iphones was suggested.

Check out Riondel Park and Campground this summer for story nights or other fun events to bring community members out to enjoy the park.

In the fall, we hope to start bringing grandparents and other elders into the school to read with the children. Interested seniors can contact Verna Mayers in Boswell Fran O'Rourke in Riondel.

Our community is full of accomplished people leading teaching/learning opportunities in the community. To mention a few: Dan Rude, Lori O'Neill and community mentors involved in the successful mentorship program at the Crawford Bay School. Diana Stokes for setting up a Facebook page Kootenay Lake East Shore Adult Education for news on teaching/learning events. Wendy Scott and Muriel Crowe for the readings by writers at the Riondel Reading Centre open house. Good work all!



Leah Wilson and Dan Silakiewicz working on their art peices while visitors and supporters look on. It's all smiles!

## Eastshore Community Library/ Reading Centre News

by David George

Our ANNUAL GENERAL MEETING will be held in the library 10am, Saturday July 14. Come one, come all, and give us ideas on what you would like to see in your library in the coming year.

Volunteers are needed to help with the library. Some basic computer skills are required to run the circulation computer and the public access computer, and can be taught if needed. Please ask our librarian Cathy Poch for details.

We are open Tuesdays and Saturdays from 12 o'clock Noon until 3pm, and Thursday evenings from 7 to 9pm. Closed legal holidays. Phone is answered when we are open, at 250-777-1492. Come in and enjoy all the new space in your library!

## More Photos of Our Tempermental Spring



Crawford Bay beach high water photos by John Smith



Mud slide on Draper Road, photo by M. Chantal Legault-Elias

## The Creston Valley & East Shore ArtWalk and Studio Tour

*An exercise of the creative kind*

submitted by Lori Wikdahl

As an artist and a walker I exercise to energize. As a participant of ArtWalk, I have the opportunity to share my work with the public. As a walker I get to experience the creative works of the other artists in the Creston Valley. This year from July 1 to September 3 I'll be incorporating the 35 venues featuring the works of over 55 different artists of varying mediums into my daily walking routine. The Studio Tours will be a great thing to take in with my summer house guests.

The Creston Valley & East Shore ArtWalk creates an exercise experience for the mind as well as the body. All the works on exhibit are also for sale, so when you see a work of art you'd love to own...you can.

One of the wonderful things about ArtWalk is its brochures. Maps with venue/artist listings make it as easy as possible for you to get out and about. Whether you do the walk or the tours or both, the brochure has all the details you'll need to customize your creative exercise. This year the brochure will also act as a passport of sorts. Once you have visited 5 or more venues and have them sign your brochure; you can either mail it in to ArtWalk or drop it off at Black Bear Books or Kingfishers Quality Used Books for a chance to win a \$50 ArtWalk gift certificate. Every two weeks throughout ArtWalk one passport will be drawn and receive a \$50 gift certificate towards an ArtWalk purchase at any one of the venues.

You'll be able to talk to Ted and Janet Wallace about Barefoot Handweaving, or visit Janet and Rob-Schwieger at North Woven Broom. Roam around Geri Gomola's Emerald Eastcliff Gallery. The Riondel Art Club is at Bob's Bar & Grill so you can now feast in more ways than one. Jeweler Galadriel Rael would love to see you at Lagala Jewelry or you can stop by and see the work of Jena Schell and Dan Silakiewicz in the Nelson & District Credit Union. Dena Kubota's portraits and quilts are at the Pilot Bay Resort and Charters, you'll find Victoria Haywood's work at Newkey's Place, with Leah Wilson's work on display at the Wedgewood Manor Country Inn.

This year ArtWalk is proud to be part of the International Selkirk Loop, a scenic 450km drive encircling the Selkirk Mountains of Idaho, Eastern Washington and South East British Columbia.

Whether you want to walk or drive, there is an ArtWalk venue waiting for you. The Creston Valley and East Shore ArtWalk is your opportunity to discover the incredible diversity of the artists in the area and find that one of a kind work of art that you just can't be without.

Andrea Revoy the director of ArtWalk would like to thank this year's sponsors and supporters; Creston and District Credit Union, Century 21 Veitch Realty, the Baillie Grohman Winery, Columbia Basin Trust, the Regional District of Central Kootenay, the Town of Creston and the Community of Creston Arts Council. Without the help of these sponsors and supporters ArtWalk would not be possible.

ArtWalk Brochures can be picked up at the Creston Valley Chamber of Commerce and Visitor Information Centre or anywhere you see the ArtWalk Logo.

There is a Mexican proverb that says "Works not words are the proof of love." Come to ArtWalk and see the proof of how much we love our art.

**Next Deadline:**

**July 25 2012**

10 Mainstreet July 2012

## Melodrama in Creston: Someone Save My Baby, Ruth

submitted by Brian Lawrence

Following in a long tradition of presenting a melodrama each summer, Footlighters Theatre Society will return to the Prince Charles Theatre on July 20 and 21 with *Someone Save My Baby, Ruth*.

"These shows are audience favourites," said Footlighters president Brian Lawrence, who is directing *Baby Ruth*. "While the plots always have a new twist, the interaction between the stock characters — hero and heroine, villain and villainess — makes a melodrama so much fun."

In this summer's play, Jordan Koop and Marybeth Stenhouse star, respectively, as Ernest Noble, a police officer, and Penny Candy, a recent widow who brings her baby, Ruth, to live with her aunt, Praline Candy (Susan Jorgensen), owner of the Sweet Shoppe. Their paths cross with villain Sidney Swindle (Jason Smith), who wants to tear down the Sweet Shop, and Ada Sourball (Simone Wiebe), Swindle's well-meaning accomplice.

The Sweet Shoppe is a busy place, with candy cook Farron Heit (Morgan Benty) and Cindy Grade (Suzanne Chubb) constantly dueling with words, music and, naturally, kitchen utensils. Shop assistants Taffy (Zoe Marini) and Toffee (Anjali Ewing) are kept busy waiting on Mrs. Murphy (Jasmine Lothien) and her daughter, Minnie (Jesika Troughton), as well as Tom (Greg Benty) and Hubert (Axel Marini), who are desperately trying to sneak kisses — and not the chocolate kind, much to Taffy and Toffee's annoyance.

"I've really enjoyed working with this cast," said Lawrence. "Between them, there is so much talent and experience — they've all been in prior Footlighters productions — and it's exciting to see them playing off one another."

Tickets for *Someone Save My Baby, Ruth*, which runs at 7:30 p.m. July 20 and 21, are \$10 for adults and \$8 for students and seniors, available at Black Bear Books, Kingfisher Used Books and at the door.

*Someone Save My Baby, Ruth* is the first show of Footlighters' 18th season, and will be followed by two one-act fractured fairy tales (*Big Bad* — featuring the Big Bad Wolf on trial — and a title to be announced) from Nov. 29-Dec. 1 and, in the spring, the Tony Award-winning musical *Annie*, a joint production with Adam Robertson Elementary School.

Plans for the upcoming 19th and 20th seasons will be presented at Footlighters Theatre Society's annual general meeting, which will be held at the Snoring Sasquatch at 7pm July 24. Among the productions being considered for the 2013-14 and 2014-15 seasons are two summer melodramas, a concert featuring songs from Broadway and movie musicals, the farce *Arsenic and Old Lace*, a locally-written *Cinderella*, and Walt Disney's *Beauty and the Beast*.

"We're very excited about the shows we have planned for our next couple of seasons," said Lawrence. "They definitely skew toward family entertainment, but all allow for a wide range of opportunities both onstage and off."

For more information, contact Brian Lawrence at editor@crestonvalleyadvance.ca or visit [www.facebook.com/CrestonFootlighters](http://www.facebook.com/CrestonFootlighters).

**Ted Wallace**

**Art Show: "Cities"**



Everyone is invited to a one-evening art show by Ted Wallace.

- Saturday, July 7
- 6pm onwards
- Barefoot Handweavers

Refreshments will be served.

## RIONDEL ARTS CLUB SHOW & SALE

by Christy Gillespie

The Riondel Arts Club is again participating in a number of summer activities and you are all invited to come out and enjoy the artworks in a wide variety of mediums.

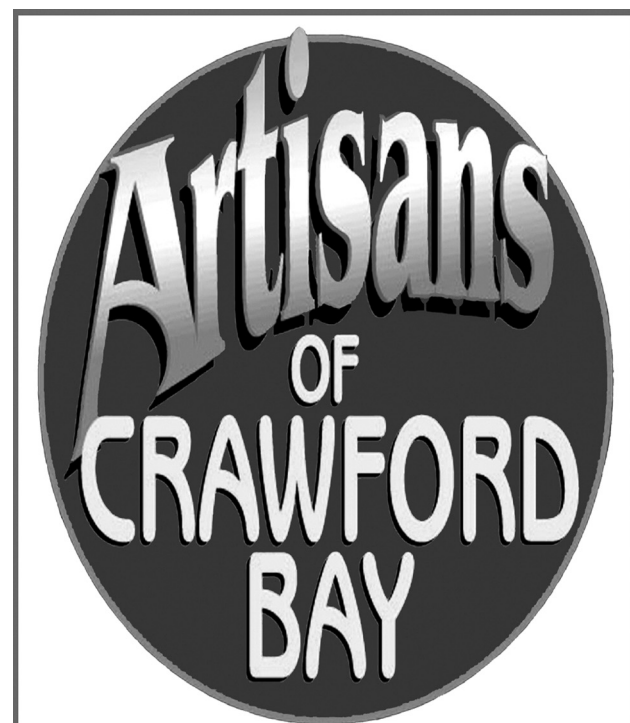
As of June 21, a new Art Display has been hung at Bob's Bar & Grill (in both the pub and restaurant) and is part of the 2012 **East Shore Art Walk**. All artwork can be viewed at this venue from 11am to 11pm, seven days a week. You can also purchase a piece of art to either take home with you or find that perfect, original gift for someone you know.

On Sunday, July 15 the Riondel Campground is sponsoring **Art in the Park** at 3pm. This is your chance to come out, watch some of the artists at work, and ask all those questions that you have always wanted to ask. A variety of artwork and mediums will be demonstrated.

The annual **Riondel Daze Art Show**, on the August long weekend will be held in the Art Room in the Riondel Community Centre on Saturday, August 4 and Sunday, August 5, from 10am to 4pm. This is a very enjoyable, visual display, with some of the artists in attendance at all times. We often have the works of guest artists as well, and the range of items available for purchase is very broad. Once again, we will have a silent auction for a number of donated art pieces. This has become a much anticipated event, with fierce bidding typically the rule.

In the meantime, the regular weekly art club days are Wednesdays and Thursdays from 10:30am to 3pm. (at the Community Center) and you are encouraged to drop in to see club members in action and find out about joining.

We hope to see you at the above events. Watch for further updates on *The East Shore Mainstreet* website.



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

# Get Belly-Starred!

by Nicole Plouffe

As you enter the gates into Starbelly Jam this year, be prepared to be steeped in a Technicolor musical tea that puts cozies on your soul and a roaring boil to your step. There will be deposits at the gates for your inhibitions, your worries and your day to day trials. Pick up some love, freedom and booty boppin' in our Starbelly musical bin and prepare yourself... lose yourself. Admission to this festival not only provides you with a delectable array of music, food and dance, it gives you a ticket to become one with your neighbour and become the color of light. Not bad.

