

\$2.38
+ GST =
\$2.50

The East Shore Mainstreet

KOOTENAY LAKE BC

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

INSIDE:

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

Checkusoutonline!

www.eshore.ca

July Horoscope: **2,3**

Internet Issues - In
Our Backyard

w/ Galadriel Rael: **3,5**

ESU 5-Time Heroes: **6**

Sunday Markets: **8,9**

Gutbuster Comedy

Festival: **13**

Theatre Opportunies

in the Region: **16**

Starbelly Jam: **17**

Health Society Help: **20**

Return
undeliverable items to:

*The East Shore
Mainstreet*
Box 140, Crawford Bay, BC
V0B 1E0

Agreement#: 40718537



Aesop Rock
w/ Rob Sonic
and Dj Big Wiz

**JULY 19-21,
2013**



Bessie and the Black Eddies



Blue King Brown
Cahalen Morrison
and Eli West



Kimya Dawson



Buckman Coe



Shane Philip



Sierra Leone Refugee All-Stars



Locarno



The Good Ol' Goats





MS Issues

by Ingrid Baetzel

At the time of writing, it is yet to be Canada Day and we are yet to hold our *Second Annual Canada Day Tennis*

Tournament. Thanks to Virginia Holman for encouraging us to repeat the fun little tournament of last year and for taking care of advertising and prizes for the event. If you are interested in being involved in this next year, contact me (250.227.9246) or Carol Vanr (250.227.9661).

This is what I love about this place, among about 53,457 other things – I love that we can have a tennis tournament with people of all stripes and abilities and it be just downright cool. No judgment, no discrimination.

This same kind of like-minded, camaraderie-based sporting is also highly prevalent in other places around our community. The *East Shore United (ESU)* soccer team has a rich history of casual play, tournaments and, well, unity. See Johnny Edwards' article in this issue about their strong five-time win at the legendary Slocan tournament. These men and women (as well as a couple of kids) play every Sunday at the Crawford Bay Park from April/May until October. The team has never been stronger and is a treat to watch at their regular practices, not to mention the fun King O' the Balls tournament on their home turf.

Other casual sports "clubs" that we have here on the East Shore include the decades-old *16+ Adult Volleyball* that takes place every Wednesday at 7pm in the school gym. There is also *Ping Pong, Pickleball & Badminton Saturday Mornings* at the school gym.

How about *Community Indoor Soccer* or *Basketball*, at the school gym on weekday evenings during the school year? Then there's the *East Shore Mountain Bike Association* which rides every Sunday (often leaving from Crawford Bay Park at noon – call Sandy Oates for more info: 250.227.9108).

I'm sure I'm forgetting some other free (or twoonie drop-in) intramural sports that our area has to offer, but let's not forget some of the other opportunities for fitness/health-minded individuals... *Yoga classes* are offered all along the East Shore throughout the year. See ads in the paper and on poster boards for more info. There is also an amazing fitness facility called the *Fitness Place* at the school, which is open from 8-10am and 6-8pm every Monday-Saturday (see ad on page 21, this issue). And let's not forget golf (*Kokanee Springs Golf Resort* and *Riondel Golf Course*), *swimming, running, trail walking and biking, scenic nature walks* and so much more... It's all here.

This small list of fitness, sports and health opportunities is only scratching the surface of what is and can be available to us in our series of small communities. If you want more information on any of these programs, please feel free to call or email me. I'm happy to try to direct you to the proper contact or connection.

Crawford Bay Auto (CBA)
 Under new management as of June 15, 2013.
 We (Randi Ingham and Darlene Anderson) invite you to drop in for gas, a coffee or snack ...or just to say hello!
 We'd like to get to know the neighbourhood and we're here to please.
 Open 7-7, 7 days/week
 To come: tire and oil changes...
 Watch for a fishing/outdoor sport shop in the future!



Horoscope July 2013

by Michael O'Connor

Tip of the Month: The eclipses in April and May and the 'super moon' of June sure have delivered in terms of *synchronizing* with powerful events. I am referring to the massive flooding all over the world. These have and continue to bring about the change and transformation that these were predicted to produce. Finding the silver lining can be tough, especially in the wake of such widespread tragedy and devastation. Perhaps the rare and powerful exact Grand Trine in Water between Jupiter in Cancer, Saturn in Scorpio and Neptune in Pisces on July 17th will reveal the inner gift of these events. Whatever happens, we can expect it to be very big. P.S. The New Moon in Cancer occurs on July 8 at 12:14 am PDT.

Aries (Mar 21 – Apr 20)

A whole new level of confidence is emerging for you. It is inspiring you to create beauty and it may also be a consequence of this intention. These are all features of a larger process of change that is affecting inside and out. The focus over the next several weeks will be upon home and family. Watch as thought and feeling spin big and fast.

Taurus (Apr 20 – May 21)

An expansive cycle continues, yet is now entering a whole new stage. Engaging with others in new, creative ways will soon become apparent. Communicating your ideas with vision, passion and precision will become increasingly important. The time has come to entertain new possibilities.

Gemini (May 21 – Jun 21)

A cycle of building upon new foundations has begun. Expect a big emphasis on developing and



OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Retail Distribution, Subscriptions, Advertising, Layout:

Ingrid Zaiss Baetzel

(Subscriptions: \$40/year within Canada,

\$50 to the US, and \$75 Internationally)

Phone: 250.227.9246

Email: mainstreet@theeastshore.net

REPORTING: Galadriel Rael

Email: lagala@theeastshore.net

Proof Editor: Doreen Zaiss

Writers: Community

Article? Letter? Etc? Drop off at Gray Creek Store drop box,

mail to Box 140, Crawford Bay, V0B 1E0

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 July 2013 issue items by:

Next Deadline: Wed, July 24, 2013

Subscribers: Did you know?

You can buy a one year digital subscription and get your newspaper online, nearly a week before it comes out in stores! Just go to www.eshore.ca and click Subscribe! Then follow the steps to purchasing a digital subscription. A link will be sent to your inbox once a month and your fresh, new Mainstreet is a click away.

refining your skills and talents. Your motivation will include desires to receive returns for your efforts. A learning curve is implied and will continue for some time. The emphasis over the next few weeks will be upon improvement.

Cancer (Jun 21 – Jul 22)

The New Moon in your sign indicates a big activation for you. This is especially true because Jupiter entered Cancer on June 25 and will be there for a year. Expect some big activation. These will boost your confidence to go bigger and aim higher, to take leaps into the unknown. P.S. Be careful it is not your waist size that gets all this expansion...

Leo (Jul 22 – Aug 23)

A good deal of activity behind the scenes should be keeping you busy now. Call it back stage rehearsals. There are indications that this is a very creative and fertile cycle. However, you will still have to proceed with faith and may have to dig deep to access it. It may also be compared to a composting process. Balance patience with diligence.

Virgo (Aug 23 – Sep 22)

What are you dreaming about? What are your hopes and dreams? These are important questions to answer and the sooner the better. These are likely to be linked to expanding your network, to collaborating and perhaps to publishing or getting the word out there in new and exciting ways. Big results call for big action.

Libra (Sep 22 – Oct 22)

A period of advancement and expansion in your public and professional life has begun. In the short term this will produce emotional determination and creative intention. The gathering of new tools and the development of new skills is a likely challenge. This will extend into the future as well. Be willing to invest.

LETTERS TO THE EDITOR

GOODBYE AND GOOD LUCK

Dear Editor:

The Purple Door has closed its doors in Crawford Bay and would like to take this opportunity to thank all the wonderful, kind people who have made the last 18 years a truly amazing experience. From watching children grow and some old friends depart. Boe would also like to thank everyone (especially Trudy) for all the treats and scratches... he will miss you all dearly!

Closing the store doesn't mean the end and The Wizard Lady (Jamie) will still continue with her creations out of her shop in Riondel, so feel free to contact her for any of her creations or just to say hi.

We would also like to take this opportunity to welcome Laurie Lee Mills as the new artisan and owner/operator of the new store, *Celts and Vikings*, to Crawford Bay and wish her all the best in her new venture. May it be as good an experience for her as it has for us! Welcome and all the best Laurie Lee!

Thanks,

Rudi and Jamie Lauritzen, Riondel

RDCK Resource Recovery Facilities



CANADA DAY Hours of Operation

All Waste Facilities will be CLOSED on Monday July 1st, 2013

For more information contact:

Recycling Council of BC Hotline at 1-800-667-4321

RDCK at 1-800-268-7325 Office Hours: 8:30am - 4:30 pm

Mon to Fri (except holidays) or <http://www.rdck.bc.ca>



Our Back Yard

by Galadriel Rael

What's With the Internet, Already?

The state of our Internet... where do I start? I've had multiple conversations with community members pushing to build or expand their business through websites and online services, but not being able to, or being very limited, because of the undependable Internet. I have also encountered many individuals who have expressed strong interest in moving to the area, but having their jobs directly related to the Internet, they feel they aren't able to. When our school's population is so thin, and almost every aspect of the community's health and economics are tied into youth and young families, it's hard to just swallow the realities of living rural sometimes. It would seem simple, we get good Internet, encourage families to move to the area, and feed the local economy. Not so simple.

The United Nations has declared broadband access a basic human right, in the same category as health-care, shelter and food. And this includes it being a fast and seamless online connection, not dialup. The Canadian government recognizes that high-quality broadband networks are key to improving economic opportunities and creating access to important services and that bringing broadband into rural and remote areas is a sound economic investment. So you're probably thinking, if that's the case, then why aren't they investing? Well they are, and so are some of the bigger

corporations (TELUS, Bell, etc.), but the irony is we, on the East Shore, are still so remote that their money isn't making it all the way out here. And our specific location has left us slipping through the cracks in any of the attempts made to service rural areas in BC. In fact, TELUS spent \$200,000 last year on improving its wireless and wire line services in Creston and neighboring communities, but unfortunately for us, the buck stopped in Boswell. It should be understood that the money that TELUS was spending came from funds set aside in a deal made with the CRTC.

In 2002 the CRTC required that the big phone companies like TELUS and Bell create "deferral accounts" in order to encourage competition. So instead of reducing rates, the "big guys" were instructed to put surplus funds collected from urban consumers into these accounts. Then once a fairer playing field was reached, the CRTC determined that a portion of these accumulated funds be spent on improving Internet accessibility to underserved communities. There is a list of all of the communities that were/are going to receive these improved services (including Boswell) at <http://www.crtc.gc.ca/eng/com100/2010/r100831.htm>.

In the Boswell area they implemented an ADSL (asymmetric digital subscriber line) service, which utilizes the telephone cables, but splits the signal and uses a different frequency to send digital information. They use a DSL filter to allow a single telephone connection to be used for both voice calls and ADSL.

Even despite the fact that the B.C. government has negotiated a \$1-billion deal with TELUS to expand high-speed internet service to rural areas and provide telecommunications to the government and its agencies, and a confirmation that there is fibre optic serving the Crawford Bay School, when I spoke with TELUS about the potential of them following further up the lake with internet services they said it wasn't financially viable. They also said there was no current or

longer term plan to provide any sort of internet service to the East Shore. And if there were any plans, it was private business information. Period.

Many of us were aware that Shaw was in the area installing fibre optic cable from Pilot Bay up through to Creston and beyond last year. When I spoke with someone from Shaw, they explained that the cables installed are what they call long haul fibre optic, and this is specifically used as the "back bone" to support services in larger centres like Cranbrook, Creston, Nelson, etc. So in other words, it's purpose is to support the transportation of a strong signal between these communities. By splitting the signal off of these cables to provide Internet to the East Shore, the quality of the service down the line becomes compromised. Think of it as a flow of water needing to reach a certain destination, but people are siphoning it off all the way along, so once it reaches its destination, it's just a trickle. I was unable to get an official statement from Shaw as to whether these lines being supported to provide internet to our area is something that they would consider.

So where does that leave us? Well it still seems unlikely that we will see any of the businesses like TELUS or Shaw coming in anytime soon, so it's time to look at the people and organizations that are currently providing the East Shore with internet. I spoke with Bob Carter, Operations Manager, from ESIS to address some of the recurrent questions and concerns I was hearing from the community.

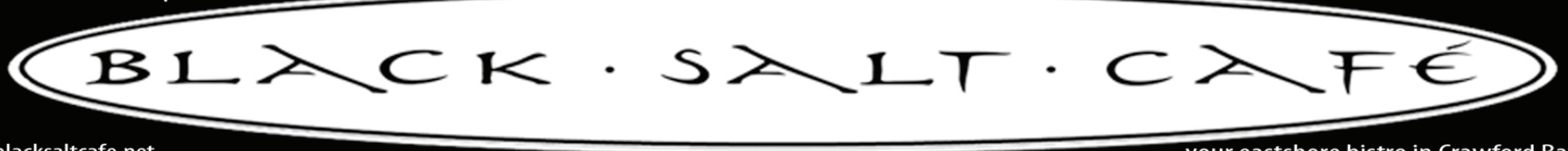
Do you expect to see ESIS dissolve if a major player like TELUS comes in?

Honestly, I have never seen ESIS as being around forever. It is a community vehicle, a means to an end; provide service to those underserved members of our community who the big providers won't... ESIS's primary mission is to facilitate connectivity for East Shore residents first, and be an ISP by default if no

Continued on page 5

lunch-dinner-espresso

250-227-9596



blacksaltcafe.net

your eastshore bistro in Crawford Bay

Scorpio (Oct 22 – Nov 21)

The time has come to nurture some new beliefs, visions and/or philosophies. For the sake of your future, innovative thinking and veritable reinvention is required. Yet it is also important that you take your time to be deeply discerning about what you truly want and need. Some actions cannot so easily be undone, if at all. Soul search!

Sagittarius (Nov 21 – Dec 21)

You have arrived at a very important juncture. Expect some big endings and new beginnings on their heels. Some of these have likely already begun over the past several weeks. This may be deemed a spiritual time of an extraordinary kind. Thoughts of death, eternal life and of soul realities linger. Insurance and/or inheritance will require attention.

Capricorn (Dec 21 – Jan 19)

The big activation of energy occurring now will be evident in your relationships. New beginnings, expansion, creative self-expression, love, romance and beauty are all key themes. Amidst all of these will be an added edge requiring deep fixes, repairs and renovations. Exercise full diplomatic measures to perpetuate harmony.