Every year this little festival has grown and been nurtured by performers who give so much of themselves and by a community who has swaddled it in tied-dyed diapers and bounced it on its knee until it has grown into a compassionate, gleefully rebellious Jam. This year, little Starbelly feels like a self-assured, full-skirted dancer that'll have you caught up in her folds, whisking you away to dance. The musicians lined up for this year are from a caravan of old, filled with elixirs to life & potions to stir the desires, all riding down a soulful road paved with the feeling *you've been here before*.

I suggest you don your sunshine, break out your rainbows and let's create our own microclimate for three days that only rains sugar. And let's not forget to mention this place... this place that sustains us with its fluffy bear butts, bucky beaver teeth and whipped creamed mountains. Here's to what is all around us that gives us a red carpet for this festival to tread loudly and proudly on. Go out there belly-starred people and twinkle brightly!

## FREE BOKASHI COMPOSTING INFO TALK & DEMO - POST STARBELLY JAM CRAWFORD BAY PARK

Mon, July 23 - 10:00 - 11:00 am

submitted by Lea Belcourt

In a move towards zero waste, all the food and paper waste from this year's festival will be recycled into a nutrient rich compost using a process called Bokashi. Bokashi composting uses micro-organisms in an airtight environment to 'pickle' any kind of food waste including cooked foods, meat, bones, and paper. The process is fast, returns more nutrients to the soil than

traditional composting, and does not attract bears.

Waste collection areas, manned by volunteers, will be set up around the site and everyone will kindly be asked to separate their waste into: food scraps, contaminated paper, recycling, and garbage. The contaminated paper (including plates, cups, wooden cutlery, etc.) will be shredded - then layered with the food waste and an inoculant in 55 gallon plastic drums for fermentation. A few weeks later the fermented waste will be mixed with soil where it will decompose in another few weeks.

Todd Veri from MyCrobz Bacteria Solutions (www.mycrobz.com) in Kaslo will be managing the Festival Bokashi program and will be demonstrating the Bokashi process throughout the weekend.

In addition there will be a free info talk and demo, open to the public in Crawford Bay Park (near Community Corner) on Mon., July 23 - 10:00 - 11:00 am.

Hope to see you there!

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

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Otherwise, tickets will be full price at the gate (\$35/night/\$65 weekend).

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*Next Deadline:*

**July 25, 2012**

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## Your CB Market – We Did It!

by **Jamie Cox, Store Manager**

**W**ell we did it! I would even say that as a community, we did it - the new Crawford Bay Market is now open, and it took the entire East Shore to make it happen.

I would like to thank the contractors from our community:

- **Mark Johnston Construction Ltd.**
- **Plumb Local Plumbing**
- **Turlock Electrical Contracting**
- **Midwest Construction Services Ltd.**
- **Raimac Food Store Equipment**
- **West Kootenay Septic Solutions**
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- **E.R Higgins Engineering**
- **Russ Kinghorn Engineering**
- **D-3 Logging Ltd**
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I would also like to personally thank the **team of the Crawford Bay Store**, who, with incredible patience and understanding, linked arms and pulled off one of the most amazing transitions I have ever

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## Welcome to the NEW CB Market!

witnessed. Your market is a work in progress as this is all new to us also, and your patience is appreciated.

I thank also **John & Terri Stocker** for the support and efforts to enable us to bring this dream to the East Shore, and **Darren, Greg and Wade Stocker** for the man power to make the move in a mere four days.

There will be improvements and additional services and products with each day forward. We will be running an ongoing flyer program, and if you look, we are listed on the flyer as one of the Independent Grocers - something we are very proud of.

A wonderful front of the market sign is on route as well as in store signage.

I wrote in a fall issue of *The Mainstreet* that the community should not have to leave our community for our basic human needs. Now with the market, we can all enjoy our loves of life, rather than spending a

day elsewhere shopping. That's how competitive we are, and think of the fuel savings.

For the summer of 2012, you will see exciting events, contests, wine and cheese tastings and many give aways.

The grand opening will be in September, after a very busy summer. We will be blowing the doors off with a celebration for our community, and your market.

**We are considering September 22 as the likely date for the CB Market's Grand Opening Celebration; we'll keep you posted.**

This is your market and in saying that, we are always looking for your input on products and any of the services we provide.

Thank you again for your support, and please enjoy your new market.

## A Bit of Culture on the East Shore

by Leslie Hamblin-Cobb

Riondel experienced a bit of culture last Sunday as Fred Wah, the Canadian Parliamentary Poet Laureate, delivered a workshop at the Riondel Community Library. The workshop titled, How to Write a Poem for the Queen, explored the challenges involved with writing the Occasional Poem. As participants learned, an Occasional Poem is one that is written for a specific event.

"It's a way for me to talk about my position of Poet Laureate as well as talk about composition in poetry," Wah said of the workshop.

Ten local up-and-coming poets participated in the afternoon workshop. Each participant was asked to bring a poem they had written to share with the group which led to discussion on the many complexities of occasional poetry.

Wah shared a poem that he had been asked to write as Poet Laureate for Queen Elizabeth's Diamond Jubilee. Not being much of a monarchist, Wah based the poem, The Snowflake Age, on his own childhood recollection of watching snow falling on Elephant Mountain the morning in 1952 that he heard, 'The King is dead. Long live the Queen'.

Following the workshop, the space was opened to the public and Wah delighted the audience with readings of his own poetry and prose.

"It's exciting and we're so fortunate to have this calibre of talent right here in Riondel," one audience member said of the workshop and reading.

In December, 2011, Wah was appointed as Canada's fifth Parliamentary Poet Laureate. During his career, Wah taught at Selkirk College, David Thompson University Centre and the University of Calgary and has served as the Writer-in-Residence at Simon Fraser University. He has published numerous books of poetry, fiction and non-fiction for which he has received several awards.

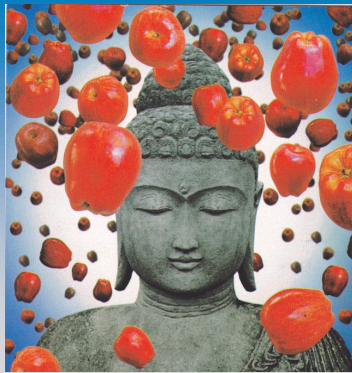
Born in Swift Current, Saskatchewan, he grew up in Nelson. He now lives in Vancouver and spends the summers at home on the Riondel Road.

Wah will be participating in the *Elephant Mountain Literary Festival* July 12-15 in Nelson.



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### Cities

## An Evening Art Show of Ted Wallace Paintings - July 7

Ted Wallace is having a one evening show of a new series of paintings which feature Cities a key character in humanity's relationship with the earth, nature and with each other. The show will be at Barefoot Handweaving on July 7.

"This is the first time I have done more than 2 or 3 paintings on a central theme. I have spent more than a year working on this series and enjoyed playing with ideas where cities become a symbol or a character in a story. These painting stories range from examinations of our relationship to nature to metaphysical flights of fancy."

"I always encourage people to find their own story in a painting. A relationship with a painting it takes time and it usually takes some time to find your own story. As an entry point I will write a small story for each painting."

"It was a lot of fun playing with ideas using cities as a character and a surprising amount of fun spending endless hours painting buildings. I hope this series travels around a bit and exhibits in other galleries."

Everyone is invited to attend an evening show of the Cities series on Saturday, July 7 starting at around 6pm. Many of the paintings will travel on to other destinations after this show. Refreshments will be served.



## CRAWFORD BAY SUNDAY MARKETS

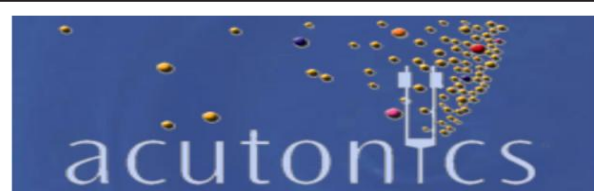
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By Billy St. John

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July 20 & 21 • 7:30 p.m.  
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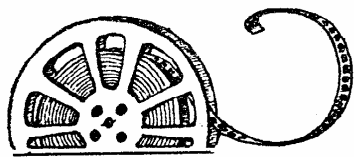
Tickets \$10 adults, \$8 for seniors/students available at Black Bear Books, Kingfisher Used Books or at the door

Show your ticket to receive 15% off at Creston Country Family Restaurant before the show!

Produced by special arrangement with Pioneer Drama Service, Inc., Englewood, Colorado

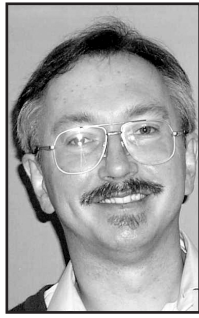


FOOTLIGHTERS  
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## Seldom Scene

by Gerald Panio



"Any boy hit by lightning, lift his lid and there on his eyeball, pretty as the Lord's Prayer on a pin, find the last scene the boy ever saw! A box-Brownie photo, by God, of that fire climbing down the sky to blow you like a penny whistle, suck your soul back up along the bright stair! Git, boy! Hammer [this lightning rod] high or you're dead come dawn!"--from Ray Bradbury's *Something Wicked This Way Comes*

"Those who don't build must burn. It's as old as history and juvenile delinquents." --from *Fahrenheit 451*

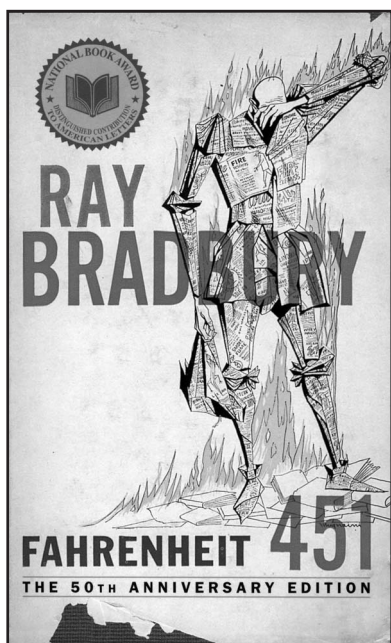
A few weeks ago, the world lost one of the last remaining Old Masters of fantasy. Ray Bradbury died in Los Angeles on June 5, at the age of 91. I owe Mr. Bradbury a very special debt of gratitude, so what better time to review a film based on one of his most popular novels? It was Ray Bradbury's stories that convinced me that any place could be infused with magic and power and wonder. Even Castlegar. And I'm not dissing my home town here. As a kid, I might easily have been tempted to think that small town life was pretty humdrum and commonplace. It wasn't New York or LA or the stuff of the movies. It wasn't *exotic*. Bradbury showed me I was 100% wrong. Most of his stories were set in places like Castlegar, but somehow populated by sinister lightning rod salesmen, things in jars, vampire reunions, dogs that would call you back from the grave, and the *Something Wicked* that's always coming around the next corner. Unlike contemporaries like Isaac Asimov and Arthur C. Clarke, Bradbury's prose style spilled over into poetry at every second line. It was the lilting poetry of childhood and unsettling poetry of the macabre "where the hills are fog and the rivers are mist, and the people passing at night on the empty sidewalks sound like rain..." Ray Bradbury was America's own "magic realist," unconsciously mining the same imaginative ground as his 1940's contemporaries in Latin America.