Aquarius (Jan 19 – Feb 19)

Changes in your daily routine and overall lifestyle are rolling in. These are linked to health somehow. Proceeding with diligence and discipline is extra important. This includes facing certain fears and a will to learn new skills. Making key investments is also implied. Get ready to get to work.

Pisces (Feb 19 – Mar 20)

An extra creative cycle has begun for you. The momentum of it will increase over the next several weeks. Expect a weave of learning, networking and artistic expression all requiring your concentrated focus. This is all the roots of a major period of expansion that will endure for up to a year. Intend to make the most of it.



**Astrologer
Michael O'Connor**
Coming to Crawford Bay

~offering in-person readings~
July 10 & 11

Also: July 10 - Visual Presentation:
"What in the Stars is Happening on Earth"
Crawford Bay School - 16159 Walkley Rd - \$10
(Entry fee discounted if you book a reading)

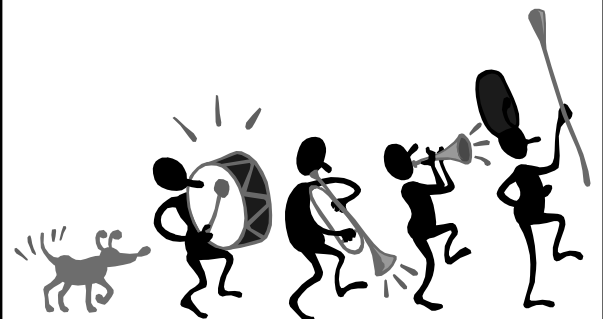
Call Michael to reserve appointment

www.sunstarastronomy.com
sunstarastronomy@gmail.com

250.352.6871



Riondel Days Family Festival



AUGUST 2-4, 2013

- Slow Pitch Tournament
- Bingo - Parade
- Art Show - Book Sale
- Much More Fun

...Watch posters for details

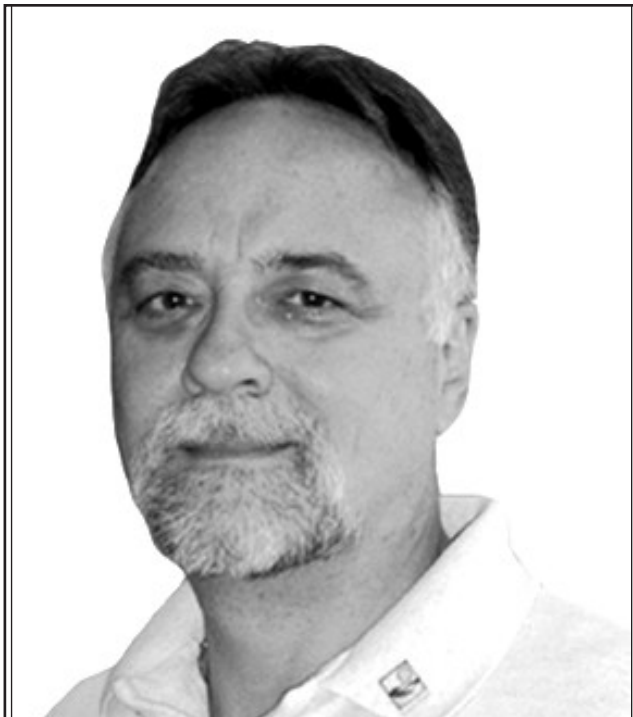
Word on the Mainstreet

What is the best thing about Canada?



How tolerant and accepting we are. Doesn't always seem that way, I know, but trust me, compared to all the places I've lived/travelled, Canadians are amazing!

Kristy Winger, Crawford Bay



It's filled with Canadians, all of whose ancestors came from somewhere else. We must never forget that.

*Lorne Eckersley,
Creston*



Canadians.

*Sylvia Schmidt Squires,
Calgary, Alberta
(previously of the East Shore)*

*The East Shore Mainstreet
Creativity, Community, Conscience*

STARBELLYJAM

THE EASTSHORE MUSIC FESTIVAL
TIN CRAWFORD BAY PARK
July 19 - 21

Sierra Leone's Refugee All Stars

* Kimya Dawson * Blue King Brown *

Aesop Rock with Rob Sonic and DJ Big

Wiz * The Good Ol' Goats * Shook Twins

* Tofu Stravinsky * Bessie and the Back Eddies *

Cahalen Morrisson & Eli West * Tipicamp Tribute

Ensemble * Shane Philip and more

Visit starbellyjam.org today
to buy tickets and follow
us on Facebook
for more
announcements.



FOOD ROOTS
PRODUCE
at the Crawford Bay
SUNDAY MARKETS!

SUNDAYS 10-2
CRAWFORD BAY PARK

BUY-SELL
FRESH LOCAL-GROWN FOOD!
BRING YOUR EXTRA
GARDEN BOUNTY!

10% (minimum) DONATION:
we sell your cleaned
bagged priced
PRODUCE for you!

drop-off 9³⁰ @ pick-up 2 pm

for more info:
Laverne: 227-9552
Branca: 225-3282

"Internet" cont'd from page 3

one else will. Eventually the big providers will come in and be able to offer more connectivity for less money and ESIS will bow out without a fuss having served its purpose of bridging the digital divide in the interim. I don't have any illusions about where most people are at; they just want Internet, plain and simple. That said, we're not done yet nor deserting anyone either; as long as there is a need and we can remain sustainable we'll continue. I expect ESIS will be required for quite a few years yet... as far as I'm aware neither TELUS nor Shaw will be providing service to all the East Shore population any time soon, and even when they do provide service up the highway they are not likely to go up all the side roads or other difficult to reach areas.

Does ESIS, or did ESIS have a "no competition" clause when ESIS was established to prevent bigger competitors from coming in and taking over? And could you explain how that works.

ESIS is a signatory to the Connecting Community Agreement (CCA), which is a rider to the province's larger Master Services Agreement with TELUS. Both of these agreements were hammered out by armies of lawyers from the provincial government and TELUS, and we had little input and no real say on what they contained. The province asked TELUS for a non-compete clause to be included, I assume to protect the fledgling community networks... ESIS added its signature to the CCA after the fact, and we're all bound by the terms. To be clear, the non-compete clause affecting ESIS covers only the jurisdictional boundaries of Crawford Bay as far as TELUS is concerned. ESIS as a community based organization didn't ever limit itself to that boundary and went way beyond the original designs and expectations of the government, serving not just Crawford Bay proper but much of central Kootenay Lake, from well north of Riondel in the north to Sanca in the south, and locations on the west side of the lake as well. TELUS can provide Internet in any location outside the boundaries of Crawford Bay and not be in violation of the non-compete clause.

Would ESIS voluntarily dissolve so TELUS can move in?

That would be a matter for the board and membership, and it might be considered if TELUS was actually serious about providing ubiquitous service to the area. I don't think that is currently the case nor is it likely to happen for some time yet though.

What do you see being ESIS's biggest challenges in this market and in this area?

Limits of access to skilled labour and technical resources while working in isolation are on-going challenges. To some degree these have moderated and continue to improve over time as we develop our own skills and resources and reach out to interchange with other community networks. A long-term challenge not likely to go away is how do you provide Internet service to a dispersed and sparse population in a mountainous and forested environment and make it sustainable? Delivering satisfactory connectivity is a difficult challenge given the limits of existing broadband radio technology, particularly for non-line-of-sight connectivity. Managing subscribers' expectations in face of this is hard, with the memory of how slow dial up Internet really is fading and the desire to stream video

and other bandwidth intensive services growing with every passing day. Fortunately technology does march forward and there are prospective new types of radios that should raise the hardware-constrained limits we've been working under since the network's onset. We have a network renovation project in process, which will see replacing radios and other network hardware to improve network capacity and delivery. It is a big undertaking so won't happen overnight.

Does ESIS have a limit to how many subscribers it can provide service? If so, how many?

Yes and no. Obviously we don't have the resources to provide unlimited Internet to unlimited subscribers. We don't proactively look for customers nor overtly promote the network, aside from our regular Mainstreet ad, but we don't turn anyone away either. We do have some oversubscribed parts of our network... but the plan is to improve the situation as we can and as the technology allows us.

Has ESIS designed, or is ESIS designing an application that will slow down "heavy users", so the bandwidth will be more evenly distributed amongst your subscribers?

As part of our network renovation project we did acquire a device, a sort of 'fairness machine', which is supposed to automatically make the hard decisions on what traffic to throttle, when, and for how long, so that lighter users are not so impacted by heavy ones. It isn't fully functional yet as it requires some additional programming as well as further network upgrades to work optimally, but I expect it will do the job as advertised once we get there.

The average amount of bandwidth is 1.5 MBPS, but a lot of ESIS subscribers are receiving less than that. What is the main reason behind this?

The aforementioned combination of our existing limitations of non-line-of-sight radios, some oversubscribed parts of the

network, and the growing proclivity for users to watch streaming video online. The solutions to these being newer advance radios with higher capacities, additional access points where yet more capacity is needed (our current radios won't allow for adding extra radios as they'd interfere with each other), increasing the overall capacity of the network's wireless 'backbone' delivering capacity from tower to tower, and the management afforded by the 'fairness machine.'

I also had some communications with Riondel Community Cable Internet, and confirmed that they were only originally able to provide Internet to the community due to the fact that the Riondel cable system was already in place. Since then, they have been able to expand into providing some wireless Internet via a similar system to ESIS. But all in all, if it wasn't for these local community members willing to put in large amounts of volunteer time, the bigger businesses would probably still be ignoring us, and we'd still be on dialup.

If you're feeling challenged by this situation, talk to our current providers, start a petition, offer your volunteer time, pester the "big guys" write a letter to the MLA. Because the bad news is, it doesn't look like anything is changing anytime soon.

Getting to Know You

Mainstreet's Proust Questionnaire

Richard Gagne



1. **What is your idea of perfect happiness?**
Perfect happiness is a state of being whereas an idea is a mental deconstruction of experience.
2. **What is your greatest fear?**
Caution... do not feed the fears.
3. **Which historical figure do you most identify with?**
The worm orbororous - the figure 8
4. **What is the trait you most deplore in others?**
Out walking, you encounter a mud puddle, and step over it. To hate it is to stomp in it; to deplore it is to drink it.
5. **What is your greatest extravagance?**
Participating in existence.
6. **What is your favorite journey?**
To Mojo's.
7. **What is your greatest regret?**
Just drop the regret burden, and move forward.
8. **What or who is the greatest love of your life?**
There is no small love. The smallest amount is infinite.
9. **When and where were you happiest?**
That's not for the mind to decide.
10. **If you could change one thing about yourself, what would it be?**
Maybe more senses... and the broadband ability to contemplate their figures.
11. **What do you consider your greatest achievement?**
Understanding.
12. **If you were to die and come back as a person or thing, what do you think it would be?**
Something nano or molecular in scale. A silver ion or molecule of water would have interesting journeys.
13. **What is your most treasured possession?**
Perspective.
14. **Who are your heroes in real life?**
I idolize non-periodic quasicrystal tilings of the plane.

COMEDY CONTEST



1st Annual Kootenay Gutbuster Comedy Contest will take place at Newkey's Pub

Friday July 12, 8pm

Numerous contestants will vie for your laughter! The winner will get a comedy spot at the Kootenay Gut Buster July 26- 27 in Crawford Bay Park!

Come out & support your favorite comic!

Check out our new menu!



250.227.6911

Visit us online!

www.eshore.ca



ESU 5-Peats Slocan!

by John Edwards

Our East Shore United Soccer Team put the stamp of dynasty on the **Slocan Soccer Tournament** on June 22 weekend by taking the trophy for the fifth consecutive year - a feat that no other team has ever accomplished.

Previous to the last five years I used to write of the incredible ways we'd find to *not* win the trophy - now it's become a steady tale of fighting through to win it.

Saturday saw us arrive to watch a tough battle unfolding between teams from **Rossland** and **Kaslo** - both looking very strong. Kaslo eked out the win by one goal.

We lined up next against **Creston**, a young team that had disgraced us in our own King O' the Balls Tourney a year ago by beating us in the first game, and we were looking for revenge. We'd pulled together a powerful team and lost no time filling their net with goals. They ran hard but it was not much of a contest, ending 11-1 for the East Shore. Four of our goals were notched by **Hugo**, a Mexican from Yelapa who's been playing with us all spring. His last goal came on a break-away and he brilliantly chipped it over the head of the advancing keeper, only to have his ankle stomped after the play. Unfortunately, that sidelined him for the rest of the schedule.

Our next game Saturday was against Slocan, our hosts. Their manager, **George Perriere**, declared as soon as we'd arrived, "We're not letting you take the trophy home again!"

But it was going to take a stronger team than they could muster to stop us.

We controlled it from start to finish, with **Johnny Colbeck** and **Jake Kelly** each finding the back of their net, while **Dano Cheverie** kept the back of ours untouched. Saturday's schedule ended for us with 13 goals for and only one against, but we knew we'd played the two weakest teams first and the going would get much harder from there on in.

Saturday night featured the usual Pig Roast Social down at the Legion Hall, and we all tanked up on a generous buffet of nice home-made food. They'd scheduled bands to play all evening, featuring **Johnny Tornado**, an excellent blues guitarist. East Shore players **Ted Wallace** and **Robbie Marcheterre** were soon up onstage too, wailing away on harmonica and guitar. At one point Robbie blazed his way thru Hendrix's "Voodoo Child" and almost blew the roof off the old hall. Locals were looking nervously at the rafters. Our coach, **Nick Hodgkinson**, had left me as curfew enforcer, but it was no trouble - most of us got to bed around midnight, to be ready to face Rossland

6 **Mainstreet July 2013**

next morning at 9.

Sunday morning in Slocan never dawned on a better looking ESU. Everyone was up early for breakfast at the snack bar and coach Nick arrived off the 7:10 boat, assessed the situation and looked relieved. We lined up against Rossland who were featuring East Shore girl **Ali Keraiff** on their forward line, much to our chagrin. On the opening play she went blazing by me so fast I didn't even get her license number and almost scored on us. Yikes! We got the first goal though, on a brilliant penalty kick from **Donny Lott** that curled over their defensive wall from twenty yards out and powered right through the hands of their keeper.