Bradbury's [first?] novel version of *Fahrenheit 451* (it had originally come out as a short story in *Galaxy* magazine) was originally published in the second, third, and fourth issues of Hugh Hefner's fledgling *Playboy* magazine back in 1954. Hefner got it for \$400—a case of a young writer supporting a young editor. Bradbury wrote the novel in nine days on a rented typewriter in the basement of the UCLA library. In 1966, the celebrated French New Wave director François Truffaut optioned it as part of a planned trilogy of films based on Bradbury short stories. The trilogy was never made, but *Fahrenheit 451* became a unique addition to the annals of the science fiction film.

*Fahrenheit 451* was Bradbury's only foray into science fiction. But the language in the novel is as poetic as in any of his other works, and I suspect this is what attracted François Truffaut's attention. Comparing the book to the film reveals how the talents of two artists working in different genres can complement one another. *Fahrenheit 451* is a definite exception to the

(generally accurate) rule that "the movie is not as good as the book." Where Bradbury's story was a chilling dystopian vision along the lines of *1984* or *Brave New World*, Truffaut's film is more of an homage to the book and to literature. Himself an autodidact who literally educated himself in public libraries, Bradbury could hardly have objected to the romantic literary sensibility his French admirer brought to the project. Tellingly, in interviews with Bradbury that I've seen or read, I've never heard the sometimes curmudgeonly author criticize Truffaut's handling of his story. Stephen King should be so lucky.

For a guy who didn't really write science fiction, *Fahrenheit 451* ranks pretty high on the prescience scale. The idea that in the future we'd be inundated by wall-to-wall entertainment in our homes, that individuals would be permanently wedded to the little "seashell, thimble radios" in their ears, that pharmaceuticals would replace dialogue, and that a time would come when books would be simultaneously denigrated as archaic and dangerous sounds very 2012. By making his movie a film of ideas rather than gadgetry,



*Fahrenheit 451* stands the test of time rather well. There's a streamlined esthetic to the movie that's very much in keeping with our flat-screen, iPod age. Even the French monorail prototype that is one of *Fahrenheit 451*'s most dominant visual images looks indistinguishable from Vancouver's Skytrain. The story even anticipates our age of social media, where the lines blur between real life and the life lived via media that tempt us to join virtual "families" which can upstage our own. Here's one telling comment from a parent in the novel: "I plunk the children in school nine days out of ten. I put up with them when they come home three days a month; it's not bad at all. You heave them into the 'parlor' [with the wide-screen TV]

and turn the switch. It's like washing clothes; stuff laundry in and slam the lid."

In *Fahrenheit 451*'s future all buildings are fireproofed. Far from being made redundant, however, firemen reverse their traditional roles. They now set fires. They track down and burn books, ownership of which has become a capital crime. Books are seen by the powers-that-be as promoting reflection that leads to dissatisfaction and unhappiness with one's lot in life. Reflection has no place in a society of the spectacle, where one must consume rather than think. The story's



protagonist is a fireman, Guy Montag (Oskar Werner), who's beginning to have the faintest twinges of doubt about his chosen métier. The doubts accelerate when he meets a free-spirited young woman, Clarisse (Julie Christie) who's part of a book-loving underground.

In the novel, Clarisse disappears rather abruptly. She's merely the "inciting incident." The film, in contrast, gives her a major role. In fact, two of them, as Julie Christie

also plays Montag's entertainment-addled wife, Linda. This double performance is one of the film's best features. It's revelatory how simple changes in physical appearance and different visual perspectives (frontal shots versus profiles) can alter our perceptions of identity. Each of us can become the Other. The Sixties radical morphs into the venture capitalist. Anti-war placards are exchanged for anti-tax tirades. "We" becomes "me."

Eventually, Montag starts down the slippery slope of pilfering books, stashing them in his house, and reading Charles Dickens late at night when his wife's

in bed. It can only end badly.

But, Bradbury and Truffaut being who there were, not hopelessly. We're introduced to a small utopian society of "living books"—exiled individuals who have each memorized one complete masterpiece and "recite themselves" upon request. "Reading" now becomes a curiously sensual, intimate exchange. Truffaut gives this concluding section of Bradbury's story much more attention than the author did. The filmmaker's lyricism shines through, helped by Nicolas Roeg's excellent cinematography (Roeg would himself go on to become a fascinating director) and Bernard Hermann's superb musical score. With the former, Truffaut's financial backers fortunately overruled him on his wish to shoot in his accustomed black & white. The Technicolor red in the film is a character in itself. As for the music, it must have been a joy for Truffaut, who idolized Alfred Hitchcock, to work with the man who had been Hitchcock's composer of choice on nine of his major pictures.

One of Truffaut's interesting directorial choices in *Fahrenheit 451* was to replace written credits with spoken ones at the beginning of the film. That unexpected voice-over, combined with colorized zooms of TV antennae, establishes an immediately other-worldly atmosphere. It's a gimmick, but a cool one. Another happy choice was to spend an inordinate amount of camera time simply caressing book titles & covers—both as they're being read and as they're being burned. I suspect someone, somewhere has written down all those titles. Sadly, I couldn't find that list. It would be François Truffaut's idiosyncratic version of the Great Books program, and as good an antidote as any to the masters of mass distraction.

(A fairly recent reissue of *Fahrenheit 451*, with an interview with Ray Bradbury and additional commentary on the making of the film and on the musical score, is available at Reo's Video's in Nelson.)



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July 2012 Mainstreet 15

## A Night to Remember

by Peter Hepher

It was "A Night to Remember" for the 160 paying guests at the Creston-Kootenay Foundation's second annual soiree at the Creston Community Centre on June 2. A crew of volunteers – band members, performers, bartenders, servers, etc. – did much to make it so.

The event, co-hosted by the Friends of the Community Greenhouse, was held on the 100th anniversary of the sinking of the liner Titanic and one of its aims was to commemorate those who lost their lives in that tragic event.

The major objective, however, was to give those present an evening of fine food and entertainment. Following a sumptuous meal with all the trimmings there was music, most of it from times past, for dancing or just listening, by the Creston Community Band under Monte Anderson's baton.

The music and dancing was interspersed by performances by local artists: vocalist Louise n'ha Ruby, monologist Kelly Mehrer and Christine Miller's troupe of cotillion dancers.

A feature of the proceedings was the presentation of cheques to some of this year's major grant recipients from the Creston-Kootenay Foundation.

Foundation president Larry Brierley handed out funds for auto-electric defibrillators to Rod Stewart of the Boswell Emergency Volunteers and Gary Hill of the Boswell Memorial Hall Society, while support for the Therapeutic Activation Program for Seniors (TAPS) was accepted by Serena Naeve of the Creston and District Community Resource Centre, and TAPS workers Bridget Currie and Terry Nowak. One of the Foundation's original directors, Peter Hepher, was presented with the organization's "Volunteer of the Year" plaque.

Brierley noted that the organizations accepting grants that evening were among 14 non-profit community groups operating between Riondel and Yahk that together received \$24,000 from the Foundation in 2012.

The Foundation exists to receive donations of cash, securities and other forms of wealth and to invest them in perpetuity to provide support for worthwhile community projects in the future.

The organization is registered with the Canada Revenue Agency. This authorizes it to issue tax-deductible receipts for donations. It also requires it to distribute a portion of its annual investment earnings in the form of grants to organizations such as those benefiting at the soiree.

In this way, the Foundation builds up a fund to support community good works in years to come while at the same time helping organizations that are currently doing such works.

A significant addition to its funds is expected to be raised by Alex Nilsson when he embarks on a golf marathon at summer solstice time. Donations in support of Nilsson's second-annual fund-raiser for the Foundation may be made at the Creston golf course or via the web site <[www.ckfoundation.com](http://www.ckfoundation.com)>.

More about the organization, including how you can add your own support to the cause and choose where and how you wish your investment to be used, can be found at that web site.

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## The Magic of Chocolate A Journey to Colombia

by Maureen Wetsch

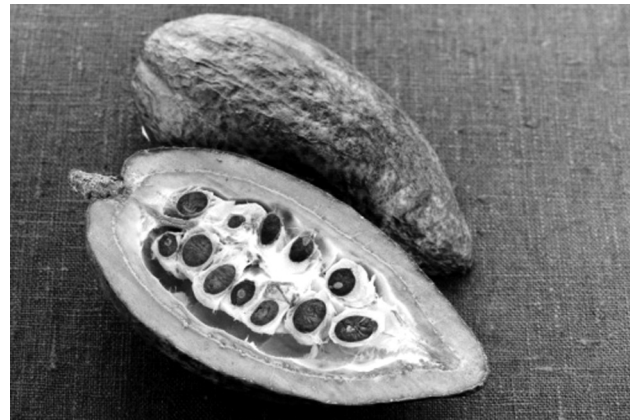
*The opportunity of traveling to South America to explore the cacao market came to me this past winter. I spent four weeks of initiating contacts and introducing myself to the chocolate industry of Colombia. This is an account of one of my experiences:*

We hike three hours on a narrow path into the Sierra Nevada Mountains, where no car access exists. I am with a Colombian musician and chocolate maker and his six year old daughter, Waira.

We climb into the carved out land, within a tropical forest where we soon meet a brick house with no power and few walls. Surrounding our little perch on the side of this forested mountain, grow nearly 108 cacao trees intermingling with banana, mango, lemon, mandarin and coconut trees.

There are vibrantly coloured flowers and the highest concentration of hummingbirds I have ever experienced. As the hummingbird is the logo for my business, it is clear we are in our very element. In the main room hangs a hammock on one side and a stationary bike on the other. Attached to the bike is a grinder. Leo engineered the grinding bike himself using all recycled parts except for the new bright and shiny grinder itself. This is the very piece of equipment that Leo uses to transform cacao beans into the first stage of chocolate.

Cacao grows in small football-shaped pods with 30-50 almond-sized beans inside each pod. The beans are first harvested, then fermented, then sun-dried, often by the local tribes. The process takes up to 12 – 15 days to complete. The product is then sold in markets or directly to local people.



Over a chimney, Leo slow roasts the beans. It takes about two or three hours to get the fire going, maintain an appropriate temperature and roast about three kilograms of beans. The roasting plays a crucial role in the flavour of the chocolate; therefore, a careful assessment of when the beans are perfectly toasted is required, after which they need to be peeled.

The three of us spend most of the afternoon hand peeling each and every bean. We laugh, we talk, we play, we sing, and we peel. Underneath the thin peel sits a small piece of the pure and natural chocolate. The taste is subtly bitter and incredibly smooth and satisfying. These are next put through the stationary bike grinder. Given cacao has such a high fat content (good fats!) and a low-melting point, it becomes a thick-dark paste from the heat of the grinder and not powder or bits like one may think.

The day then turns to night and we begin to place a small spoon of this paste in a small triangular mold. Each chocolate is no more than half the size of the palm of your hand and looks just like a heart when the chocolate comes out. One by one, each piece is sculpted by candlelight and we work to the symphony of forest nightlife. Overnight, 3 kg of cacao became 67 chocolates. This is truly a labour of love. Each chocolate is then hand

wrapped and later brought into other local villages to sell at \$1.25 each.

The aroma, even in the outdoor house, is incredible. The room is one big smile. Just before we set off, a small brilliant red and green hummingbird comes to visit, coming six inches of my face. "You are in the right place," he says, and we set off three hours down the mountain to finish the cycle.