Play was closely matched, with us having the better of it when ESU defender **Aaron Whitley** mistakenly handed the ball in our box and Rossland was given a penalty shot. Their striker fired it home and it was 1-1. We fought hard and just couldn't score throughout the rest of that game, but Rossland got lucky on two scrambly bouncers in front of our net that ended up going in. Final score Rossland 3 - ESU 1.

Now we were up against the wall and knew it. We'd have to sit through two more games that would tell if we still had a mathematical chance of reaching the final.

Our last scheduled game of the day was against Castlegar and as it drew near it became apparent that we'd have to get the maximum ten points that the tourney rules allowed for each game if we were to go through to the final ahead of Rossland. That meant we had to score at least three goals and allow Castlegar zero goals. Nick worked hard on a strategy to allow us to do just that. He broke our team up into offense and defense and lectured us separately on the jobs we had to do and how we were going to do them.

We kicked off against a strong, young Castlegar team starring **Byron Rokeby-Thomas** and his Selkirk College contemporaries, knowing that just a win would not be enough.

By this time injuries were starting to drag us down. **Hugo, Josh, and Francis** were all finished and lots of others were hurting. **Xavier Schutter** showed up from Nelson to help shore up the defense - a huge boost. We scored first blood, with **Lewis Loeschnik** powering through the middle of the Castlegar defense and handing off to **Jake Kelly** to finish perfectly. At the half it was 1-0 East Shore.

The second half saw ESU control the play almost totally but no goals could we make. Finally with about ten minutes to go, Jake put one of his long throw-ins into the Castlegar box to **Jesse Davidson** who knocked it down, turned the defender and fired past their keeper. That gave us two but we needed three. We kept the offense full on.

With only five minutes left, **Aaron Savoie** was knocked down from behind in their box and the ref

pointed to the penalty shot dot. Nobody really wanted to be the shooter with so much riding on it, but Jesse finally stepped up and placed the ball. He later told me he was thinking, "If I miss that's it... we'll be watching the final from the sidelines". With calm determination he blasted the ball into the right side and we had the third goal we needed. We played out the game with total ball control and took the win 3-0. We were into the final against Kaslo!

Kaslo had not lost in the tournament and they looked tough - young, big, skilled, fit. We'd beaten them out in Slocan last season on a goal in literally the last second of our game, and they wanted revenge badly. But we now had Ali Keraiff back. Seeing the error of her ways, she joined us on the sidelines as the Rosslanders slunk home to ponder their soccer futures.

We lined up in a strange formation; 4-2-3-1 (four defenders) to try and throw them off. We were pumped and came out like lions, giving it everything we had left. ESU dominated the half and we were totally slayed when Kaslo suddenly got a break-away and scored. "Offside!" called the linesman. No goal and we fought on. Jesse Davidson took a perfect pass from Jake on the right wing and cracked a low hard drive past the Kaslo keeper. The half ended 1-0 East Shore.

The second half saw ESU still pushing for goals, determined not to try and sit on a one-goal lead. Again we carried most of the play and **Jared Savoie** made a dazzling fight through four Kaslo defenders and fed the ball to Jake in the right corner who put in a cross to the far left of the Kaslo box. **Donny Lott** connected on it with a stunning volley, and the Kaslo keeper had no time to even move. 2-0 ESU!

With about ten minutes left, our keeper Dano tried to clear a ball in front of our net and smacked it straight off Xavier to a Kaslo forward. Goal, Kaslo! Our lead was down to one goal and the tension ratcheted up. We just had to dig in harder and keep it out of our end.

The end whistles finally blasted and we erupted in savage cheers - **SLOCAN CHAMPIONS FIVE YEARS IN A ROW!**

Each year has been a huge fight and we have Coach Nick to thank for taking us there (and even getting a bench yellow-card this year). Special thanks goes to East Shore born and bred **Lewis Loeschnik** for playing an amazing centre-midfield the entire tournament, his first with ESU, to **Yelapa Reuben**, for getting yellow-carded in every game he played, and **Yelapa Hugo** for getting four goals in one game plus a sprained ankle. We outscored the opposition 19 to 5, so Dano and our defense came up huge for us.

The rest of us know who we are, what we contributed, and that we're part of a team with incredible heart - **EAST SHORE UNITED!**

The 102nd Kootenay Lake Fall Fair

It is happening.
It will be awesome.

by Jacqueline Wedge

There are so many reasons for attending this year's Food Roots food celebration, the FOOD being first and foremost: the judging, the eating, the tasting, the contests, the education, the farmer's market, the networking, and the support of local FOOD, plus the building and maintenance of our food systems on the East Shore of Kootenay Lake.

This year we are expecting many local food growers, producers, and entrepreneurs to submit their bounty for judging, tasting, and showing off. I would personally like to extend a wide invitation to all local residents to explore the fall fair booklet (found at local grocers and on-line on our website) to see what you can bring to the table. (Most items need to be made within 12 months of the fair date, check the booklet for details.) Do you grow fantastic beets? Can you save that last jar of dill pickles? Will your orchard give you beautiful fruit? Are your zinnias a majestic sight? Did your home-made beer work really well this year? Have you perfected that cookie recipe?

Have your chickens impressed you with their glorious eggs? Are you feeling over-confident that your sunflower heads are the biggest? Is your pumpkin patch going to take over the neighbourhood? Well, peruse the categories and classes, see what you can prepare for the fair (please be organic in your growing methods if possible, in respect for our beautiful planet).

Photography: we've added Instagram. (I was inspired by my good friend Leah Wilson who is doing amazing things with this new photo-sharing method. She needs competition, people) The photography exhibit will of course continue to be judged. I encourage all people with cameras, of all ages and skills sets, to enter some photos: there are many interesting classes to file your pics under... don't be shy, give it a try!

Judging: Though we've previously advertized that art, craft, & student sections would not be judged, due to unanimous votes at the meetings, we are announcing that needlework is back in. (See Nancy Galloway's article: she is very convincing, and made the point that needlework is not as subjective as painting and the other arts, and can be compared on technical terms. Thank you, Nancy, for your help in this department.) Art and Craft and student work will NOT BE JUDGED. If this offends you or makes you sad, feel free to join a meeting or two, make your points known, and help us keep the Fall Fair a fluid, adaptable wonderful experience. Kids can exhibit, sell, trade, share and show-off their arts and crafts in the art emporium, which takes the place of the judging.

IMPORTANT NOTE: Kids can still enter the "all ages" section. There are classes in baking, art, craft, collections... for any age. Items will be judged with consideration to the child/youth ages, so not to worry about unfairness.

PUMPKINS! This year's theme is PUMPKINS. See page 31 of the booklet for 7 different classes where pumpkins reign supreme... And class-A62 is the largest pumpkin; I want to see lots of disturbingly huge orange things in the hall this year...

This year, Farley, who is the Fair's special events director, has arranged, among other things, for Elena Yeung and her band to play. We are very excited about this. Here's a little bio: "From fiery picking to mournful lullaby, the Kootenay Special will take you on a journey through the shared Canadian/American experience of train rides, wintry weather and rural life. Featuring the clean and simple songwriting of Elena Yeung (banjo, guitar), she is joined by Karl Sommerfeld (fiddle), Keith Larsen (guitar, mandolin, dobro), and Steve Jones (bass). You'll hear infectious melodies, haunting harmonies, and ridiculous instrumentals from this 4-piece freight train."

Don't forget the other outside activities at the fair, which I will go on-and-on about in a future Mainstreet article... hmmm... oh, I can't help myself: FARMER'S MARKET, EDUCATIONAL BOOTHS, TASTE-TESTING (salsa, hummus, peanut butter cookie, pumpkin pie...), FOOD CONTESTS (watermelon-eating, garlic-eating, hot-sauce-eating, pie-eating...), RAFFLES, KIDS ART EMPORIUM, SUPER-AWESOME BAKE SALE, GAMES, MAGIC, KOOKY CRAFT TENT, FANCY FALL TEA, and more fun. Check out the website at kootenay-foodroots.wordpress.com (thank you Scott East for

maintaining this), and feel free to comment and post pics from previous Fall Fairs, as well as like us on Facebook: "Kootenay Lake Fall Fair".

Want to get involved? Call me at 227-6803. I will find something groovy for you to help us with. Now stop reading this and get out into your gardens. Peace and carrots.



To Judge or Not To Judge?

by Nancy Galloway

That was the question for the Fall Fair Committee. In order to encourage more participation, the committee initially decided not to judge any of the arts and crafts, with the exception of the photography, which is always hotly contested.

When the members of the Many Hands Quilt Guild heard about this, however, they were dismayed. Serious quilters that they are, they appreciate the judging, especially if the judge is knowledgeable and makes constructive comments.

They went to the Fall Fair Committee with a request that judging be reinstated for quilting, knitting, embroidery, cross-stitch and sewing, and offered to enlist judges. The committee yielded to the guild's request, and Jean Swallowell, the former owner of the large quilting store in Creston, has agreed to judge the quilting. Other judges will be recruited as needed.

Also, the quilting categories have been changed to reflect current realities. Rather than differentiating between hand quilting and machine quilting for each type of item (e.g., lap quilts, bed quilts, runners and place mats), we now differentiate between items that were pieced AND machine quilted by one person, and items pieced by one person then professionally quilted. In many cases, judging decisions came down to the fineness of the quilting, and almost always a professional machine quilter will do a superior job. This allows appropriate recognition for those daring enough to take on their own quilting.

There will still be one category covering all hand-quilted items.

We encourage every stitcher to enter a piece, whether a garment, quilt, pillowcase or tea cozy - let's strut our stuff.



We are now open for Season 2 of Crawford Bay's very own "Ice Cream Shack"!

Little Miss Entrepreneur, Justice & her sidekick, Haylee, are eagerly awaiting to serve each & every one of you. The shop will be open seven days a week, dependant upon weather. Come down & check out our new selection! **Monday is, again, Seniors Day featuring 10% off ice cream cones!** Watch for flyers in your mailboxes for discount coupons & other offers. **See you all there.**

Check out our new menu!

New Key's Place
250.227.6911

CRESTON VETERINARY CLINIC

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

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



Mobile Clinic Dates:
July 16, August 13 and September 10
at the Crawford Bay Castle.

Hidden Taxes - 2

by David George

Welcome to the second column on hidden taxes. This time we will look at the taxes hidden in the price of gasoline and diesel road fuels.

Area prices for gasoline are presently between \$1.40-1.45 per litre. Diesel is around \$1.28-1.35/L. For those who remember the old Imperial gallons, multiply by 4.546 and get for gasoline \$6.36-6.59/Imp.gal. for gasoline, and \$5.82-6.13/Imp.gal for diesel. Shocking, eh?

If we were using US gallons, \$5.50/US gallon. Better stick with prices and taxes per litre.

Our province of British Columbia imposes three taxes on road fuels. Motor Fuel Tax goes to general revenue, and adds 7.75¢/L to gas, and 8.25¢/L to diesel. BC Transit Tax, outside the lower mainland and Victoria adds 6.75¢/L to both gas and diesel. (In the Vancouver area, Translink Tax will add another 11.0¢/L to the total cost of gas and diesel.)

BC also charges us a Carbon Tax which is now at 6.67¢/L for gas, and 7.67¢/L for diesel. Then the feds add their taxes. First is Excise Tax of 10¢/L for gas, 4¢/L for diesel. Then there's 5% GST charged on all four of the taxes above, even including the feds own Excise Tax. Total Hidden Taxes included in gasoline - 32.7¢/L; in diesel - 28¢/L.

Unhappy with being taxed on taxes?

The Canadian Taxpayers Federation is unhappy with this situation also. Every year they produce an Annual Gas Tax Honesty Report. This year's, the 15th, came out in May, and is available as a pdf download through their website at the following URL:

<http://www.taxpayer.com/presentations/15th-annual-gas-tax-honesty-report>

Oh yes, how much do you suppose the owner of a gas station makes on a litre of gas? At the only two full-service stations I know of, Mohawk/Husky in Kaslo and Creston, they say their profit on a litre is all of three cents.

A few years ago, provincial road fuel taxes were three-and-a-half cents (3.5¢) per litre less. An increase happened, less than one cent of which supposedly went to cover a claimed shortfall in inland ferry funding so we would not have to pay a fare at each interior ferry. The other two-and-a-half cents has disappeared into general revenue, it seems.

So how free is the Kootenay Lake ferry, aka The World's Longest Free Ferry? Find out in next month's installment of Hidden Taxes.

Angus MacDonald, Reiki Master

Over 25 years experience...

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

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

Ongoing sessions available...

For more information, call 250-551.6874

New Wing Flavours:

- Pineapple Curry
- Butter Chicken (Thai)

New Key's Place
250.227.6911

Crawford Bay Sunday Markets 2013

submitted by Liz Donnison

Once again it's time for the Crawford Bay Sunday Markets! 10am -2pm starting Sunday June 30, 2013, last market is September 1. As with every year, there will not be a Sunday market during Starbelly Jam but there is one right after Kootenay Gutbuster. This year we have a lot of new vendors bringing new and exciting products to our lovely "Best Shore".

We would like to send a HUGE thank you to the following people/organizations for their past support of the Sunday Markets. The local vendors - Danielle, Heather, Diane, Anthony, Shauna, Barb, Dena, Billy. The local businesses etc - Barefoot Handweavers, Kootenay Gutbuster, Kokanee Chalets, Kokanee Springs, North Woven Broom, Crawford Bay Hall and Parks Board, Kokanee Home Suite Homes, Kootenay Lake Chamber of Commerce, CBA (sorry if I forgot anyone else).

A special thanks to the East Shore United soccer team for a welcome diversion when there is a slow period during the day. Some of regular vendors especially enjoy the view on practice "shirts VS skins" days. Also for their understanding and cooperation in using the water hose so the safety of the Markets is not compromised by a mud puddle in the middle of it.

Our Goal: To provide local artisans etc with a stable, low risk/low cost environment to promote their product within, a stepping stone for those wishing to reach a broader audience but may not be able to afford a storefront operation. The Sunday Market gives them an answer to the question "Where can I get your stuff?" 10-2 every Sunday in Crawford Bay Park is the reply.

The following series of statements have been overheard and we would like to clear up these misconceptions.

Statement: "You don't have many vegetables" or "I don't need vegetables, so I don't go to the Farmers Market in Crawford Bay." First, we are NOT a Farmer's Market, we are an everything market, and there is something for everyone here.

Why are we not a Farmers Market and part of the FM association? Simple, too many rules and restrictions. If we did join the association, it would limit what we can have sell, it would reduce our offerings to about 3 - 4 vendors total. Currently the market in Creston has approx 24 rules and restrictions to be a vendor and many of our repeat vendors' products are not welcome there.

We allow most products and services at the Crawford Bay Sunday Market (no flea market/garage sale items mainly). If you are interested in becoming a vendor with us or would like to see our rules and regulations, please email us for a copy of our vendor information letter. cbsundaymarket@live.ca

All food vendors must have the proper paperwork/approval from the Health Inspector in Creston. There is an approximately 13 page document with regulations as to what food products can be sold at an outdoor market. Fresh unaltered produce is fine, but if you process it (cut and make a salad to sell etc) this is now subject to the regulations and most likely not be allowed to be sold.

As for baking/canning/preserves etc, this is where the rules get much tighter and you need to contact the Health Inspector to have your recipe/product approved.

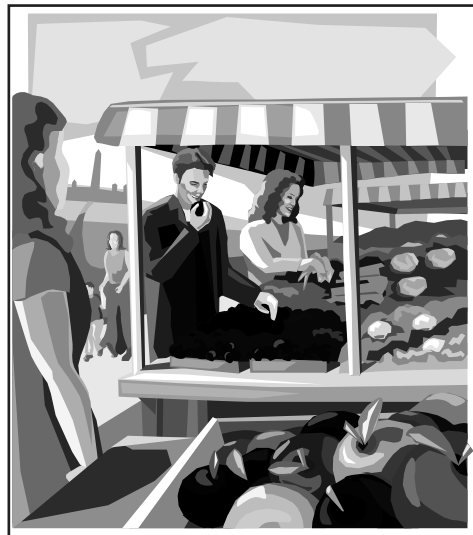
Ask for the regulation document to be emailed to you, READ IT, and contact them if you have further questions.

If we do not have confirmation of your compliance with the regulations, we cannot allow your product to be sold at the market. It's not that "we don't like you/are being b**ches/or insert reason here..." it's that these are the government's rules, not ours. If we fail to follow these rules, the market could be shut down and/or the organizers fined. Period, no exceptions, blame the government, not us, if you have issues with the regulations.

Statement: "Tourists don't stop at the Market." WAY WRONG! Approximately 90% of the people who attend the Market are tourists. Of that 90%, the vast majority did not plan ahead to stop at the market, they simply saw it and stopped to check it out. The rest saw an ad or heard about it and decided to make the drive to Crawford Bay. The other 10% are locals and of that 10% - 90% + only come for a bit of produce that the one vendor brings, never looking at the other vendors offerings.

This same 90/10% split also applies to our vendors, with the vast majority coming from outside of the East Shore. A very special thank you to the local vendors who do support the Sunday Market. Your smiling, supportive presence makes it easier to get out of bed so early on market day.

Also, as the Sunday Markets are Kootenay Lake Chamber of Commerce members, we provide a rack and notice board for use by local businesses etc to promote their products /services. If you would like to have your information posted, just drop off a copy and we will happily put it up for you. We ask in return that we be allowed to post a Sunday market notice at your location. We are always sending people to the surrounding shops/services and the rack and notice board see a lot of activity.



Statement: "There should be music at the markets." Unfortunately, this does not work. Some markets have live music and most of the vendors that attend those markets wish they didn't. The biggest complaint - most musicians seem to have two volumes- loud and way too loud.

There is enough noise when the market is busy with visitors, adding music makes it very difficult for the vendors to conduct business. (Conducting business is the main reason for vending) As the market sound level increases, musicians tend to increase their sound level to be heard over the market noise, then the vendors have to increase their sound level to conduct business over the music, then the musicians You see where this is going. Our vendors have repeatedly thanked us for not allowing music at the market and we will not be changing that policy anytime soon.

Statement: "You have crappy hours; it should be open earlier/later..." The Sunday Market runs from 10am to 2 pm. This is the same as many other markets. We do not open earlier- stay later as most of our vendors are not local and thus need to take a ferry to get here/home. The vendors need time to setup and take down their wares too adding more time to their day. This arrangement works best for them and without the vendors there would be no Sunday Market.

We are on site by 8am every market day only after placing our large signs on the roads and are on site until about 3:30pm too. We also have to regularly clean up the pavilion area after people have partied in it at night (broken glass, garbage, graffiti, profanity etc).

Sunday Markets Continued...

Statement: "We heard that the Sunday Market is so expensive to vend at." No, it is not. We charge \$15 per table/outdoor space. This includes 1 table, 2 chairs, set up and takes down of said tables/chairs, a covered space, and the best view of any market in the area.

If you have your own tent/canopy, we will provide you with tables etc if you need them (most of this type have their own setup) the trade off is that you don't get the exact same services but you do get a larger space for the same price. Many places charge more, have more restrictions, offer fewer services to the vendors and seem to only care about getting their table fee: "treat us like cattle" as one vendor put it.

Statement: "Market organizers must make loads of money as they have no costs/overhead, get grants etc"

Nothing could be further from the truth. Out of the vendor's fees, we have to pay for the rental of the park space (almost \$500 for the 9 days we have the markets), pay for the advertising, postering, printing etc. All of the large signs on the road, we made and maintain ourselves. All of this and more come out of what we collect in vendor fees.

We have had a small amount of funding for advertising (which encouraged visitors to check out the whole eastshore not just the market) from the EDC in the past but were told that we don't really fit their criteria. As a result, we now do NOT receive any funding/sponsorship/grants to run the Sunday Market. We cover all of the costs upfront and hope for a good market season in order to get paid back for the costs.

We have the same costs every week regardless of how many vendors attend each week. Only after the Markets are all over and everyone and everything else has been paid, do we even consider paying ourselves for our time. If there is no money left, then we ran the Market for free. So far we have managed to make a few dollars for our hard work but is a very small amount... maybe four or five dollars an hour if it is a good year, less if it is not.

Between the two main organizers, we put in about 20 hours/week that the market is on, at least 40 hours pre-market season and a few more after the season is over, approx 250 hours total for the season. We do not do it for the money; we do it for the area and the community even if it is not appreciated by many.

And one last thank you, the local community, Thank you for your support.

*Kathy and Liz Donnison - Organizers,
Crawford Bay Sunday Market
A great way to spend the day.
Come for the Market, STAY for the area.*

The Food, The People, The Million Dollar View

submitted by Leah Wilson

There is something interesting and exciting happening these days at the Kootenay Bay Ferry Landing, in the ol' Fairy Treats location. Those ice cream signs are still up and the sign in the window says OPEN, but it looks a bit different inside. The Kootenay Cove Cafe has been asking patrons a few questions. Are you hungry? Most people say yes. How does the cafe feel to you? So far most people have said that it feels warm and good and bright, and has a great patio facing out across the lake, a relaxing and fresh air cafe experience.

The menu is ever-adjusting to the requests of customers taste, with an emphasis on developing more gluten free items and a made from scratch kitchen.

Owner/operator Jac Gibbs says "We thank everyone who is supporting the cafe, and our vision to build this beautiful place for people to gather and have good healthy home style cooking. Fresh into a new summer season as we are establishing the process in operating a cafe, training staff (we are proudly employing nine this summer), it is exciting and we look forward to seeing our menu develop and making the cafe a special place for everyone to enjoy. Our micro bakery is now supplying breads, desserts and sweet treats, with the welcome addition of Moe's Art Bread baked in Riondel, so all our meals and sandwiches are of exceptional fresh quality and are local. That makes us happy!

"It is exciting to be in the kitchen; it's all about creating good healthy food that someone will love. I am particularly excited about the upcoming classes we are going to facilitate in the fall, "Can Your Own Jam" and other food inspired activities. See the Food Roots announcements or call the cafe if you are interested," continued Gibbs.

There will be more gluten free yummy foods all the time, with special menu nights that feature Indian and Spicy Hot Feasts. Look for invitations to Bridge Parties and Games Nights, canning classes and local food discussion groups. With this and more, the cafe hopes to keep open all year long.

Everyone is invited to call ahead and inquire about canning classes, special diet food requests, or just to order if you're heading for the ferry. The number is 250-227-9100

Cafe Manager Leah Wilson says "It's remarkable how good it feels to come home to the East Shore, working for and with some amazing people, for this little cafe that could, and does make something special happen. It is remarkable the amount of heart and dedication the new cafe operators (Jac Gibbs and Tony Schellhorn) and all the staff have worked to create the Kootenay Cove Cafe. It's not just about the food, it's about the people, and the cultivation of intimate connections people have with each other...and food, and enjoying a million dollar view. With plans for "Sunday Toast and Jam" (music afternoons) and encouraging community groups to gather, to be a part of this has changed my life and is sincerely special. As July is Festival month for the East Shore, from all the staff we want to extend the best of wishes to organizers and volunteers of Starbelly Jam. May the summer weather bring many wonderful people to Crawford Bay to enjoy the festival. Happy summer everyone!"

Gray Creek Museum Days, 2013

by Janet Schwieger

The Gray Creek Hall will be open to the public July 26-29 for the four days, 12-6pm and packed with displays and stories to tell.

This year visitors can see displays of a wide variety of subjects – stone boats, flumes, floods from last year and this year, the story of the Lakeview Store, the Gray Creek Store 100th, see a slideshow of Johnny Oliver over the years and more of the collection of the art of Will Bayliss.

The map section will include a bird's eye view of the world below from the north pole, see what pieces of the SS Nasookin Tom has found this year, a display of Boswell, some of Crawford Bay and much, much more.

This Museum has free admission and refreshments, so drop by, visit and learn more of our East Shore community over the years. Museum Days has become a reunion for many families with connections to our area, and is organized by Gray Creek Historical Society.

Check out our new menu!

New Key's Place
250.227.6911



**AREA "A" EDC
Economic Development
Commission**

\$20,000 is available for projects for Area A (East Shore) relevant to the promotion of economic development. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

Community Connections (aka South Kootenay Lake Community Services Society, SKLCSS) is a registered society that may sponsor your application.

email skootenaylakeccs@gmail.com
or phone 250-354-2951

Community Connections office at Crawford Bay School is closed for the summer, however contact information still applies.

*Grant applications recommended to RDCK for approval at June, 2013 meeting:
Community Connections - \$4500
Invest Kootenay listings project - \$1500*

**next application deadlines:
Oct 31, 2013; Feb 28, 2014**

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

For more information and assistance, email EDC Chair lornarobin@bluebell.ca
Or call 250-225-3333. All meetings are open to the public, call for meeting dates.

Visit InvestKootenay.com
A free service for you to list your business for sale and view investment opportunities



East Shore Express
Delivery Service
To & From the East Shore

Call to Arrange for Pick-ups

Sean O'Malley

Courier Service Shopping Service

250.227.9023 250.354.3013

It is never too late to be what you wanted to be...
-George Elliot

New Key's Place
250.227.6911

Visit us online!
www.eshore.ca

Hey East Shore Creativity-Seekers! Medley Day Camp Is For You

by Jacqueline Wedge

Medley Day Camp is a five-day, 8:30am-4pm musical artistic extravaganza happening right here on the East Shore. Choose among many different musical and artistic avenues within which to explore and expand your various horizons. This is a fantastic opportunity to have fun, meet and jam with local and visiting co-learners, with many different instrument choices and art mediums, with a plethora of instructors from here and elsewhere.

You can attend all week, or pick and choose your specific classes; there are so many amazing options. Please check out the easy-to-access web-site at medleydaycamp.ca (thanks, John Smith) for up-to-date schedules and instructor biographies. Register early to be sure to get into the classes you love, as some have a (nice cozy small) maximum number of participants. Four or five courses are occurring at the same time, so there is always something happening to interest everybody. (We are taking over the school.) Lunches are by Jean-Claude Ancelin: delicious, nutritious, food for the musical soul. This is the week before our beloved Starbelly Jam festival, so the artsy-musical vibes will be strong...

Subsidies are available, please contact us. Thank you to our sponsors: the RDCK, the Nelson & District Credit Union, and the Columbia Kootenay Cultural Alliance.

You do not need to travel far to get this great program: we bring it to you. We hope to see you there. It will surely be a fun medley of activities and sounds, colours and social networking, giving us all some new skills with which to express our inner awesomeness.

Please see our colour ad/brochure on the back page of this edition for a list of programs and other information.



From the Principal's Desk

by Dan Rude

This has been quite the year of developing engaging learning opportunities across the grades that have involved our students in community locally, provincially, nationally, and globally. As a close to the year, I'd like to recognize some of our adventurous youngest students and their courageous leader, Ms. Beth MacLellan.

As has become a tradition, our grades 2-3 students had been planning for their year-end two night camp-out at Tipi Camp. Although there was considerable excitement amongst the students in the lead up to their June 19 departure, I thought it might be dampened by the deluge of rain we had been receiving in the days prior, and the forecast of endless rain ahead. I was wrong. Upon arrival to school, this group was buzzing with excitement, ready for what was to come, with raincoats on and many changes of clothes packed. They continued preparations and left without hesitation for the hike in.

Then came my personal dilemma: Do I take the comfortable and dry path and call off my own plans for hiking in after school and spending the first night, or do I carry on, knowing that I would be soaked only to return 14 hours later? As I didn't want to be outdone by the children (including my own), I chose the second option. This time I was right. I did get soaked.

What I experienced when I arrived made me once again recognize the value of our children getting to grow up here. The potential for wet and cold kids to be negative and complaining and wanting to go home was, in my mind, quite high. There was none of this. In fact, upon arrival what I saw and heard was running, singing, smiling, fire-tending, helping others, and ongoing playfulness. This carried on through the night until bed time, and I understand for the next two days. Unfortunately I had to leave the next morning before others awoke and I missed out on the opportunity to build and practice bows and arrows.

What does this say about our kids? They have a strong capacity to be hearty, adaptable, resilient, nature-loving, adventurous, playful, experiential, involved, and caring. Exactly the words I'd like to be able to use to describe our children and youth.

Thank you to Fran Kinder, Dana Gallinger, Sandra Bernier, Allan Hughes, Garry Sly, and Taz Archambeault for braving and helping support this adventure.

On another note, Mr. Panio often shares with me diverse and interesting readings related to education. The most recent article is a Question & Answer in the June 17, 2013 edition of *Maclean's* magazine, with our legendary Canadian musician, Raffi (Cavoukian). On a ten year break from performing, Raffi has recently written a book entitled, *Lightweb, Darkweb* that acknowledges the brilliance of modern technology, while also pointing out some of its shadows. Specifically he is calling for a social media companies to take the lead in re-designing their technologies to do better

at protecting those who are vulnerable.