Next time you take a bite into that scrumptious piece of chocolate you have been saving for just the right moment, remember where it came from and feel the magic.

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## Men's Fathers Day Open

submitted by **Debbie MacMillan**

Once again we had a great turnout for the Riondel Fathers Day Golf Tournament. Considering all the rain we have had in June we had a very nice day. I would like to take the time to thank all the guys that golfed in our tournament this year. Without all your support we wouldn't have been able to have had our 48<sup>th</sup> annual tournament, so thank you very much for your support. I would like to thank all of our sponsors for the wonderful prizes donated this year.

- Bob's Bar and Grill for ordering our steaks and donating the potatoes and salad.
- Riondel Market for the tasty butter tarts and all the ice for keeping our drinks cold.
- Nancy Schmaus and Kootenay Insurance for sponsoring the 10,000 hole in one (better luck next year guys!)

### To all the local businesses:

Anderson Construction, Color Your World, Comfort Welding, Crawford Bay Store, Extra Foods (Creston) The Golf Doctor, Home Hardware (Creston) H & R Block, Kootenay Forge, Nelson District Credit Union, NewKeys Pub, North Woven Broom, Overwaitea Foods, and Sirdar Pub.

### Also to the Golf Courses that donated two rounds of golf:

Balfour Golf Club, Bootleg Gap, Castlegar, Champion Lakes, Creston, Kaslo, Kokanee Springs, Nakusp and the Riondel Golf Club that donated a 10 game pass.

### Also to all the volunteers and to the directors, without all your help, we wouldn't be able to host such a great tournament.

Bonnie Anderson, Donnie Clark, Stu Corry, Lynne Cranna, Diane & Ole Johnson, John Kehler, Marion Kien, Marylou Laing, Cliff McGregor, Jane Norris, Nando Salviulo, Nancy Schmaus, Eileen Tjader, Bill & Jacquie Wallace

Staff: Lee Martin, Marvin Miller Ken England, Karsten Oslie, Danielle Linn, Roberta Faurot, Kathy Turner and Debbie MacMillan

Thanks again and here's hoping our 49<sup>th</sup> annual tournament next year, is just as good as this one.

**Next Deadline:**

**July 25, 2012**

## Kokanee Springs Ladies Club

by **Shelley Bumanis**

The Kokanee Ladies have just finished playing in their 10<sup>th</sup> week of the 2012 golf season and are seriously thinking of changing their names to the Kokanee Springs Aqua Belles. It's been a wet season so far but our summer is just around the corner. Kokanee is offering discounted green fees of \$45 plus tax for those ladies who are interested in joining us on our regular Tuesday Golf. Members and non-members alike are welcome. We have weekly games and prizes and all levels of golfers are welcome.

The tee times start at 10:54 and we meet up at the Pro Shop prior to 10:30. If you are a non-member and plan to join us please call Shelley Bumanis at 250-227-6836 or email sbumanis@hotmail.com to let us know we're to have the pleasure of your company. Feel free to call with any questions as well.

## TOM SEZ

by **Tom Lymbery**

Creek names should be posted along the highway – this would make it easier for YRB to isolate problems, as well as identifying Burden, Weazel, Wilmot, Croasdaille and McFarlane Creeks. If the highway was being built today bridges would be required instead of culverts. Even small creeks have brook trout and culverts are banned for streams with fish, as culverts don't allow lake access.

This is the 100<sup>th</sup> anniversary of the discovery of PROPANE in 1912. Early day (wellhead) gasoline came with volatile explosive vapours. Dr. Walter Snelling devised a way to liquefy these and store them in welded tanks, to be used for lighting or heating. When luxury resort Kootenay Cottages (now East Shore Cottages) was built by D'Arcy Bacon and Fred Wilmot in 1936, they installed stoves and water heaters using Rock Gas, another name for propane.

The Department of Highways has set up their own webcam at the Kootenay Bay ferry landing. This is backwards compared to the ESIS webcam with which you have a much better view of the vehicles, and can see the ferry when it's in dock.

Camas is a native lily with a blue flower and edible bulbs (the native people supplied these to David Thompson) Can you find any camas in the Kootenays? [www.growwildkics.bc.ca](http://www.growwildkics.bc.ca)

If you are not using Bokashi composting you may need an electric bear fence – please look up BearsMart.com/kootenay.

The higher lake level this year has brought more driftwood, but nothing like it was before the Libby Dam prevented enormous cottonwoods being washed down the Kootenay River.

Because the Kaslo Government Agency has always been so helpful we always pay our taxes through Kaslo – their service can't be equaled.

When you reach the age of 80, even your birthday suit needs pressing.

How does Wal-Mart come up with low prices? Perhaps by not paying their suppliers, such as their propane cylinder supplier, Tank Traders? This has even created a supply problem for Viper Fuels, where we obtain propane cylinders.

Is that little red car (wrecked last winter) by Burden Creek, (foot of Crawford Creek Road) going to be left below the highway for the bush to grow over it?

A record: 1,039 Gerrard Rainbow are spawning this year. Did you see the new viewing platform at this site at the south end of Trout Lake on Highway 31?

The early June flooding was the first time I have seen EVERY CREEK rolling rocks and creating havoc. Usually the Croasdaille, Wilmot and Weazel peak mid May and the larger Gray and Crawford surge in June. Virtually everyone with their own water system has had much to replace.

We should have a June flower promotion for the lake. Between all the different coloured lupines and the yellow broom it's an amazing display and deserves to be publicized. Where else are the roadside flowers so spectacular?

There are many bucks in velvet. I just read a book that recommends roasting the horns by your campfire, peeling off the velvet -- and the horns inside are delicious.



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## GRAY CREEK PASS REPORT

by **Tom Lymbery**

The Porcupine Creek culvert plugged with the extreme run off June 5. All other creek crossings are solid cement bridges. Forestry had equipment clear this but water running down the Pass Road has done some serious undermining. Wynndel Box will have to repair as some logging is scheduled this year. This is the first major disruption to the well constructed and ditched road. (Other than 2011's major reconstruction program which did close the route)

This years opening date? My guess: July 14. Now is the time of year for pink snow, also known as Watermelon Snow at high elevations. This an algae, 'Chamydomanas Nivalis' that the spring sun encourages.



pebbles  
by Wendy Scott  
Celebrations

The events happen in the rain; in spite of the rain; because of the rain; just before; just after – you chose. Any one will do or even any combination. So

far this year that has been our month of June – soggy and wet, uncertain, or just drying out.

Let's see if we can list a few: the famous Ambulance Auxiliary Garage Sale, a two day event – one under threatening skies – the next in the rain; Senior's Picnic in the Park – a cloudy afternoon, but rain held off as festivities wound down. And we returned from the annual steak dinner fundraiser at Dutch Harbour Camp – wipers frantically flipping, but the windy evening began without umbrellas and jackets.

It's nice to hold a party in the sunshine, but so far, June has not presented many warm days. Is this a bad thing? Picture a table surrounded by strangers and friends. Add a glass of wine, some cheese perhaps – although neither of these was on tap -- coffee and tea, yes -- maybe a few strawberries; introductions; conversation; rain on the windows – lots of it. Let's say two of the strangers hail from Tucson, Arizona. Does the rain bother them? Quite the contrary. It may not be the primary motivation for their visit, but the reason for a trip this far north at this time of year was to escape the desert heat. In that case, their jaunt was a resounding success. Will they stay until July? Perhaps. In that case they can enjoy a Chili Cook-off in the park and help us celebrate our National Holiday.

At the present time, I'm on Vancouver Island and, so far, we've had two barbecues in the rain. Today, however, the sun shone long enough to sit on the beach and watch three little boys hunt for very small crabs and discover one tiny silver shelled clam – which I was shown, by one of the small boys on his outstretched, very flat, palm. Look, he said, that's its foot! Clams and crabs were dutifully returned to barnacled rocks, but by the time I left the beach, more children – boys and girls – big and small – had joined in the hunt, one called eagerly for me to look at his "diamonds" – a careful handful of beach-polished, pure white pebbles. These are the kind of summertime events that are cause for celebration by small children and those who come with them to appreciate and acknowledge their discoveries.

This year on July 1st, Canada marks 145 years of confederation. Then both big and small will celebrate and the City of Victoria can look back on 150 years since incorporation and back still further to the day in 1787 when Captain James Cook stepped ashore on this Island and wrote such nice things about his discovery that a fort was quickly established and since good news gets around, it was not long, historically speaking, until the fort morphed into a city.

We can thank Queen Victoria for the Island and the fair city named in her honour. It was January 13, 1849 when she granted title to the whole of Vancouver Island to the Hudson Bay Company. This was her way of showing appreciation to the Company, and Governor James Douglas, for protecting all of BC from any sort of foreign takeover. But she added a condition to her grant –that the Island must be colonized with British subjects within five years. New arrivals during that time were not keen on staying put. There was gold to be had in California and, by 1858, along the Fraser and Thompson Rivers on the British Columbia mainland. And so, Vancouver Island became a small colony off shore from the huge chunk of land between two oceans that in 1867 would become the Dominion of Canada.

Twenty years later, in the month of June, May Parish, my grandmother, stood amongst the cheering

crowd on Castle Hill in the City of Windsor. Mounted on a solid red granite base, and standing nearly five metres above the cobblestone road, a bronze statue commemorating fifty years of Queen Victoria's reign was to be unveiled. In my hand I hold the proof of my grandmother's presence on that day in Windsor: a silver half circle, about the diameter of a twenty five cent piece with a royal crown gracing the top of the curve and four tiny roses down each side. A brass bezel sits inside the curve and rotates to present two faces: jade green, and carnelian red. The pendant is engraved: "Victoria's Jubilee: 1887."

A few years later, on the edge of her teenaged life, May would sail to Canada for employment in the railway town of Broadview, Saskatchewan. This small prairie town was still part of the Northwest Territories, but even here, Queen Victoria's birthday was remembered and celebrated on the twenty-fourth of May. She was, after all, the Dominion of Canada's first Queen, and Canadians have continued to take the day off, in her honour, making Canada the only country in the world that still keeps this custom.

This year, 2012, we were reminded often of another jubilee commemorating Queen Victoria's sixtieth year on the throne. Her Diamond Jubilee was played out again as our own Queen Elizabeth appeared on the balcony at Buckingham Palace and the crowd gathered for a grand finale of another Diamond Jubilee around yet another statue in memory of Queen Victoria. The Victoria Memorial at Buckingham Palace was dedicated by two of Victoria's grandsons: King George V and his first cousin, Wilhelm II – King of Prussia and Emperor of Germany. The ceremony took place in 1911, ten years after Victoria's death.

I'm not sure what the weather was like on that day in January, 1849; the day that Queen Victoria recognized the beauty and importance of this island in the Pacific Ocean; the island that she would never see, but now a unique network of weather stations located at schools all over Vancouver Island allows a community-specific picture of current conditions. Searching the site today confirmed my hunch that the city of Victoria and all the southern island has reverted back to the wiper inducing downpours.

On the first of July this year the sun may shine, but then again, it often rains, and we are quite used to what we call – among other definitions – variable weather. Being true Canadians, we may not wave many flags, we might not be pleased with the current political climate, but in our hearts we hold an unshakable pride of our country. It does not matter who we are, or where in the world we stand at the time; we are Canadians and it shows

**Fight the bite!**  
**Take precautions to avoid**  
**West Nile virus**

IHA press release

Interior Health is reminding residents to take extra precautions against mosquito bites this summer. West Nile virus, a disease that is spread from infected birds to humans through mosquito bites, has been present in B.C. since 2009.