A few quotes that jump out for me from this interview, in relation to our earliest learners, include:

- "My book calls on society to take seriously the impact of what I call 'shiny tech' on early childhood, on child development, on social intelligence. We now know that the formative period of life largely shapes a lifetime of behaviour outcomes. We don't know what's going to happen with everybody growing up with these devices all over the place and, often indiscriminately, in their hands."

- "Parents need to restrict the amount of time their kids spend onscreen and online. At night, all shiny tech devices need to be taken out of the kids' bedrooms. Kids should not be going to bed with their devices."

- "There is no new model of child development that supports the intrusion by shiny tech into early-childhood development....Emotional intelligence is the key to these formative years."

- "'Tech can wait' is my message to parents."

Connecting this to school and the Tipi Camp experience above, it is essential that we continue to consider and be thoughtful about where can we enhance learning with emerging technologies. There are clear opportunities to customize learning for each learner that didn't exist before. It is also essential to be clear that we want our children and youth involved in projects that have them getting involved, getting wet and dirty, and experiencing our world hands-on.

It's now time to put my iPhone further away for a while and enjoy summer break. Thanks, everyone, for all you do to support our learning community!

Appreciating Family Friendly Volunteers Danielle & James Linn

submitted by Laverne Booth

The Eastshore Alliance Supporting the Early Years (EASEY) family friendly business award goes this year to Family Fun, a recreational program for children held weekly in Riondel and now at Crawford Bay School. The program, organized by Danielle and James Linn and other adults such as Sharon Webster and Levea Sturko, runs weekly between September and June.

"Bless these wonderful people who are freely giving their time to the children of the community. The program includes play and recreational activities, arts and crafts and provides a wonderful service for children to meet with their peers. All children, including our very young children, can use more of these kinds of activities in the community," says EASEY Coordinator, Laverne Booth.

The Linn's hope to run the program again in the fall and would love some help- supervision is always needed but, if you can't make it in person, consider sending snacks or craft supplies. How about give Danielle a call in Riondel....

Create your own job!

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

You may have a hobby or skill that with a bit of help could turn into a viable business. If you want to explore this more, call us for a free appointment.

The Self Employment Program offers income benefits for up to 52 weeks as well as business management training & counseling for qualifying entrepreneurs.



Call Alison Bjorkman at 250-428-6356 to book a free appointment in Crawford Bay... www.futures.bc.ca

Growing communities one idea at a time.



Delivering Exceptional Resort Experiences

Jamie Hertz, Food & Beverage Manager of Bunkers, introduces special items from the new, fresh and revitalized menu:

- **Thursday is Rib and Chicken Night:** Dry smoked ribs with Jamie's own special spice rub. Come in to try this - something no one else is offering...
- **Saturday is Prime Rib Night:** Like no other...
Spice rubbed prime rib, perfect Yorkshire Puddings, grilled and roasted vegetables and salads
- **Sunday is Pizza Night:** House-made pizzas with different toppings each week.

Reservations:

250.227.2006

6:30am - 10pm/daily

TOM SEZ

by Tom Lymbery

Have you ever been to a wedding reception where the bride's shoe was passed around for people to contribute money to help the couple with their new life? I have seen this happen more than once in Crawford Bay and have been unable to find out where the custom comes from – can you tell me?

Air North – Yukon's Airline is the Preferred Charter Carrier for the BC Lions football team this season. Lions Manager Wally Buono says, "We are very impressed with Air North."

Please Google ZAMA CITY to see the neat Welcome to Zama City sign. This very small town is about 48 miles from High Level in northern Alberta. It was in the news recently because of a leaking oil pipeline nearby.

We have a red male hummingbird that sounds like a jet taking off when he is protecting our hummingbird feeder from other males.

Please see the new menu at the Rockwood Café. Designed by Ben and Venus' son Calvin, this is attractive and gives you more information about dim sum, for instance.

The deadly plane crash June 12 at 6500 feet on a mountain near Crawford Bay killed pilot Tony Quibell of Nelson. His plane was a Cessna 337 Sky-master a twin engine plane of unusual configuration, having a tractor propeller at the front and a pusher propeller behind the body of the craft.

Correction to the May 2013 *Mainstreet* "Old CB School Demolished" – Floyd Oliver was born in Moose Jaw and Lyle in Briercrest, Saskatchewan and they came to Gray Creek when Floyd was nine and Lyle was five years old.

Another most interesting Google is to bring up M V Anscomb where you will find a series of pictures of our ferry in its years of changes and operation, as well as a video.

For those of us that sell fireworks we can anticipate higher insurance premiums after the massive fire and explosions at a fireworks plant near Montreal.



ED: Apologies for failing to print the caption with this photo last month. It is reprinted here for clarity - see Tom Lymbery's "Tom's Corner" in the June issue for corresponding article.

The Harrop - Procter Forest Products sawmill in action. A Douglas fir log is being milled into a timber for a timber frame home by David Strom of Harrop – Procter Forest Products. Photo courtesy of Ursula Heller

Hotelier Magazine reports that since the downturn of 2008 meeting group sizes have shrunk so small, more intimate spaces are more popular (meaning Gray Creek Hall with its excellent acoustics?)

Property manager Rosie Yopek came upon a break-in artist at Larch Road residence in La France Creek. He didn't recognize her a day later when he came in (to case the joint?) while she was manning a till at our store. She made sure that he lifted his head so that our security camera took a good picture. He has since been apprehended after stealing a boat at Fishhawk Bay Marina.

Extensive flooding with the late June rains make us ask again – since homeowner insurance includes forest fires why doesn't it cover floods? Both are phenomena where coverage is extremely necessary.

Riondel Community Centre Repairs

by Muriel Crowe

On the first weekend in August our village will hold the regular Riondel Days celebration. For the second year we will be holding a silent auction in the Community Centre to raise funds for the repairs and/or restoration of the Community Centre building. As yet we do not know what exactly will happen with the building. That is a process the Task Force is dealing with which will ultimately be decided by referendum. Regardless of what is decided money is needed to accomplish all work and to establish a base to match grants. It is hoped that fund raising will lessen the burden of taxation as our tax base is very small.

Once again we come hat in hand to the local businesses, artisans, artists and who ever has an item they could donate for the auction. We know most of you don't live in Riondel but ask that you recognize that we too support the local economy and donate quite generously to needs in other East Shore Communities. A small item, gift certificate or even that painting Aunt Mable gave you could make us a few dollars and create a happy smile for someone else.

Please join us on August 4 after 2pm. The items will be open for bidding then and close about 7:00 PM. The fabulous Toonie Auction will start at 6:30 with Auctioneer Mike Jeffery and his wonderful assistant Ivy. All of this will be supported and enhanced by the parks board mouth watering, delicious Ice Cream Social.

We are also very happy to receive financial donations, \$25 or more will receive a tax receipt from RDCK. All donations of \$500.00 or more in funds, goods or services will be recognized in the building on a plaque or sign. Please contact Muriel at 225 3570 or Nancy at 225 3221 to arrange drop off or pick up of donations. Cheques payable to the Riondel Community Centre Rebuild Fund could be mailed to Riondel Commission Office, Box 146, Riondel BC V0B 2B0.

**July 24,
2013
Next
Deadline**

Gray Creek Pass Report

by Tom Lymbery

Yvon Mercier (now being mobile on his ATV) reported the road clear as far as Oliver Lake on June 23 but 100 feet of snow just below the 6800 foot summit. That shady spot was plowed for many years – why isn't it now?

Our guesstimate at press time of opening for vehicles is July 2. Perchance ATV's will make tracks through the snow – any tracks make the melt go faster.

There is logging happening about three miles up the road with many more loads of fir coming out than we expected. A safer time of day to travel the pass road weekdays is after 4 pm, or anytime on weekends.

Kootenay Lake Rock and Soil

Topsoil, sand, gravel & organic cow manure now available for pickup & delivery.



Buy the yard...
no load too small.

Call Russ at
250 227 9559

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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

Box 140, Crawford Bay, B.C. V0B 1E0

E-mail: mainstreet@theeastshore.net

** ADVERTISING RATES

\$35.00 - 3 1/4" wide by 1 3/4" high

\$40.00 - 3 1/4" wide by 2 1/2" high

\$45.00 - 3 1/4" wide by 3 1/4" high

\$50.00 - 3 1/4" wide by 4" high

\$55.00 - 3 1/4" wide by 4 1/2" high

or 6 3/4" wide by 2 1/4" high

\$65.00 - 3 1/4" wide by 6" high

or 6 3/4" wide by 3" high

\$85.00 - 3 1/4" high by 9" high

or 6 3/4" wide by 4 1/2" high

\$100.00 - 3 1/4" wide by 10 3/8" tall

\$130.00 (quarter page) 5 1/4" wide by 7 1/2" tall

\$150.00 (third page) - 6 3/4" wide by 7 1/2" high

or 3 1/4" wide by 14 1/2" tall or 10 3/8" wide by 4 1/2" tall

\$225.00 (half page) - 10 3/8" wide by 7 1/2" tall

\$400.00 (full page) - 10 3/8" wide by 14 1/2" tall

Sample Sizes - more sizes available.

Column Width: 3 1/4 inches - double column width:

6 3/4 inches - full width: 10 3/8 inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

** 30% MORE FOR COLOUR ADS**

Doing it Right in the Kootenays

RECYCLING SCRAP METAL

Residential and Commercial Clean up

Roll-Off Bins Available
Towing Services
Free vehicle removal

BALFOUR TOWING AND SALVAGE

Certified Recycling Center
250 551 5252

if it's **METAL** we Recycle it!



**DELI GROCERIES LIQUOR AGENCY
GAS NATURAL FOODS FISHING TACKLE**

Summer is here and along with it...
Extended Hours! Drop into YOUR market today!

Mon-Sat: 9 - 7 Bottle depot: Sun & Thurs, 10 - 2
Sunday: 10 - 5 Commercial operations Thurs only



JACQ GIBBS, Owner 250-227-9100

KOOTENAY COVE CAFE

AND MICRO BAKERY

OPEN 6:30AM, 7 DAYS A WEEK
At the ferry landing in Kootenay Bay

Thank you to this wonderful community for the welcome.
It is inspiring!

Construction/Contractors/Trades Corner

Turlock Electrical Contracting Ltd.

Your Local Electricians
Commercial, Residential
Over 15 Years Local Experience

- New Construction
- Service Panel Upgrades
- Money-Saving LED Lighting
- Additions & Renovations
- Electric Heating Systems
- Service Calls

Ph: 250.2279688 Cell: (250) 551-4671
turlockelectric@shaw.ca

B57 EXCAVATING

Septic System Installations • Landscaping, Rock Walls & Water Features
Foundations and Underground Services • Residential and Commercial
Member of BCOSSA and Fully Insured

p: 250-225-3375 B57EXCAVATING@BLUEBELL.CA
c: 250-551-3201 PO BOX 117 RIONDEL, BC V0B 2B0

HULLAND & LARSEN CONSTRUCTION

experienced • local • custom work
(250) 225-3346 (250) 505-3570

JUBERGEN BAETZEL CONSTRUCTION

15 years experience for all your construction project needs

- Great hourly rates & reliable, strong work ethic
- Covered by Worksafe BC
- Concrete, framing, roofing, drywall, siding, flooring, finish carpentry, tile setting, reasonable plumbing & wiring knowledge

Call 250-227-9246 or 250-551-7697.

East Shore Internet Society

High-Speed Internet

250-505-4089
info@esis.theeastshore.ca
esis.theeastshore.ca

Central Kootenay Lake's community non-profit ISP

GRS CONTRACTING

SINCE 1980

Glenn Strom
Aaron Strom
Box 101, Crawford Bay BC V0B 1E0
Phone/Fax 250-227-9679

- Excavating • Logging
- Road Building • Gravel
- Rock Hammer

grscontracting@gmail.com
Cell: (250) 505-3075 or 505-3117

All Spec's of Gravel and Drain Rock
Discounts for entire job.

HEADED SOUTH from the GREAT WHITE NORTH

JULY 11-13, 2013 • 7:30 p.m.
Prince Charles Theatre • Creston, BC.

An Old-Fashioned Comedy with a Modern Twist!

By Pat Cook

\$10 Adults • \$8 Students/Seniors • \$5 Children Under 12
Tickets available at Black Bear Books, Kingfisher Used Books or at the door

Real Food Café is offering themed specials on the nights of the performances. Info and reservations, 250-428-8882

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

FOOTLIGHTERS
We bring life to drama.

GET READY FOLKS!

It's time, once again, to go through your closets, attics, basements and garages!
GRAY CREEK HALL is having another....

GIANT RUMMAGE SALE

Saturday, August 24, 9AM to 1PM

Donations can be dropped off at Schutter's garage in Gray Creek anytime between now and then.

Sacred Journey

World Imports and Art Gallery

An Exotic Shopping Adventure!
Open Daily 10:30-5:00

Huge Clothing Sale
All Summer!
30% OFF

14435 Hwy 3A, Gray Creek 441 Baker St, Nelson
250.227.6865 250.354.4116

www.sacredjourney.ca

Spa Days July 7-8, 28-29:
Facials, Pedicures, Manicures, Waxing,
Hot Stone, Thai Herbal & Ayurvedic Massage.
Call for appointment...



the Lakeview

Rediscover the Lakeview...
Come check out our new products!

Grocery * Gas * Liquor * Postal Outlet * Videos

20 min. south of ferry, East Shore Kootenay Lake, Gray Creek
Hours: Mon-Sat 8-7, Sun 10-6 1.877.227.9311
kootenaylakeview.com

July 26, 27
The Funniest Vacation Ever!
2 nights of outdoor comedy
plus band!
Crawford Bay Park, BC
(800) 448-9292
www.kgbc comedy.com

KGB
KOOTENAY GUT BUSTER




3.09%
OR CASH BACK*
5 year closed mortgage.
Transfer your mortgage today.

CREDIT UNIONS
DON'T BELONG
HERE
Join Us.

NDCU is proud to say that we invest in the very people, organizations and communities that invest in us. We all win. Come talk to us about a new mortgage.