West Nile virus (WNV) was first detected in B.C. in the South Okanagan during the summer of 2009. To date there have been three human cases of WNV acquired in our province - all of which have been in the Okanagan. Several WNV cases in IH residents also occur due to travel to nearby provinces or states with higher levels of WNV mosquito activity.

"If you have been bitten by a mosquito, you do not have to be tested for WNV," says Jennifer Jeyes, Communicable Disease Specialist with Interior Health. "Most people who become infected with the virus will have no symptoms or ill effects at all. About 20% of infected people may experience mild to severe flu-like symptoms and less than 1% of people who are bitten by an infected mosquito will get severely ill. The elderly and people with compromised immune systems are generally more at risk of developing a severe illness in response to WNV exposure."

If you have mild health symptoms that you think might be from the West Nile virus, you should get plenty of rest, drink fluids, and avoid alcohol. If your symptoms persist and seem to be getting more severe, call your doctor.

While the risk of becoming seriously ill from WNV infection is low, it is important to remember there are preventative steps that everyone can take in order to reduce the risk of infection. The best protection against West Nile virus is to avoid mosquito bites and to reduce mosquito breeding areas.

Here are some simple things we can all do:

- Use mosquito repellent - Apply mosquito repellent to areas of exposed skin. Check the product label for instructions on proper use. Repellents containing DEET are safe if the label precautions are followed. DEET-free products are available, but may not provide as long-lasting protection. View the Health-File on DEET (link below) for guidelines on how frequently to apply repellent.
- Wear protective clothing - Avoid dark clothing - it tends to attract mosquitoes. If you are in an area with lots of mosquitoes, wear loose fitting, full-length pants and a long-sleeved shirt to keep mosquitoes from biting. Mosquitoes that can carry WNV are most active at dusk and at dawn. Avoid using perfumes, soaps, hair care products and lotions with floral fragrances.
- Install mosquito screens on windows and consider staying indoors between dusk and dawn and in the early evening.
- Prevent mosquito breeding around your home - It doesn't take much time or water for mosquitoes to develop from eggs into adults. Anything that can hold water can be a mosquito breeding area. Identify and remove potential breeding areas on your property - empty saucers under flowerpots; change water in bird baths twice a week; unclog rain gutters; drain tarps, tires, and other debris where rain water may collect; and install a pump in ornamental ponds or stock them with fish. Stagnant backyard pools can be a big source of mosquitoes and should be maintained regularly to prevent mosquito growth.

B.C. conducts a surveillance program for West Nile virus which includes testing of dead birds in the corvid family: crows, ravens, magpies and jays. These birds are more likely than others to die from West Nile virus. The program also includes trapping and testing of mosquitoes from numerous sites in the province. Members of the public can report dead corvid birds (crows, ravens, magpies and jays).

For more information visit the BC Centre for Disease Control Dead Bird Reporting page: [http://www.bccdc.ca/dis-cond/a-z/\\_w/WestNileVirus/Surveillance/WNVDeadBirdReporting.htm](http://www.bccdc.ca/dis-cond/a-z/_w/WestNileVirus/Surveillance/WNVDeadBirdReporting.htm)

• **Planning a wedding?**  
• **Holding a meeting?**

**Consider renting the  
BOSWELL HALL**

**Booking/info: Judy @ 250-223-8664**



## Tom's Corner

by Tom Lymbery  
*Hemlock Trees*

The Western Hemlock can be a thing of beauty.

It could be a wonderful Christmas tree - if only the needles wouldn't fall off. It can also be a real pest as it seeds prolifically anywhere the ground has been disturbed. An unused skid

trail in the bush can come up so thickly with hemlock that you can't walk through, because the stems grow so closely together. It's even more of a weed in our treed Gray Creek Cemetery, with far too many seedlings coming up in the graves. Einar Strom and Dunc Cummings removed many of these trees a few years ago, leaving the cedars, but there are enough bordering hemlocks to provide unlimited seed.

The hemlock is a large tree up to 150 feet tall, but shorter than mature larch and Douglas fir. It has a rather narrow crown, conspicuously drooping new growth at the top, mostly down-sweeping branches, and delicate feathery foliage. Seedlings droop as well, in contrast to fir and larch of the same age that



are consistently upright.

This species loves the wet season that we have been suffering through this year - this is what marks Kootenay Lake as the southern interior rain forest. Hemlocks are a shallow rooted species, and if we had coastal winds we could expect to find blow downs. When you walk through mature stands, you find its roots on the forest floor, particularly if there is bedrock beneath. Coastal native peoples carved the wood extensively into spoons, combs and other implements. The Haida used the bent trunks to make giant feast dishes. Hemlock bark is rich in tannin for tanning hides. The Saanich people made a red dye from the bark which not only coloured wool but also added colour to their cheeks, and removed facial hair.

The botanical name is *Tsuga Heterophylla*. Hemlock is named for a European weed that has a similar smell. Western hemlock is not related to poison-hemlock, the weed that killed Socrates, but the deer don't touch it even though they love cedar. It's surprising that deer eat cedar, because it contains oil of cedar which is almost impervious to any insects except ants, which channel into the dead core to make a secure home, but they don't eat the wood.

Because it retains water in its fibre, hemlock lumber is almost impossible to air dry by

piling in the traditional way, using stickers to separate the boards to allow air circulation. In the early years of BC forestry, hemlock was classified as a weed tree, but this was all to change when Hitler invaded Czechoslovakia in 1938, and brothers Walter and Leon Koerner escaped ahead of the Nazis and came to Vancouver, BC. They were fortunate to leave as they were Jewish, and relatives that stayed behind perished in Auschwitz.

The Koerner brothers had years of experience in the timber industry, and knew they could process hemlock to make valuable lumber. They purchased a defunct sawmill in New Westminster and incorporated their company, ingeniously using an alternate name for the despised tree - ALASKA PINE, which neatly solved the marketing barrier that the word "hemlock" carried at that time. Since they could purchase logs of this unwanted species for very little, their company was enormously successful and profitable.

I went to high school at St. George's in Vancouver with Michael Koerner. He was a studious type and I did not get to know him well. He never spoke of his background. At that time we had never heard of Alaska Pine and Cellulose, as the company was registered. Hemlock has long fibre chips and is most important for pulp production. Interior hemlock is sometimes trucked to the coast because of its value for pulp.

Alaska Pine and Cellulose was sold to Rayonier Canada in 1954. Leon and Walter endowed the University of BC and many other organizations. The Leon and Thea Koerner Foundation continues to provide funding for many arts. Walter Koerner received an honorary degree from Notre Dame University in Nelson on 1971.

Hemlock is marketed as structural lumber under the identification as Hem-Fir. This fir is not Douglas fir but *Amabilis* fir. This lumber is not as strong as fir-larch, but it has a good rating.

# The East Shore Mainstreet

## Creativity, Community, Conscience

### Nelson & District Credit Union Donates \$10,000 to Local Skate Park Society

*Nelson, BC - International Celebration of Skate Spawns Community Donation*

Thursday June 21 is known internationally as "Go Skateboarding Day" and can now be recognized as the day Nelson & District Credit Union (NDCU) stepped up to help Kootenay Lake Outdoor Skate Park Society (KLOSPPS) members realize their dream of an outdoor skate park for Nelson. Tom Atkins of NDCU met with Rob Levesque and several local skaters at the foot of Baker Street to celebrate the announcement of the donation of \$10,000.

The relationship between NDCU and KLOSPPS goes back 10 years when Nelson skate park pioneers approached the Credit Union requesting some help, reflects Tom Atkins of NDCU. "It all started with some in-kind donations of binders, pens and some photocopying. There was an informal group of skaters, parents and community members that got the ball rolling with a meeting at the old Lord Nelson banquet hall. NDCU recognized the tireless commitment of this group early on, and we are happy to be here today

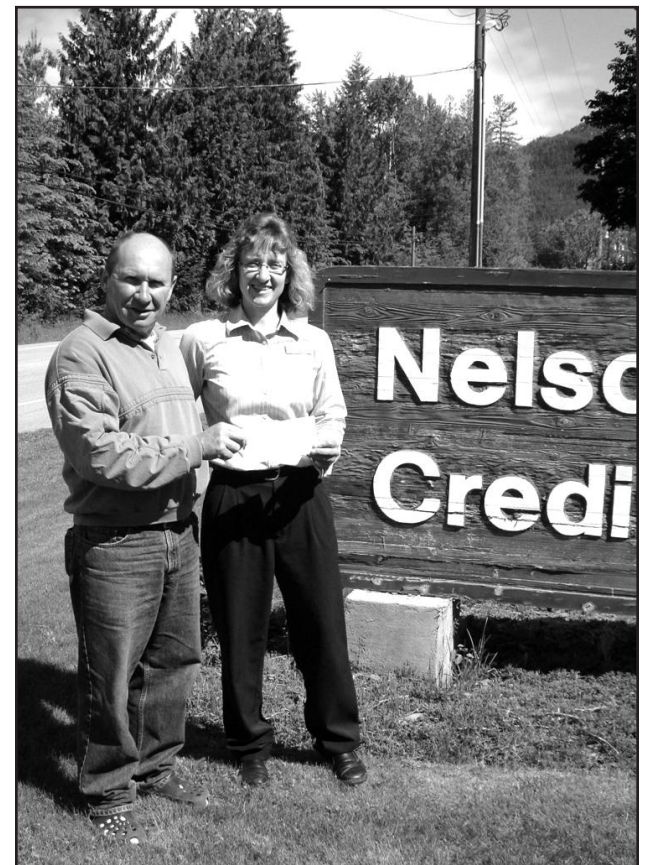
with this announcement of \$10,000 for the Nelson outdoor skate park."

NDCU's commitment to youth goes far beyond financial literacy and scholarships. An investment by credit union members in an asset such as this park will add significantly to the vitality of this community. Youth arts, culture, social responsibility and recreation initiatives are also widely supported through their community investment program.

Robert Levesque, society president adds, "The future looks bright. This has been one heck of a year, we got our location, we've acquired a design and the community support has been phenomenal. This kind of donation means everything. To have an organization like Nelson & District Credit Union make such substantial donations shows the youth that this community cares."

Nelson & District Credit Union was established in 1950 and has grown to over \$167 million in assets and serves over 12,500 members throughout the Kootenay area. NDCU is a community based financial co-operative that offers a full range of banking and financial, wealth management and insurance services. Please visit [www.nelsoncu.com](http://www.nelsoncu.com).

Established in 2002 with the mission to develop a skate park for youth, the Kootenay Lake Outdoor Skate Park Society has one true objective: build a world class outdoor public skate park for Nelson, BC and area. Please visit [www.nelsonskatepark.com](http://www.nelsonskatepark.com).



*Arnold Ames of Riondel Cable Society receives a cheque from Susan Tesoriere on behalf of the members of Nelson & District Credit Union.*

## Tribute to a Good Man

by Harreson Tanner

Colin Turner, dear friend, healer and mentor (87 years young) passed away peacefully in White Horse, Yukon, on Saturday, June 9. He was predeceased by his beloved wife Jeannine who passed in 2006. He is survived by his son Steve in Kelowna, two step sons, step daughter and four grandchildren.

Colin and Jeannine were residents of Riondel for 23 years. Colin was on the Commission of Management for several years and on the Riondel Cable team during their early years. Colin wrote numerous articles for our local *Mainstreet* paper and the now defunct *Nelson Daily News*. Both Colin and Jeannine cared a great deal about their community and in their own quiet, loving and healing ways supported many of us on the East Shore, and beyond.

Colin was born and raised in Wales; he was a young man when the second world war started. At 18 years of age he joined the British Navy and soon became Chief Petty Officer. He was stationed in the North Atlantic as well as Asia for five years. After the war, Colin became a detective for Scotland Yard. He was also stationed in Germany during the Cold War as a detective for Interpol for some five or six years. After moving to Canada he did high level security for various government officials. I am sure all who knew Colin could recognize the policeman/detective in his nature.

Sometime later in his career in London, he was told by a famous British psychic that he was a teacher and a healer. His scepticism was only out-weighted by his investigative, detective-like nature. It wasn't much later that a good friend of his had been hospitalized with a serious back condition that would require surgery, when Colin thought he might just put his hands on her and see what happened. As a result she started to get better quite quickly. Colin went on testing his healing ability with different people over the subsequent years until he believed, beyond a reasonable doubt (this became the name on the book Colin wrote of his and Jeannine's journey as healers, *Beyond a Reasonable Doubt*). Colin soon realized there was an energy that moved through him, and people were

healed. Colin was always very clear that it was not him who did the healing, that he was only a channel and that the healing came from another source (God).

Colin first met Jeannine at the First Spiritualist Church they were both attending, and the first time they saw each other they knew it was love and destiny for them to be together. They opened a Healing Centre in Ottawa, in the early 70s, long before it was a popular thing. They lived for many years simply from donations received from the healing work. From Colin's years of experience at Scotland Yard he kept detailed records and documented all the healings that took place during that time. They were on television and radio several times, and held workshops on healing.

After several years it seemed their time in Ottawa was coming to an end and they were wondering what would come next when they got invited to White Horse by Dr. Brannigan, a well-known M.D. who was bringing different alternative healing practitioners to White Horse at that time. So began the next phase of their journey in the Yukon. They always wanted to explore the North so they took the invitation and moved to live in a pyramid in Atlin for some years before eventually settling in Whitehorse where they made many lifelong friends and continued their healing work. After several years, Jeannine had had enough of the cold weather and they decided to move to Riondel where some of their Yukon friends had already moved. In their years in Riondel they made many good friends who had the good fortune to experience their gift of healing... to share warm loving and laughter-filled dinner parties or just a cup of tea and conversation. It's a shame to think about the poor dogs who will never again have the benefit of Colin's kind attention and the biscuits Colin always had available for the Riondel canine community.

On a more personal note, the first couple of years that Blanche and I were living in Riondel were extremely

stressful, faced with financial challenges, Blanche's father was diagnosed with advanced prostate cancer, her dearest grandmother passing away, followed by her father's passing two weeks later, losing her dog, and, trying to build a new home. One day when Blanche was at the store and feeling particularly overwhelmed by everything and praying for some help, almost to the moment, Colin came in the store.

Through his awareness and perception he could see Blanche was in distress and kindly asked if she was okay and whether she needed some help. Blanche was so grateful to even be asked that she immediately said yes. He subsequently invited her over that evening and through Colin and Jeannine's loving hands she immediately felt a great deal of heat radiating from their hands which was accompanied by a very loving energy that seemed to envelope each one of them. At once, Blanche began to feel mentally and emotionally stronger and would have the ways and means to face all that was happening in her life at that time. This was the first time Blanche received healing from

them. I also received healing from Colin and Jeannine which helped calm my troubled mind and spirit at that time. There were several other occasions when Blanche, myself and our family were blessed by Colin and Jeannine's healing gifts.

Our daughter Tina wrote, "Mr. Turner, you changed the course of my life, not only once, but twice. Standing with me at two major pivotal moments in time, you touched not just mine, but my children's hearts and lives as well. You will never be forgotten. You will always be remembered for your wise counsel and healing. Now you are free to be with your angel Jeannine, who no doubt was waiting for you with arms wide open and that big beautiful smile that you loved so much. You will forever be in my heart!"

Over the years Colin and Jeannine became our very dearest friends and mentors. We are so grateful for having had such loving friends, gifted healers and teachers in this life. Of course there is so much more to the story and journey of Colin and his beloved Jeannine, their amazing life, and the courage they had to live their purpose, even in the face of so many obstacles. Thank you, Colin. May you enjoy the profound peace you so lovingly shared with many of us during your short visit to planet earth.

## Remembrance Garden

by Wendy Scott

It's soggy and wet in the garden and after our great clean-up, windy days scattered twigs and branches again. However the weather this spring in BC has been better than many other locations. Considerably better. All we have to do is convince ourselves of this.

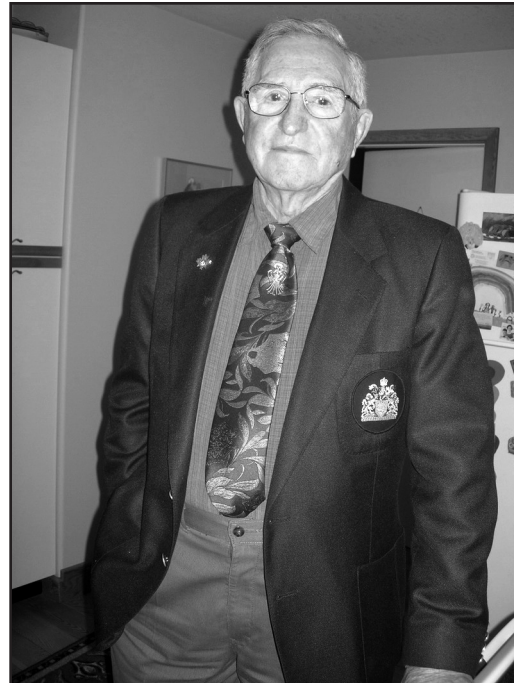
In the meantime, bring an umbrella; walk through the garden in the rain. Dave has been busy installing new plaques. We now have about 60 – either on the benches or in boxes waiting for installation. It's an intricate process and it takes time – quite a bit of it.

At some point in the next few weeks you might see a pretty little red maple tree in the garden. This will be planted in order to enjoy its seasonal beauty now and to leave a remembrance for future generations.

If you have ideas about trees or shrubs that you would like to see in the garden, let Muriel know – she is our expert.

Talk to us also if you would like to order a plaque. There will be a new bench fairly soon.

Plaques - [wmescott@gmail.com](mailto:wmescott@gmail.com) – 250-225-3381  
Shrubs - [mcrowe@bluebell.ca](mailto:mcrowe@bluebell.ca) – 250-225-3570



Pictured here are the surviving members of the King family, a local pioneer family from Crawford Bay. They recently gathered in Crawford Bay to pay respects to their sister, Lorraine Van Ruyskensvelde, who passed away in December 2011, and her husband Dale, who passed away in September 2011. There were ten King children, born and raised in Crawford Bay, BC to William and Alma King. Lorraine was predeceased by her brother George King; and her sisters Rosanne King and Beatrice Koshlay. The surviving King siblings are shown in the photograph attached from left to right: Pat Oslund (Kimberley); Sylvia McBride (Radium); Mel King (Kimberley); Louise King (Kimberley); Bob King (Edmonton); and Norma Hempstock (Creston).

## Dignity, Grace & Acceptance: My Hospice Experience

by Ali George

This is my hospice experience.

I meet a new friend. She has been given months to live, but in the end, I am blessed to have her in my life for over two years.

We go for long walks, walks that get just a little bit shorter each time we meet. One time, she takes me on the trail along the lake and shows me where she wants her ashes to be spread. Another time, we walk for half an hour so that she can take a picture of a particularly favourite view of hers. She wants to put it in her scrapbook. We stand together, taking in the autumn colours. I take her picture beneath a breathtaking maple, and she takes mine. She wants to remember, and to be remembered.

She shows me her town, her favourite places. She never takes me on the same route twice. She tells me who she visits, who lives here and who used to live there, who has moved and where, who has died. Every dog comes running for one of her treats. She tells me a story about each one of them. If she doesn't know their names, she makes one up for them. "Hi doggy," she says, reaching into her pocket. Big and small, meek and rowdy, they all sit quietly in front of her, tamed by her kindness.

We drink tea from her fancy china cups. She always gives me the yellow one. We share things about ourselves, things we may not tell most people, but for some reason, we tell each other. Why not? We find that we have so much in common for two people who seem so different. We talk about our childhoods, our families, our lives, our beliefs, death. Her death. She's not afraid. Just curious. And feeling so grateful for the extra time that she has been given.

Sometimes, I bring my children to visit with her. She always has a craft for them to do, or gives them little fridge magnets that she makes, or a book about animals. We go for walks, and she points out all the birds along the way, a beautiful tree in bloom in someone's yard, a patch of wild ginger. She teaches the three of us how to whistle with a blade of grass, and shows the kids how the pump organ in her church works. She invites us to a seniors' tea at Dutch Harbour, and my children's eyes are wide with wonder when everyone starts singing together in perfect harmony. We sing "It's A Long Way To Tipperary" all the way home.

She has a lot to do before she goes, and she enlists me as her helper. She shows me how to cut fudge with mathematical precision, and has me figure out how many squares of it will fit into a heart-shaped box. She guides me in the planting of spring bulbs around her home, and asks me to remember her whenever I see them in bloom. I bring her all the large sheets of cardboard that I can find so that she can make decorations for the Christmas craft faire. I help her water the garden around her church, and clear away the branches that have fallen in the churchyard after a wind storm. Often, we work side by side in silence, each of us with our task to accomplish. And when we're done, out come the fancy tea cups.

One day, our walk takes much longer than usual. We stay close to her home; she stops frequently to catch her breath. She needs to close her eyes for a bit when we get back home, and lets me put the water on for tea. She still insists on making it herself, though. She sets the yellow cup in front of me, brings a pink one for herself, and when the tea has steeped, I fill our cups. We sip in silence for a while, then commence to talk about everything.

One day, I visit her in the hospital. Her room is filled with flowers, and cards, photos, and drawings

are taped all over the wall in front of her. She is all smiles and says that she can't believe that she is dying, she feels so good. She works on her 2011 scrapbook, and is making another scrapbook with pictures of her family and friends to send home with her sister as a keepsake for her family. She has a seemingly unending stream of visitors. They share stories, pray, and laugh with her; help her with her scrapbooking projects; read to her; sing and play music for her. This woman is so loved.

She tells me that she is wanting "the human touch", so I ask her if she wants a foot rub. She nods and closes her eyes. From then on, I am her "foot rubber". Her whole body relaxes and she often falls asleep while I rub the lotion and lavender oil into her feet. She likes when I work on her arches. Sometimes I rub her hands too, then give her a pedicure and manicure. I dab rosewater on her face and she says she feels so refreshed. This is our ritual. I am honoured that she can tell me what she needs. The last time I see her, she can barely open her eyes, but she manages to say "foot rub". These are her last words to me.