Nelson & District
CREDIT UNION >> Logically. Locally.

Your Hike is long. Pack wisely.
Going To Nelson? *Be sure* that coming in to see Vivi is on your "To Do" List!



Or call 250.352.9256 to make your appointment with Vivi on her next visit to the East Shore to discuss your financial plans.

www.nelsoncu.com

Vivi Lindsay



RIONDEL MARKET

Hunting and Fishing Licences
Groceries - Liquor Outlet
Fresh Baking - Ice Cream
Bait - Fishing Tackle
Post Office - Videos
Camping Supplies
Ice - Fireworks
Summer Hours
Mon. - Sat. 8am to 8pm
Sun. 9am to 5pm
250-225-3214

We have RICE BOWLS!

New Key's Place

250.227.6911

Kate Page, Proprietress
Book ahead: 250.505.6950

SAPPHIRE HAIR SALON

16210 Hwy 3A, Crawford Bay
UNIT NINE




Junction Creek Hub

Lounge, Coffee Shop & DVD Rentals
250.227.9339

Now open Sundays 3-11

~ Daily brunch served Tues to Sat 11-3 ~
~ Full menu available after 3 ~
~ Pizza served till 10 ~

New Menu Coming Soon...

Call or see bulletins for upcoming events and food specials!



HARROP - PROCTER FOREST PRODUCTS

Buy local Forest Stewardship Council 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 & fir decking
- Cedar and Douglas fir timbers
- Douglas fir flooring
- Cedar, pine and fir paneling
- Cedar and Douglas fir siding
- Douglas fir tight knot baseboard & casing

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

Free delivery to the East Shore when pre-arranged.

Spring Specials:
Fencing grade cedar, 1x4 cedar T and G panelling, 2x4 2x6 2x8 and 2x10 cedar for raised garden beds and other outdoor projects

Buy local and support the only FSC Community Forest in Canada!

250.551.5452 sales@hpcommunityforest.org

Go to www.hpcommunityforest.org for further product info, and to view the documentary film about us.



Tom's Corner

by Tom Lymbery

Anscomb Memories

The opening of the beautifully refurbished original 1946 wheelhouse the M V Anscomb at Balfour on June 15 brought back memories of the many crossings that we made on that reliable boat. Designed and built in a Vancouver shipyard, shipped in pieces by rail to be assembled at the CPR shipyard in Nelson, she brought drive through ease to our Kootenay Lake ferry crossing. Compared to the problems of fitting cars between the boiler and the engines on the stern-wheeler SS Nasookin this brought us up to date when she started service from Kootenay Bay June 27, 1947.

Her design was very similar to the North Vancouver ferries of the 1930s and 40s, two lanes of vehicles on each side of a centre section that had staircases giving access to the upper deck from both bow and stern. The upper decks were primarily built of wood, neatly varnished with some brass fittings to be polished in true marine fashion. However copying boats from earlier years left us with a ship that was unprepared for the tractor trailer trucks that started replacing rail express and freight shipping in the 1950s. The vehicle deck just didn't have the 14 foot height for these to drive through. Drive one on with only its engine under cover, back the boat out to turn around and back in to load another semi on the stern. This required the truck drivers to back up that curved ramp at Balfour, as well as the need to move the boat in and out of the dock for each truck. Efficient seamanship as well as able truck drivers allowed this difficult system to work with few problems.

By 1958 with increasing traffic on our highway – (the only one across BC until the Rogers Pass opened in 1962) the problem was solved by jacking up the entire superstructure 24 inches. You could always see the weld marks where the two foot steel had been inserted. This didn't fix the narrowness of the two lanes as only very small cars could fit alongside a Greyhound or large truck. The ferry crew would pack vehicles in tightly, bumper touching bumper as traffic kept growing with four Greyhound trips each way with many of these double or triple headers in the summers. Greyhound had priority loading, as did trucks with perishables – I can remember that Nelson-Creston Transport's Bill Townsend was pleased to pick up our can of cream, as that would get him past the ferry lineup.

The upper deck had a neat horseshoe snack bar in the stern where you could get breakfast or a bowl of soup or chili, swiveling on your stool to watch the ship's wake as she deked around driftwood. Lounges had cushioned chairs so it was a comfortable trip for passengers. However all wood on Canadian passenger ships had to be phased out after some disastrous fires on Great Lakes and BC coastal boats.

In 1972 the Anscomb had a major make over with the entire superstructure and engines changed. Two six cylinder Vivian Diesels of 500 HP were the original slower and quieter power. Vivian was a Vancouver manufacturer who built engines for many of the wartime 10,000 ton Park freighters that both North Van and False Creek yards sent to try and keep up with the losses to North Atlantic submarines. The replacement diesels ran much faster and the noise below decks meant that muffs had to be worn at all times.

The boat was much different, larger wheelhouse, fatter funnel, not much view from the snack bar, and fiberglass seating. The centre stairs were narrowed down, also squeezing the washrooms that fitted between the two set of stairs. In order for the door to fold flush

inside for cleaning, a pocket was made in the wall to accommodate the doorknob which created persistent graffiti in the men's - "If yours fits phone 229-####" "Another graffiti appeared next to the sign 'No Animals on Upper Deck' - "This means you Thunderbird".

With all the wood gone, the coastal designers hadn't considered that we do have winters on Kootenay Lake and the boat was no longer warm and comfortable. Even the engine room doors were steel requiring heavier Stanfields for those below deck. Insulation was sprayed above the car deck to try and improve warmth for the floor and rooms above.

Balfour and District Business and Historic Association is to be commended for all the effort in refinishing the original wooden wheelhouse – please look at this and the photo display while you are ferry waiting. The ribbon cutting occasion introduced many of the officers and crew who spent so many years keeping the Anscomb on schedule. Retired Captain Tony Taylor recalled how they would bounce and lift cars sideways to ensure as full a load as possible. Bumpers touched and a small car would be squeezed into the space at the bottom of the stairs. Before Rogers Pass opening in 1962 the summertime lineup on our side would come as far as the Fortis substation.

Herb Brown, 95, was one of the guests honoured at the occasion. He started as a deckhand on the Anscomb only days after service began June 27, 1947 and retired as an engineer in January 1978.

Angus MacDonald, Reiki Master

Over 25 years experience...

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

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

Ongoing sessions available...

For more information, call 250-551.6874

THE HISTORIC GRAY CREEK STORE

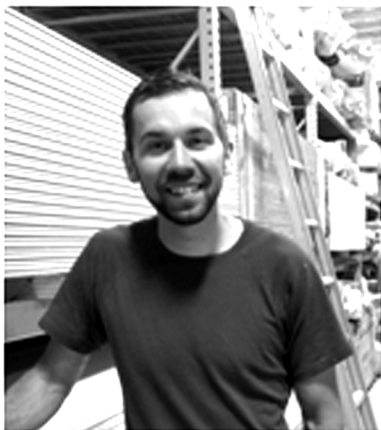
EST. 1913

Serving the Kootenays

GENERAL STORE

- Woodstoves & Fireplaces
- Lumber & Building Materials
- Chimney & Stove Pipe
- Plumbing
- Tools & Hardware
- Fishing & Hunting Licenses
- Fishing Gear & Tackle
- Groceries
- BC History Books
- Rope & Chain
- Kootenay Lake Nautical Charts
- Housewares
- Paint & Supplies
- Electrical
- Work Clothing & Safety Gear
- Key-Cutting
- Nickel Candy & Fireworks
- Marine
- Gardening Tools & Supplies
- Camping Gear & Tarps
- Gloves, Rubber Boots & Flip Flops
- Bear Bangers & Bear Spray
- Propane & Acetylene
- Wide selection of Axes & Handles
- A Friendly Smile & A great cup of Coffee

Thanks to our customers for your business and celebrating 100 years with us! Also, a big thanks to all the suppliers who sponsored our 100th anniversary celebration!



Celebrating 100 Years of Community Service

- The East Shore Mainstreet Newspaper
- Northwest Stoves
- Jotul
- Mr. Fireplace
- Blaze King
- RSF & ICC Excel Chimney
- Concorde Distributing/Enviro
- Associated Grocers
- Superior Propane
- Coca-Cola
- Cancell Industries
- Pepsi
- Turlock Electrical
- Redpoint Chimney
- Island Farms
- Cedar Grove Campground
- Frito-Lay
- Mystical Fireworks
- Backroad Mapbooks
- Coast Distributors
- EMCO Plumbing and Heating
- Mountain Sky Soap
- Chalifour
- G Hjukstrom
- Scott Bathgate
- Canwell Building Materials
- Nik Nak Shack
- Seapro
- Watson Gloves
- Creston Chamber of Commerce
- Prime Source
- Moody Bee Lip Balm

Our Lumber and Building Supply selection continues to grow.

Thanks for your feedback! Check with Matt, our Building Supply expert for all your building needs!

Check Us First - Let Us Be Your Town

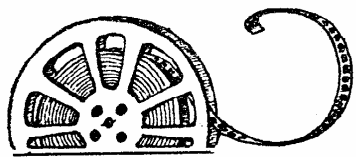
Mon-Sat, 9-7 & Sun, 10-6

250.227.9315

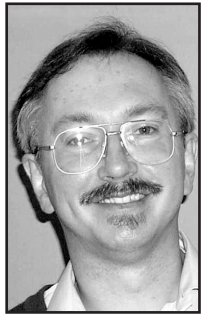
graycreekstore.com



Like us on Facebook!



Seldom Scene by Gerald Panio



"It was destiny we met
With our swords we devastated mutual foes
We confronted fatal arrows and
Rainstorms throughout our mountainous journey
One chance encounter and we parted
You and I had different fates
Mine was a lonely battle against endless havoc
And endless pain I had endured.....
What can I do but lament in the wind and the rain?"

Back in the early Seventies, the disreputable downtown core of Vancouver around Hastings & Main was a movie lover's delight. The old City Lights theatre was an architectural blast from the past, and could be counted on for exotica such as Ingmar Bergman triple bills. Just down the street were the city's two main Chinese movie houses, the Shaw Theatre and the Golden Harvest Theatre. I spent a fair bit of time in the Shaw, as this was Bruce Lee's heyday and my university roommate was from Hong Kong. For some reason, though, I don't remember ever really going to the Golden Harvest. The two theatres represented the two biggest studios in Hong Kong at the time, and just as the different Hollywood studios such as Universal and Warners produced strikingly different genres and styles of films, the Shaw and Golden Harvest studios also had unique audience appeal. I seem to recall the latter as featuring more romantic comedies and musicals. One of director John Woo's earliest films, *Last Hurrah for Chivalry* (1978), was made for Golden Harvest. Perhaps that's why it's taken me so long to catch up with this classic kung fu film—it played the wrong theatre.

John Woo later became famous for the balletic, ballistic urban violence of films such as *A Better Tomorrow* (1986), *The Killer* (1989), and *Bullet in the Head* (1990). Quentin Tarantino said of Woo, "Yeah, he can direct an action scene, and Michelangelo can paint a ceiling." But John Woo began with the traditional apprenticeship of period action films. "Endless havoc" is a pretty good capsule description of *Last Hurrah for Chivalry*, but in its own blood-soaked way it's a fascinating window into Asian popular culture. I've quoted part of the title song at the top of this column, and it's a perfect match for the film's quirky mix of elegy, mayhem, and low humour. Imagine Quentin Tarantino taking on *Beowulf* or *The Seafarer*.

The plot, on first viewing, can be a bit baffling. Characters are not who they seem, and there are double and triple crosses to be unravelled. The basic themes, though, are pretty standard for the historical kung fu genre: friendship, loyalty, sacrifice, betrayal, revenge, honour. The main characters are stereotypes, but by no means boring ones. Chang, the Magnificent Sword (Pai Wei) is the classic fighter with a Buddha look who's set aside his brilliant blade and just wants to make an anonymous living washing horses and taking care of his sick mother. Of course, he's always there to put bullies in their place and slap his sister's fiancé around when the guy doesn't show her the proper respect.

Hanging onto a wall outside of a brothel, charmed by the music of a courtesan within, Chang crosses paths with Tsing Yi (Damian Lau), a lone assassin-for-hire whose heart's not really into the murder business and

who spends his non-lethal time drinking himself into a stupor. In a moment I'll get to some of the elements of Woo's storytelling that are radically different from what one finds in similar films from the West, but I'm always amazed by the similarities between certain elements in Chinese kung fu films, Japanese samurai pictures, and American Westerns. We're always going to recognize the reluctant gunfighter (*Shane*, anyone?) and the conflicted killer who somehow winds up challenging the powers of darkness instead of joining them (your pick of Clint Eastwood characters). Because of the archetypes at play here, *King Lear* can become a samurai epic (*Ran*), *Yojimbo* can become *A Fistful of Dollars*, and John Woo can find a home in Hollywood.

Back to some plot threads. Master Kao, the young son of an older founder of a respected kung fu academy (I'm not sure that's the right word), has his wedding brutally interrupted by a rival master, the strapping Pak Chun-Tong, and his evil minions. Pak's the kind of guy who enjoys maiming and killing his own men, so he's not the best of wedding guests. He's even got his own version of the whole *Godfather* horse's-head-in-the-bed thing going. Long story short, bad things happen at Master Kao's place and he's suddenly in need of help to exact vengeance. Chang and Tsing Yi are the perfect choices; they just need to be convinced.

Things start to twist from this point onward. A rogue swordsman, Pray (Hark-On Fung), comes into town, itching to make a name for himself by taking out the Magnificent Sword. There's a second massacre at Master Kao's. Tsing Yi needs to settle some unpaid debts. A friendship is betrayed, and not betrayed.

And then there are the fight scenes—with fists, with swords, with lances, with fans, with chain-swords, with improvised flame throwers—that boggle the mind. If you translated all the fighting moves into the Labanotation used for dance, you'd probably have a document only slightly thinner than *War and Peace*. With at least a move a second, and some fight scenes lasting close to five minutes, you're looking at some 300 strikes & counterstrikes for one scene. Add in evil laughter, cool sound effects, and sweeping camera movements that put the viewer in the middle of everything, and one's attention is unlikely to flag. Realistic? Hardly. Engrossing? Oh yeah. This is isn't quite Mahabharata-level cosmic conflict, but it's heading there and there's some of the same ultimate sense of loss when the dust settles (or the blood coagulates).