With each visit, I see her body getting smaller, her spirit growing larger. She says the most amazing things; sees people, places, even animals that I can't. Can you see this? she asks. No, I guess it's not for me to see, I say, so she describes it all for me. She says that I can tell people about these visions after she is gone; she doesn't want anyone to think that she is "nuts". There is a little black and brown dog that lies under her bed, keeping her safe. There is a boat at the end of a long dock that she's not ready to get into yet. The flowers on the wall paper in her room are

**With each visit, I see her body getting smaller, her spirit growing larger.**

people watching over her. She tells me that she wants to go to Vancouver; do I have a picture of it? I don't, but maybe we can go there together, I say. So, she closes her eyes and we go. We walk along the streets of English Bay and Kitsalano, take a stroll through Stanley Park. She says that she doesn't want to leave this place yet; can I give her something to hold onto? I take her hand and I watch her face as she sees one thing after another that delights her. She says that she is so grateful for this picture, for all of these visions, for all of these people, real and otherwise; so grateful that they have come to her when she needs them the most. Gratitude, gratitude, gratitude. She is thankful for it all.

I spend a few nights at the hospital, sleeping on the couch beside her bed. One night, I wake to the sound of her voice in the dark: "I got the invitation. When you get the invitation, you have to take it." After a moment, I say "Well, it's nice to be invited." "Yup," she says, "I gotta go."

One time, as I come to the side of her bed, she opens her eyes and smiles. "You look like life to me," she says, then closes her eyes and falls asleep. I breathe this in and hold it. I have been given a gift. I have been inspired.

Like every birth, every death is unique. And so, every hospice experience is unique. I am so grateful for my experience. I made a friend, someone I will hold in my heart until it's my turn to go. She showed me that it is possible to meet death with dignity, grace and acceptance. It is just as much a part of life as the rest of it, and often, just as beautiful.

*East Shore Hospice is currently looking for volunteers. If you are interested in joining our team we are actively recruiting and will host a training program when we have enough interest. Training is mandatory for anyone interested in volunteering one-on-one with clients. Applications are now available on-line at [www.nelsonhospice.org](http://www.nelsonhospice.org) to be downloaded, completed and returned to the area coordinator. Current volunteers are welcome to participate in any part of the training at no cost. Please call Alexis Phillips at the East Shore Hospice office at 250-227-9006 (ext. 29) for more information.*

## Kenneth Morrow A Legacy of Kootenay Stories

by Greg Nesteroff, reprinted with permission

Dr. Kenneth Morrow, who turned his hardscrabble memories of growing up in Nelson in the 1930s into a local bestseller, has died at 83.

Morrow was a well-regarded ophthalmologist who practiced for decades in Ashland, Wisconsin and Bellingham, Washington before becoming an author in semi-retirement. His first book, *A Boyhood in Nelson*, was published in 2003. Morrow said it was inspired by his grandsons, who never tired of hearing about the pranks he and his brothers pulled as kids.

"Their appetite for stories led me to think about my family's life in Nelson during the Great Depression," he wrote in the foreword. "And so in other words, this book began with some dirty trick stories, and then turned into the tale of my childhood."

Born in Trail as the youngest of four children, Morrow never knew his father, who died shortly after his birth. A few years later, his strong-willed but fun-loving mother moved the family to Nelson, where they had a modest house on Latimer Street.

The Great Northern Railway's station was two blocks up, and Morrow and his siblings loved to help unload the baggage car — especially Friday nights when it contained gold bars — and to hike along the tracks into the mountains, where lakes, streams, and old mines beckoned.

"Our biggest fear was being trapped on Second Bridge, the longest and highest bridge, where an oncoming train could catch us by surprise," he wrote. (Eventually they lost that fear, with near tragic results.) The family grew a garden, raised chickens, and the boys spent up to three hours a day selling newspapers. They also scrounged the alleys for anything they could use or sell.

"Life was a never-ending struggle until the start of World War II," Morrow wrote. "But economic hardship doesn't affect young children the way it does adults. We children knew we were poor, but never thought we were failures."

Busy as they were, they always found the time and energy for play. In winter they skated on a backyard rink and sledged down the city streets. In summer, they swam in Kootenay Lake and played simple games. Morrow paints a vivid, honest picture of Nelson in the Depression, including the prejudices of the era — "some of it racial, some religious, and a lot of it just plain personal."

Poverty was also rampant. The city was full of destitute men who literally arrived on boxcars and often knocked on their door seeking meals — which were always provided, though the family could hardly afford to do so. (Only years later did Morrow realize how the hobos knew his home was a good place for a handout: a rock balanced on a cedar fencepost was the sign.) Morrow's account of tasting his first chocolate bar at age 11 — eating it agonizingly slow to make it last over an hour — is particularly affecting.

The first edition of *A Boyhood in Nelson* quickly sold out, necessitating two reprintings. All proceeds went to the Nelson museum.

Other books followed: *Leaving Nelson: Beyond Toad Mountain* traced Morrow's training at UBC and long career in medicine. *Ladies of Easy Virtue in the West Kootenay* looked at the history of local prostitution, inspired by his boyhood experiences delivering newspapers to Nelson's Lake Street brothels. His final work, *The Doukhobor People: A Tribute to Good Citizens*, was launched in 2010 at a breakfast attended by many old Nelson chums.

Morrow died May 25 in Seattle. His wife Dorothy, to whom he was married 60 years, will be in Nelson this summer with their three children to sprinkle half his ashes from the Great Northern's Second Bridge.

Tom Lymbery adds - Ken told one of his stories at the Kootenay Story Telling Festival in Procter. He brought something no other storyteller had thought of - a portable amplifier to make hearing every word possible in the four different storytelling locations, as each speaker moved four times a day during the two days of the event.

All his books are still in print with *A Boyhood in Nelson* the most popular, followed by *Ladies of Easy Virtue in the West Kootenay*.

**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: BFGoodrich, Michelin, Uniroyal, Hankook, Goodyear and Firestone brands.

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

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**ACUPUNCTURE** - Christine Peel R.Ac. Located at 16210 hwy 3A Unit 9, Crawford Bay Motel. For an appointment please call 250-505-8130.  
**ACUTONICS** - vibrational healing with tuning forks, practitioner available. For appointments call Theresa Lee 225-3518/cell:505-4706  
**ALEXIS PHILLIPS, M.A., R.C.C.** - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 250-509-0368.  
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**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.

**FINGER PRINTS AND HAND ANALYSIS** - P. Danielle Tonossi IHA. Over 25 years practical experience as Healing Facilitator/Readings. Discover the inner purpose of your life and what it takes to live it more fully. 250-227-9478. Info: www.crystalgardenspirit.com

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

**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 Skalina, 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.

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

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

**RESTAURANTS**

**BOCCALINO RESTAURANT, MOTEL & CABINS** - We serve dinner from 5-10 pm (closed Thursdays) and NEW! lunch from 11:30 am - 1:30 pm (Saturdays to Tuesdays). Come and check out our new lunch menu! 250.227.6906

**BUNKERS GRILL AT KOKANEE SPRING** - Open for the season and serving breakfast, lunch and dinner. Call 227-2006 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**

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

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

*Next Deadline:  
July 25, 2012*

**Massage Therapy  
Harreson Tanner, RMT  
Over 30 years clinical experience**



\* Knowledgeable \* Skilled \* Experienced

For appointments, call 227-6877/505-6166

**CLASSIFIED SECTION**

**BUS. ANNOUNCEMENTS**

**Sirdar General Store** - A unique place to shop on Duck Lake. 2012 - 2013 Fishing & hunting Licences, Tags & Regulations. Fishing Tackle, Groceries, Island Farms Dairy Products, Breyer's Ice Cream Treats & Popsicles, Chips, Chocolate Bars, Soft Drinks, Water, Juices, Energy Bars & Drinks. Greeting & Post Cards, Local Crafts & Souvenirs, Mosquito Repellent, Sunscreen Lotions, Ladies Straw Hats, Men's Straw Fedora Hats. Post Office & Faxes. 8050 Hwy 3A Phone--250-866-5570 or Fax 250-866-6811. Happy Canada Day!

**Insurance Certification** requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315  
**Hot Off The Press** - Dorothy's Stormy Lake Part V \$21.95 Now available at the Gray Creek Store 250-227-9315.

**BUSINESS SERVICES**

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

**EMPLOYMENT OPPS**

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

**HOME/BUILDING**

**Where else can you** find a heavy duty green tarp 40X60? Just in. Get 'em while the size selection is good. Gray Creek Store 250-227-9315

**Finest quality** Benjamin Moore Paint. Please phone 250 227-9315 to make sure that we have a tinting specialist on shift - Gray Creek Store

**Mosquito Area Repellent:** keeps an area 15' by 15' mosquito free, uses butane -\$32.95 - Gray Creek Store 250 227 9315

**16', 20', 24', Industrial** aluminum ladders, plus a 8' to 13' multiway ladder -Gray Creek Store 250 227 9315

**Building Supplies** You May Not Know We Have - Sill gaskets, insulation, waterproofing products and more - please ask our knowledgeable staff - Gray Creek Store 250-227-9315

**At last a clean burning gas** that you can leave in your chain-saw for years without deterioration . ASPEN 2 mixed also produces no smoke or hazardous emissions - Gray Creek Store, 250.227.9315

**MISCELLANEOUS FOR SALE**

**Reaching deep into** a water tank or flooded plumbing? We have heavy duty plastic gloves that go to your shoulders - Gray Creek Store 250-227-9315

**Green Polysteel Rope:** floating, lighter and much stronger than yellow rope Gray Creek Store 250-227-9315

**You haven't seen** anything like this - 3 D bookmarks. Please come in and see for yourself. Gray Creek Store 250 227 9315

**No more batteries:** LED FLASHLIGHTS with crank handle - \$9.95- Gray Creek Store 250 227 9315

**New stock of women's, men's** and youth's flip flops (or call them THONGS and raise a few eyebrows) - Gray Creek Store. 250 227 9315

**Add A Little Spark** To Life: New assortment of fireworks. Enjoy before the fire bans start! Shop early for best selection. Gray Creek Store 250-227-9315

**Summer is on the way:** suntan lotion, flip-flops, bug spray, new stock of Mexican hammocks - Gray Creek Store 250-227-9315

**Lakota Joint Care** capsules: let Lakota defeat your rheumatism as the Lakota defeated Custer - Gray Creek Store. 250-227-9315

**Ladies: She Wee** - when you just have to go, while hiking or boating - at last you can pee standing up! Gray Creek Store, 250.227.9315

**Roadside Emergency Kits** \$39.95: everything from jumper cables, tire sealant, to an emerg. blanket, first aid kit, and more - Gray Creek Store, 250.227.9315

**Canadian Made** Gumboots: these include insoles which are essential in a rubber boot - Gray Creek Store, 250.227.9315

**Hydrographic chart** of the Lake. boater's necessity, hard to find anywhere but Gray Creek Store, 250.227.9315

**NOTICES**

**The Children's Craft Pavillion** at Starbelly this year will have a puppet theme to all the crafts. If anyone has any little puppet theatres that the children can use use and is willing to lend it to me for the fest it would be much appreciated. Contact Snow at 250-825-9581.