There are a few things in *Last Hurrah for Chivalry* that let us know we're not in Kansas any more. For instance, Kao's sudden mastery of invisibility and unassisted flight. And the narcoleptic guy with the Sleeping Buddha Sword Steps who keeps dozing off and snoring while fighting off Chang and Tsing Yi. And the fact that the good guys, against all Western rules of hero ethics, often fight two on one against the bad guy. Your bona fides as a kung fu villain come from the fact that you're so evil it takes two heroes to bring you down.

Last Hurrah for Chivalry is not going to displace *Enter the Dragon* or *House of Flying Daggers* or *Crouching Tiger, Hidden Dragon* in the pantheon of all-time great martial arts films. It doesn't even make it into Danny Perry's *A Guide for the Film Fanatic*, still one of the best (if dated) guides to cult films anyone's put together. But what John Woo's film does offer is an unadulterated blast of Hong Kong cinema by a talented young director who would soon take the rest of the world by storm. There's a relatively recent DVD re-issue out that has feature interviews about the Hong Kong cinema of the time and the historical weapons featured in the film. As for me, I'm now trying to track down an even earlier John Woo film, *Hand of Death*, that featured the young Jackie Chan and Sammo Hung. By the way, you know that warning about not trying any of this stuff at home? Good advice.



Mount the New Steps, Open the Doors, Light the Lights.... It's Time to Start the Music!

by Sue Philp and Deberah Shears

Welcome to Harrison Memorial's 3rd annual summer concert series. On Saturday, July 13, at 7pm, we are delighted to welcome TANGERINE SWING. TANGERINE SWING started in Nelson in 2007 with dedicated musicians, Diane Ermacora, on piano and vocals, and David Mitchell, on stand-up bass. The horn and drum section varies, often using local talent.

Their repertoire includes classical, Broadway, country, jazz and blues in a fun and lively style. Diane has played piano since she was five, and her swing style will get your feet tapping. David brings a rock-blues history to his stand-up bass. Both musicians have classical and popular music backgrounds. Most recently, they were in the rhythm section in Nelson Opera Society's production of Jesus Christ Super Star.

Entering the church, you will notice our new steps. Your previous support has provided funding for their completion. Our next maintenance project is for good outside lighting.

Come and join us at Harrison Memorial Church, Crawford Creek Rd. in Crawford Bay. Enjoy the music, mingle with friends and neighbours during the intermission with complimentary sweets and beverages. Admission is by donation, with \$5 minimum donation suggested.

YOUR HALL IS AVAILABLE...

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

Booking info, Kathy Donnison @ 227- 9205

CRAWFORD BAY HALL

"your community hall"

A non-smoking facility.

The Riondel Golf Club Successful Father's Day Men's Tournament

Riondel Golf Club is happy to report
another successful Father's Day Men's
Golf Tournament.

Major winners were: Doug Kehler - Overall low gross, John Kehler Sr - Overall low net and Jason Kolodychuk - Overall Junior. Congratulations to all the other winners in Flights 1, 2, and Calloway.

We would also like to thank the following sponsors, who generously donated gifts or merchandise to the tournament: Anderson Construction, Riondel, Bob's Bar and Grill, Breathless Glass, Comfort Welding, Crawford Bay Store, The Golf Doctor, Home Hardware Creston, Kootenay Forge Ltd, Kootenay Insurance Services, Nelson and District Credit Union - East Shore Branch, Newkey's Pub, North Woven Broom, Overwaita Foods Creston, Riondel Market, Save-On Foods - Nelson, The Glass House, Van Hellemond Sports, Balfour Golf Club, Bootleg Gap Golf Club, Castlegar Golf Club, Champion Lakes Golf & Country Club, Christina Lakes Golf & Country Club, Creston Golf Club, Granite Point Golf Club, Kaslo Golf Club, Nakusp Golf Club, Rossland Trail Country club, Salmo Golf Club, Valley View Golf Club.

FOOTLIGHTERS THEATRE SOCIETY

by Brian Lawrence

What happens when you cross a U.S. Boy Scout, a feisty hotel owner, a less-than-trustworthy businessman and a group of man-crazy quilters? Simply, an evening of comedy fit for the whole family, when Footlighters Theatre Society kicks off its 19th season with *Headed South* from the Great White North.

Running July 11-13 at Prince Charles Theatre, *Headed South* tells the tale of Waldorf Inn owner Barbara Seville (played by Zoe Fenrick), who has only three days before wily Lynden Renege (Jon Smith) and his two henchmen (Greg Benty, Morgan Benty) throw her and her staff out in the street. As the end seems near, Asa Hearts (Jesse Moreton) accidentally stumbles across the inn on his way to Florida, offering a flicker of hope that all is not lost.

The play is the most recent in a long string of comedies, often melodramas, put on in the summer by the group. But this one is anything but typical, with songs and extra jokes added throughout.

"We expanded on the script and injected some modern humour into it," said director Jason Smith. "That's really allowed us to make this into something that will be fun for a wide range of people to watch."

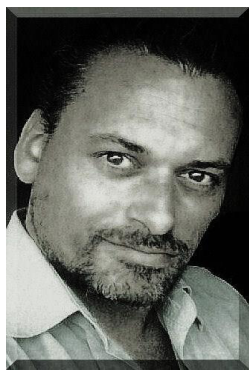
This may be Smith's directorial debut, but he's far from a stranger to the stage. His first Footlighters production was in *South Pacific* in 2007, and he's since played villains in two melodramas and *Aladdin*, and performed in the ensembles of *The Quest for Quasi* and *Annie*. And for the past four years, he's taken on the challenge of creating the sets for most productions.

"It thought it was finally time to direct," he said with a laugh. "It's been a challenge — particularly since this show has a cast of twenty — but it's so fulfilling to see my vision come to life."

Assisting Smith is Gill Wells, who recently made her Footlighters debut in the ensemble of *Annie*. She's always had a love for theatre, and has enjoyed the opportunity to try something new, as well as watching the actors grow in their roles — something the audience is sure to notice.

"They've put so much thought and energy into making their characters come to life," she said. "It's been a real pleasure to see how they've developed since we started rehearsals."

Tickets are \$10 for adults, \$8 for students/seniors and \$5 for children under 12, available at Kingfisher Used Books, Black Bear Books or at the door. Each performance begins at 7:30 p.m.



Kimberley Summer Theatre Bringing cultural vibrancy to the Kootenay region for 14 years

by Tony James

In Canada, from coast to coast, summer theatre performances of all varieties attract and embrace local residents and visitors alike. Such is the case with Kimberley Summer Theatre, in a significant and vibrant way each year. A seasonal opportunity for multigenerational audiences to come together for a professionally produced theatre experience where each can enjoy, not only the exciting live entertainment value of the productions, but also engage and learn about the company behind the presentation as well.

Kimberley Summer Theatre, established in 1997, is a not-for-profit professional charitable theatre organization located in the scenic town of Kimberley, British Columbia in the Canadian Rocky Mountains. The primary objective of the organization is to provide affordable but professional theatre for an international audience. As a leading summer theatre company, Kimberley Summer Theatre continues to build upon its reputation by blending local talented performers and volunteer personnel with professional performers and production staff from across Canada and beyond.

The company, led by a passionate board of directors, has built a significant foundation that incorporates both live performance and a comprehensive and interactive summer theatre school that nurtures the artistic and professional development of young aspiring artists. Throughout its history, Kimberley Summer Theatre has employed more than 300 performers and production personnel, produced over 25 plays and musicals and performed before tens of thousands of theatergoers making it one of the leading summer theatre organizations in Canada.

Highlights of past shows include *Sweeney Todd*, *Spirit of the Sullivan*, *Beauty and the Beast*, *The Glass Slipper*, *Pirates*, *Fool's Gold* (original work), *In the Money*, *You're A Good Man Charlie Brown*, *By Jeeves*, *The Butler Did It Singing* and *Lend Me A Tenor* to name just a few.

As Kimberley Summer Theatre embarks upon its 14th season it once again blends professional performers, from as far away as Montreal and New York City, with aspiring local artists, as young as 7 years old, for some very exciting performances this summer. These young artists, many of whom will be making their stage debuts, not only have an opportunity to be mentored by seasoned professionals, but an opportunity to showcase their talents to a local and visiting audience right in their home city. This in itself is a further example of how important the company has become within the theatre industry. It provides a platform for artists and production personnel to come together, in a collaborative manner, to entertain, educate, experiment and provide an experience for all to enjoy, both on and off stage. It is a family of creative artists united together to produce exceptional, top quality professional theatre that audiences can be proud to call their own. It is these fundamental values that make the theatre arts so integral to a community who has a cultural pulse and thrives on its appeal to locals and tourists to make it sustainable and ever-evolving. The Kootenay Region has proven itself to be a leader in this movement.

With significant cuts to arts and culture funding over the last several years, Kimberley Summer Theatre has relied heavily on the support of its members, donors, volunteers, audiences and local and provincial government granting bodies to keep it moving forward. Without this consistent generosity summer theatre couldn't exist. The need of an eclectic and versatile mix of arts and culture programming in the region has never been greater and Kimberley Summer Theatre is proud to be leading the cultural charge and enhancing the regions artistic landscape one season at a time.

Kimberley Summer Theatre is proud to offer audiences two exciting and entertaining productions this summer. First is the hit Norm Foster comedy *Self Help*. The story of a married couple, both second rate theatre actors, who cast them-

selves as nationally renowned self help gurus. Their lives unravel in a farce as they try to conceal a body and hold on to their falsely won fame. A smart and sassy look at love and the self help industry and what the couple will do to stay on top!

Next is L. Frank Baum's timeless classic *The Wizard of Oz*. The story of a young farm girl who gets swept away to the Land of Oz and embarks on a quest to see the Wizard who she hopes can help her return home. Featuring your favorite songs and a hilarious cast of characters, this classic musical is an unforgettable introduction to theatre for your young ones — and a joyous rediscovery for the child in all of us. A truly magical adventure for the whole family.

For information on the company, and the 2013 season, please visit www.kimberlysummertheatre.ca
Box Office: 250.427.4080 / Mon to Tues (11 – 3)
Saturday (12 – 4)

NDCU Donations

submitted by Susan Tesoriere



Sheri Haywood on behalf of the members of Nelson & District Credit Union presenting a sponsorship cheque to Geri Gomola of ArtWalk



Sheri Haywood on behalf of the members of Nelson & District Credit Union presenting a sponsorship cheque to Lorna Robin of Medley Day Camp.



Susan Tesoriere on behalf of the members of Nelson & District Credit Union presenting a sponsorship cheque to Sandra Bernier of the Tipi Camp.

Check out our new menu!

New Key's Place
250.227.6911

Nelson & Area Elder Abuse Prevention
Resource Centre

◆ 250-352-6008

◆ preventeldRabuse@sbdemail.com

◆ www.nelsonelderabuseprevention.org

◆ Drop-in Wednesdays 12-2pm

719 Vernon Street, Nelson
Nelson and District Seniors Coordinating Society

Starbelly Jam

Celebrates 14th Annual July 19-20-21 ...and you're all invited!

submitted by Lea Belcourt

That's right, this summer we are celebrating 14 wonderful years of showcasing exceptional local and international music side by side in little old Crawford Bay Park. Starbelly Jam has rightfully earned its latest moniker "the Kootenay's #1 all-ages festival", as we continue to strive to deliver substantial musical programming for all ages and musical interests... and this year is no exception.

Come on down to the park and take in the sounds of recently war-torn and in the process of recovery Sierra Leone, Africa with the **Sierra Leone's Refugee All Stars**.

The All Stars met in a refugee camp and began to play music to raise the spirits of their fellow refugees during the bloody civil war in the 1990's that changed their country forever. As fate would have it, they were discovered by a couple of American documentary film makers in the camp who were so taken with their story, they followed and filmed them for years as they moved from camp to camp, creating a riveting documentary which helped to kick start a miraculously successful international musical career for the band. The SLRAS deliver the message of "get up and dance" that many relate to African music along with the positive message of "optimism in the face of obstacles and the eternal hope of a better future." They will be playing a set on both Saturday and Sunday, as well as presenting an up close and personal workshop.

This year's line up has much to offer in the genre of world music. Be sure to also catch Mexico City's 9-piece ska/reggae band, **Antidoping**, as well as **Locarno**, an 8-piece Mexican folk/Cuban son/Latin soul band (Vancouver). Or, from a little closer to home, Creston's Saharan trance band, **Tiizak Hamra**, who have "reluctantly agreed to play for the infidels" at Starbelly Jam. All are bound to get you dancing up a storm.

If hip-hop is your thing, you are in for a treat as we have San Francisco's critically acclaimed hip-hop artist/producer, **Aesop Rock** coming to hit the Starbelly stage with his "dense and abstract wordplay" along with co-emcee collaborator, **Rob Sonic and DJ Big Wiz**. Also, from Los Angeles, California, rapping on the smooth side, we have **Droop Capone** (aka **Dr. Oop**) appearing at Starbelly Jam with Vancouver song bird vocalist **Tonye Aganaba** and Kootenay resident hip hop **DJ Rippel**.

This year's folk music selections are quite diverse, starting with **Kimya Dawson**, the Grammy winning, platinum selling anti-folk singer-songwriter - most

widely known for her work on the soundtrack of the film, JUNO and her former band, The Moldy Peaches. Kimya's work is described by Rolling Stone "straddling the line between precious and profound". Kimya will be performing a "regular" set and an extra-special kids "Alphabutt" set. Next we have Portland's **Shook Twins** back by popular demand but this time the identical quirky-folk duo will be backed by a full band. We are also very excited to present Cranbrook's all youth band **The Good Ol' Goats** who recently created a big

buzz by winning 2nd place in CBC's national Searchlight Competition. Speaking of youth, we are equally pleased that Nelson's jazz band, **Swing Theory**, comprised of 7 passionate students from LV Rogers Secondary School who just brought home a silver medal from the MusicFest Nationals in Toronto, will be joining us.

If you

are a bluegrass lover, please be sure to catch Seattle's new old time bluegrass duo, **Cahalen Morrisson & Eli West**, described as "two of the most innovative and subtle roots musicians today" who masterfully demonstrate how the old sounds can fit into new soundscapes.