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

**Local volunteers** wanted for Starbelly Jam 2012. Check www.starbellyjam.org for volunteer applications.

**OUTDOORS/REC**

**Hiking Poles:** versatile, different tips for different terrain, Much lesser price than those in sporting goods stores Gray Creek Store 250-227-9315

**Live bait and the best selection** of fishing lures, rods, reels, nets, weights and down riggers on the eastern shore - Gray Creek Store 250 227 9315

**Live Animal Traps** - Squirrels to Raccoons - \$27.35 to \$100.45 - Gray Creek Store 250-227-9315

**Dog Life Jackets,** a super large net to retrieve your dog! Marine supplies, kayak paddles, oars, marine oils. Gray Creek Store 250-227-9315

**YARD & GARDEN**

**Garden Trugs** are back again: green ones, pink ones three sizes. These are flexible - unbreakable to carry soil, stones, veggies, shopping, you name it - Gray Creek Store 250-227-9315

**Long handled** Dandelion Weeders - why bend over for that never ending job? - Gray Creek Store. 250 227 9315

**Fitness Machine:** push a reel lawn mower. Upgrade your body and your lawn - Gray Creek Store 250-227-9315

**Water Timer:** set your sprinkler to come on (and off) in the early morning before you are up - Gray Creek Store 250-227-9315

**Saves sharpening your chain,** or even buying a new one: the log lifter is a cant hook that Lifts the log 6 inches off the ground - Gray Creek Store 250-227-9315.

**Deer Scare Sprinkler:** this is one that works. The deer disappear when it makes noises and sprays water, activated by a motion

detector. Gray Creek Store 250 227 9315

**Kids Yard Tools:** wood handles, metal head rakes, hoes etc. KIDS know a real tool when they see it - Gray Creek Store 250 227 9315

**Garden Hoses Gallore** - we got a big shipment at great discounts - Gray Creek Store 250-227-9315

**Corona Garden Tools** - pruners, pole pruners, shovels as well - Gray Creek Store 250-227-9315

**Bulk Bone Meal** - great long lasting organic fertilizer that the deer don't like - Gray Creek Store 250-227-9315

**Sprinklers** - butterfly to oscillating with sled or higher bases, and more - Gray Creek Store, 250-227-9315

**To help you** get that firewood early, we have a great selection

of axes and mauls to get that job done! Even 6lb'ers for the ladies! - Gray Creek Store 250 227 9315

**A deer fence** that really works: easy to drive steel posts with a 100 foot roll of stucco wire, topped with a higher strand of berry wire - Gray Creek Store 250-227-9315

**Garden tools and handles** - great 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 250.227.9315

**RENTALS/REAL ESTATE**

**For Rent:** 1 bdrm furnished apartment private entrance. reduced rent for garden work, need house/dog sitter for Dec. person to help with flower gardens. 250223-8474

**CRESTON VETERINARY CLINIC**

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

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



**Mobile Clinic Dates:**  
July 10, Aug 7 and Sept 4 at the Crawford Bay Castle.

## BULLETIN BOARD

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

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

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

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

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

#### PHYSICIAN COVERAGE FOR JULY 2012

**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**

JULY 3, TUESDAY - Dr. Grymonpre

JULY 4, WEDNESDAY - Dr. Moulson

JULY 5, THURSDAY - Dr. LEE

JULY 10, TUESDAY - Dr. Grymonpre

JULY 11, WEDNESDAY - Dr. Moulson

JULY 12, THURSDAY - Dr. Lee

JULY 17, TUESDAY - Dr. Grymonpre

JULY 18, WEDNESDAY - Dr Moulson

JULY 19, THURSDAY - Dr Lee

JULY 24, TUESDAY - Dr Grymonpre

JULY 25, WEDNESDAY - Dr Moulson

JULY 26, THURSDAY - Dr Lee

JULY 31, TUESDAY - Dr Grymonpre

#### WEEKLY EVENTS AT BOSWELL HALL:

All clubs which regularly meet in the Boswell Hall, except yoga, have stopped meeting over the summer. Yoga continues to meet on Thurs from 9:30 to 11:00 am. All welcome on a drop-in basis.

Contact Marilyn Arms for details

#### SPCA THANKS

Thanks to the East Shore community members who contributed to the SPCA containers, at our local stores. I collected them last week, and delivered them to the Nelson SPCA office. Last year the B.C. SPCA took in 7,500 kittens-that's 20 kittens a day! It's also more than three times the number of puppies brought into the SPCA shelters. Please help by spaying/neutering your pets. The SPCA in Nelson has many adult cats looking for their 'forever loving homes.'

*Lynda Leduc (SPCA volunteer)*

#### EASTSHORE SOFTBALL LEAGUE

Sundays at 4:00

July 1: Canada Day... No ball

July 8: 1 vs 2

July 15: 2 vs 3

July 22: 1 vs 3

July 29: 1 vs 2

Aug 5: no ball

Aug 12: 2 vs 3

Aug 19: 1 vs 3

Aug 26: 1 vs 2

Sept 2: no ball

Sept 9: Brandon's Tourney

Sept 16: Playoffs Start

1 = Kbobs (Kokanee and Bobs)

2 = ESU (East Shore United)

3 = Team Newkeys

#### MAMMOGRAPHY SCREENING

Screening Mammography mobile service will be at East Shore Health Care Centre, August 23, 2012. By age 50, women should make screening mammograms part of their health routine. Call 1-800-663-9203 to book an appointment. No doctor's referral needed for women ages 40-79

**Next Deadline:  
July 25, 2012**

## The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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

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

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

### \*\* ADVERTISING RATES

**\$35.00** - 3<sup>1/4</sup>" wide by 1<sup>3/4</sup>" high

**\$40.00** - 3<sup>1/4</sup>" wide by 2<sup>1/2</sup>" high

**\$45.00** - 3<sup>1/4</sup>" wide by 3<sup>1/4</sup>" high

**\$50.00** - 3<sup>1/4</sup>" wide by 4" high

**\$55.00** - 3<sup>1/4</sup>" wide by 4<sup>1/2</sup>" high

or 6<sup>3/4</sup>" wide by 2<sup>1/4</sup>" high

**\$65.00** - 3<sup>1/4</sup>" wide by 6" high

or 6<sup>3/4</sup>" wide by 3" high

**\$85.00** - 3<sup>1/4</sup>" high by 9" high

or 6<sup>3/4</sup>" wide by 4<sup>1/2</sup>" high

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**Sample Sizes - more sizes available.**

**Column Width:** 3<sup>1/4</sup> inches - double column width:

6<sup>3/4</sup> inches - full width: 10<sup>3/8</sup> inches

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

**Classified Ads:** \$5/first 30 words,

10¢/word after the initial 30.

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

## Summer

by Peggy Tugwell

When it's too hot and it's too dry and oops,  
up goes the thermostat - I'm definitely averse to that.

When it's too wet and cold and short and ooh,  
my garden's drenched and flat - I'm definitely  
averse to that.

When spring is early, warm and pleasant,  
and summer days stay in the twenties - oh yes,  
I'll write a verse to that.

### KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

#### Summer Schedule in effect

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

## CHURCH CALENDAR

#### RIONDEL COMMUNITY CHURCH

##### JULY SCHEDULE

**JULY 1:** Canon Jim Hearne, Anglican, 11:00 am

music - Marie Gale

**JULY 8:** Bill Gooding, KLCC, 1:00 pm

music - Marie Gale

**JULY 15:** Rev Robin Ruder Celiz, Anglican, 3:00 pm

music - Brenda Panio

**JULY 22:** Bill Gooding, KLCC, 1:00 pm

music - Marie Gale

**JULY 29:** Brenda Panio, Anglican, 11:00 am

music - Marie Gale

**Special music every Sunday.**

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 1:** 1:30 - Rev David Robinson

**Aug 5:** 1:30 - Rev Robin Ruder Celiz

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

Crawford Creek Rd., Crawford Bay Everyone Welcome!

**July 6, 7pm:** Concert with Bessie Wapp, Donnie Clark  
and more...

**July 15, 1pm:** Rev. Robin Ruder Celiz

For information call Karen Gilbert: 227-8914

or Sue Philp: 227- 9140

#### KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Pastor Bill Gooding

Come & join us Sundays at 10 am. Coffee fellowship after the  
service. 16190 Hwy 3A, Crawford Bay 250.227.9444

#### TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

#### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2 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

**Next Deadline:**

**July 25, 2012**

## MEETING PLACES

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

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For more info, call Lion David at 250-227-9550  
or Lion Jim at 250-227-9622.

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

**PARENT ADVISORY COMMITTEE (PAC)** Meetings held at 7 pm at the Crawford Bay School library on (usually) the second Monday of the month. (or Tues if Pro-D) Call Ingrid to be put on the agenda - 250.227.9246

**Next Meeting: September 10, CBESS Library**

**Next Deadline:  
July 25, 2012**

July 2012 Mainstreet 23

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
					Bessie Wapp & Friends, Harrison Memorial, 7pm Yoga, w/ Lea, CBay, 9am Women's 16+ Soccer, 5:30	Mike Stenhouse, The Hub Local's Night, Boccalino Ted Wallace Art Show, 7pm, Barefoot Handwvng
8	9	10	11	12	13	14
Wedgwood High Tea Sunday Market, CB Park Bottle Depot, 10-2	Yoga w/ Lea, CBay, 9am	Mike Stenhouse, Bob's Lions Mtng, 7 pm	Kayak Workshop, Riondel FortisBC laundry line giveaway, CB Market, 10-1	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2	Yoga, w/ Lea, CBay, 9am Women's 16+ Soccer, 5:30	ES Dixie Band, Bob's Local's Night, Boccalino
15	16	17	18	19	20	21
Art in the Park, Riondel Sunday Market, CB Park Bottle Depot, 10-2	Yoga w/ Lea, CBay, 9am			Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2	Baby, Ruth, PCSS Starbelly Jam, CB Park Yoga, w/ Lea, CBay, 9am Women's 16+ Soccer, 5:30	Baby, Ruth, PCSS Jon Burden, Bob's Local's Night, Boccalino Starbelly Jam, CB Park
22	23	24	25	26	27	28
Wedgwood High Tea Starbelly Jam, CB Park Bottle Depot, 10-2	Yoga w/ Lea, CBay, 9am	Lions Mtng, 7 pm	Mainstreet Deadline	Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Bottle Depot, 10-2	GC Museum Days, GC Hall Koot Gutbuster, CB Park Yoga, w/ Lea, CBay, 9am Women's 16+ Soccer, 5:30	GC Museum Days, GC Hall White Lightning, Bob's Koot Gutbuster, CB Park Local's Night, Boccalino
29	30	31				
GC Museum Days, GC Hall Sunday Market, CB Park Bottle Depot, 10-2	GC Museum Days, GC Hall Jung People, The Hub Yoga w/ Lea, CBay, 9am					



## HARROP - PROCTER FOREST PRODUCTS

**Buy local Forest Stewardship Council Eco-Certified building products at competitive prices from the Harrop-Procter Community Forest.**

- Wide variety of cedar lumber
- Large selection of fencing material
- Bull-nose cedar decking
- Cedar and Douglas fir timbers
- Douglas fir and larch flooring
- Cedar, pine and fir paneling
- Cedar and Douglas fir siding

*We take special orders for other cedar & Douglas fir wood products*

**Buy local and support the only FSC Eco-Certified Community Forest in BC!**

**250.551.5452    sales@hpcommunityforest.org**

*Go to [www.hpcommunityforest.org](http://www.hpcommunityforest.org) for further product info, and to view the documentary film about us.*

**Free delivery to the East Shore when pre-arranged.**

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**Transfer Station Hours**  
**CRAWFORD BAY:**  
 Until October  
 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*