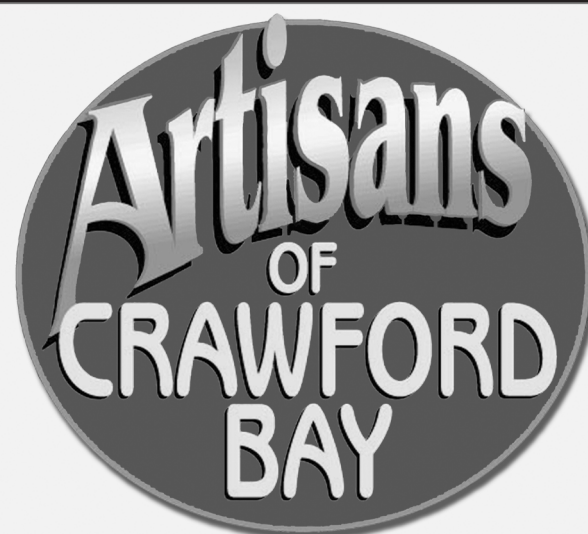
Rounding out our program with depth and diversity, we have Vancouver area's multi-instrumentalist **Shane Philip**, world fusion artist **David Yates**, and psychedelic roots/soul/folkster **Buckman Coe** (also back by popular demand with a full band), Nelson's alt rock/neo-soul band **Tofu Stravinsky**, and old school R&B band **Bessie & The Back Eddies**, and blurring the lines of analog and digital, Kaslo/Vancouver's **Moontricks**.

Presented with home town pride, we have the East Shore's own, **The Arcane Garden**, SLaP (**Samba Lago Profundo**), and appearing on stage together for the first time ever the **Tipi Camp Tribute Ensemble**.

Closing the fest this year, with their cross generational groove and socially conscious sound, we have Australian urban roots band, **Blue King Brown**, hailed by Carlos Santana as "The voice of the street and the band of the future!"

Of course we have a ton of activities and entertainment for your little ones this year. Please watch for the **Rainbow Cirque Tent** on the festival grounds where **Starchild Entertainment** will be gathering kids several times per day for shows and parades. Do some crazy crafting in our kids crafts area, visit the **Rainbow Country** bubble-blowing & misting station, and have some quieter time in our **Milky Way family tent**. You can find a full listing of kids entertainment and workshops as well as any other information you are looking for about this year's festival at www.starbellyjam.org.

We hope to see you there!



Meet the wood carver, the weaver, the broom maker, the enamelist, the potter, the blacksmith and more.

*A hotbed of creativity
~open every day*

info: 250.227.9467 or 9655 or 9245

www.artisansofcrawfordbay.com

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Judy @ 250-223-8664

	East Shore Express
	<i>Delivery Service To & From the East Shore</i>
	Call to Arrange for Pick-ups
<i>Sean O'Malley</i>	
Courier Service	Shopping Service
250.227.9023	250.354.3013

Check out our new menu!

New Key's Place
250.227.6911

**Next Deadline:
July 24, 2013**

www.eshore.ca

mainstreet@theeastshore.net

BOOK REVIEWS

by Tom Lymbery

FISHING THE COAST - A Life on the Water, by Don Pepper, Harbour Publishing, 223 pages, \$24.95.

Commercial fishing on the BC coast has long been a hazardous and mostly profitable profession. This book tells us more of the actual physical effort needed, even with today's mechanical and hydraulic equipment.

Growing up in Alert Bay at the north of Vancouver Island at the age of 14 the author started gillnetting sockeye with a 16 year old friend, earning \$2 for his first night's fishing. After helping make a purse seine net in a net loft he writes of the challenges of finding salmon in a lively and informative manner. Working in the confined spaces of earlier boats, the crew had to get along with each other – without the camaraderie fishing success would not have been possible. This is a very readable book, detailing the changes to the equipment used to net large quantities of salmon and herring.

A WILDERNESS DWELLER'S COOKBOOK - the Best Bread in the World and Other Recipes, by Chris Czajkowski. Harbour Publishing, 96 pages, \$14.95.

Chris established a very isolated ecotourism resort, only accessible by float plane, so had to do all the cooking for her guests. Not only did she have to cook but build the stone ovens she used for baking, so this book has as much instruction on wood fired oven construction as it has recipes.

She writes a very readable book - you can read this cover to cover as it is more story than recipe.

HERITAGE APPLES - a New Sensation by Susan Lundy, publisher Touchwood Editions, 220 pages, \$24.95

The varieties of apples available have diminished with commercial growers only producing a relative few as they market only the reddest and shiniest. However there are many people who relish the flavours and unusual shapes of older, not mass market species. Probably the most popular of all is the Gravenstein which is exceptionally juicy and makes the best pies.

Susan Lundy has researched many growers on Salt Spring Island, for instance, where there are apple festivals as well as knowledgeable specialists who can come close with identification of fruit grown on trees that may have been planted a hundred years ago.

What is your favourite apple? Mine is the Jonathan which is tasty as well as a good keeper – we would store ours in the root cellar and by sorting we could still have fruit until the following September. After such long storage it was not so crunchy but just as good for apple crumble desert.

This book pictures many that you may have tasted years ago, so it can help with identification. Unusual apple recipes are included, such as Apple Spinach Tart. Many heritage apples are grown especially for cider and there is a full chapter on the special ciders that are produced from these. A far cry from the apple pressing we used to do – fill a barrel with juice and let the fermentation take over. It changed day by day as the fermentation proceeded, eventually turning to vinegar.

This book refers you to Widow Smith of Spence's Bridge which lists many successful apple varieties that she grew and won prizes with. This book is a good read and is in our stock at \$12.95.

It's a Small World After All

by Anna Rose

BOOK OF THE MONTH: *A Long Way Gone: Memoirs of a Boy Soldier* by Ishmael Beah. 2007, Douglas & McIntyre, 229 pages, non-fiction

This book was chosen to connect with the headliner band at this month's Starbelly Jam, **Sierra Leone's Refugee All Stars**. The band was started by musicians who in 1997 left a six-year-old, brutal civil war in Sierra Leone for a refugee camp in neighbouring Guinea. At the end of the civil war in 2002, they returned to Sierra Leone to use their music as a positive influence on the people there as they struggle to return to normalcy, and on audiences everywhere they tour.

Ishmael Beah also left Sierra Leone in 1997 for Guinea but only as a way station on his way to New York. As a rehabilitated child soldier he was at high risk of being re-recruited into nightmarish violence or being killed if he refused. This book is his way of using his war experience in a positive way, to raise awareness of how children in some countries are forced to become soldiers yet remain resilient enough to benefit from rehabilitation. He was speaking on these topics even before leaving the rehabilitation centre, but believed the book format could give a deeper appreciation of child soldiers' experiences. He hopes that compassionate awareness of the realities will result in more funding of non-government organizations working in rehabilitation and more will at the international level to develop and support written standards.

The author is from a culture where story-telling is highly valued, and it shows in his writing. Poetic imagery of the sun and moon, trees and birds occurs throughout, with slight changes to keep the visions fresh. The flow of the story reflects the quality of his awareness at the time of the events, starting with his flight from the conflict being vividly described as if in a daily journal. His two years of active fighting are given more spotty coverage, befitting a brainwashed, drugged child soldier hardly aware of what he is doing, while the narration of his rehabilitation is punctuated by flashback memories.

Beah powerfully conveys many moods: camaraderie as a band of boys separated from their families journey together through the countryside, horror and grief as they witness senseless killing, fear as they are pursued by suspicious villagers, and appreciation when strangers do help. Numbness and compulsion predominate his soldiering years, while anger and confusion flavour the early part of his rehabilitation. Hope and trust emerge at the end of his rehabilitation and in his stay with an uncle's family. Despair threatens to return when the uncle dies and rebel fighting comes to the previously untouched capital city where they have been living. Determination triumphs as he seizes an opportunity to live with a woman he met previously on a UN-sponsored trip to New York, who becomes his second mother.

The violence described makes this book not suitable for every reader, but perhaps knowing a happy ending is coming (for this one boy soldier) will encourage some who aren't sure of their ability to bear the harsh parts to begin and finish a truly memorable book.

Riondel Library News

by Muriel Crowe

We look forward to seeing many of you at our annual book sale on August 3 and 4 in the Riondel Community Centre. Again this year the funds raised will be paid into the Community Centre Repair Fund. We have hundreds of books of all shapes, sizes and genres as well as some jig saw puzzles and VHS tapes.

We are pleased to participate in the young readers event sponsored by the Riondel Parks Board. The forms are available in the library and those under 18 years have a chance to win one of several prizes. You choose which books you want to read and keep a record for a chance to win. We already have some very young readers involved.

There is a promise of hot dry sunny weather in the near future as I write this. That definitely means hammock time, long cool drinks and several or many good books. No time to read as there is too much work to be done? Remember your younger days and cover that good novel with the book jacket from a how-to book then pretend you are preparing to work. Have a wonderful summer and enjoy Riondel Days.

*Next Deadline:
July 24, 2013*

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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

E-mail: mainstreet@theeastshore.net

** ADVERTISING RATES

\$35.00 - 3^{1/4}" wide by 1^{3/4}" high

\$40.00 - 3^{1/4}" wide by 2^{1/2}" high

\$45.00 - 3^{1/4}" wide by 3^{1/4}" high

\$50.00 - 3^{1/4}" wide by 4" high

\$55.00 - 3^{1/4}" wide by 4^{1/2}" high

or 6^{3/4}" wide by 2^{1/4}" high

\$65.00 - 3^{1/4}" wide by 6" high

or 6^{3/4}" wide by 3" high

\$85.00 - 3^{1/4}" high by 9" high

or 6^{3/4}" wide by 4^{1/2}" high

\$100.00 - 3^{1/4}" wide by 10^{3/8}" tall

\$130.00 (quarter page) 5^{1/4}" wide by 7^{1/2}" tall

\$150.00 (third page) - 6^{3/4}" wide by 7^{1/2}" high

or 3^{1/4}" wide by 14^{1/2}" tall or 10^{3/8}" wide by 4^{1/2}" tall

\$225.00 (half page) - 10^{3/8}" wide by 7^{1/2}" tall

\$400.00 (full page) - 10^{3/8}" wide by 14^{1/2}" tall

Sample Sizes - more sizes available.

Column Width: 3^{1/4} inches - double column width:

6^{3/4} inches - full width: 10^{3/8} inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

** 30% MORE FOR COLOUR ADS**

*Creativity/Community
Conscience*

Something To Ponder

by Bill Gooding

Come with me, for just a moment. Let's flip the pages of history and gaze at day that stretches across time itself and gives us a glimpse of our God that defies our imagination.

The day is actually a holiday, and in the streets of Jerusalem a rough, even raucous crowd begins to gather. Finally, Pontius Pilate, although very ill at ease (he washed his hands publically declaring he was 'innocent of this man's blood'), has surrendered to the demands of the Jewish leaders and sentenced Jesus to death by crucifixion. The soldiers responsible for carrying out this execution literally push their way through the crowds of people.

There are three men to be executed, and one of them stumbles as he is exhausted. He has been kept awake all night, with no food or even a drink and gone through a succession of trying events. He stumbles and then falls under the weight of a heavy crossbeam. The lack of sleep, the lack of any nourishment and the loss of blood from his lacerated back is simply too much. The executioners grab a black man passing by, 'You'll do; carry his cross.' A few moments later they arrive at a place just outside of the city walls and the crowd gathers to watch the injustice of the ages with admittedly mixed feelings and emotions. Holes are dug out for the crosses to be placed into, then the crosses are laid in the ground and the three men are made to lie upon them. Long iron stakes are then nailed through their ankles and their wrists. I, for one, cannot even begin to imagine their agony. I have no doubt that the two criminals struggled, cursed and swore, yet Jesus uttered a prayer: 'Father, forgive them, for they know not what they are doing.'

It is indeed a grisly task as the soldiers lift the crosses one at a time and they make them fit into the holes they had dug. All three men are now exposed, suspended beneath earth and heaven, pushing up with their nailed feet to gasp and get a breath, every nerve ending in complete agony, waiting for death. But there is no quick death - they simply hang there, the anguish indescribable. The heat is unbear-

able and the flies come round looking for something to feed upon. If you can picture this scene in your mind, or even more see your God and mine there on that cross - how can anyone of us say it does not matter?

The cross: simply an instrument of execution, a hangman's noose, an electric chair, a bed with straps and an injection needle, and yet it is there we see God, the Father who was in Christ reconciling the world to Himself. The cross with the two arms of Jesus stretched out, the stakes in His wrists, your sins and mine, stretched out to embrace and enfold all of us, to bring us forgiveness and peace and comfort, and hope. I can only speak for myself. The scene staggers me and in those tough, trying and difficult days that inevitably come our way, and I feel rejected, misunderstood, used and unloved, a quick turning of my thoughts and looking at that cross at Calvary clearly reminds me of just how much I am deeply loved.

The resounding call to each one of us by Jesus has been going on to every being who ever drew breath. It has been estimated that 1.7 billion people have responded just in our day and that is lying aside all other generations. And this is my challenge and yours. Why? Because Jesus has made it very clear, indeed, that our destiny after death depends upon our decision. And as I have said earlier no decision regarding Jesus is a decision. I cannot even begin to tell you how important that decision is. We, each and everyone one of here on the East Shore, all clearly know in our minds, hearts and from our own life experience that there are always consequences to the choices we make in our lives. So as a Christian, and as a pastor who has experienced the unfathomable grace and mercy of God in my own life, and as a church who cares for us here on the East Shore, I must be clear. I ask you to consider the evidence and the truth we share with you and to understand this: Jesus spoke about heaven and hell quite often and made it crystal clear that He was the only way, 'and no one came to the Father except through Him.'

So here it is, and I ask, even urge you to think this through and then make your own decision. Do not be swayed by what others may think or believe. Think these truths through and make your own decision. Why? Because reality is that you can be safe, secure, even full of peace in the face

of your death, with a future that God says you and I cannot even begin to imagine, or you can be lost, facing the judgment of God.

Why judgment you ask? Simply stated, when one chooses to ignore Jesus Christ and His SUBSTITUTIONARY SACRIFICE, you are simply saying, "Sorry, not for me. His death and suffering on that cross is meaningless to me and is not relevant in my life."

But the cross is a fact and truth of history. So we proclaim to you all that your sins are forgiven, but remember that forgiveness is costly and always, always involves two parties. Any debt (sins and transgressions) remain with you unless you cash the cheque (Jesus on the cross) you have been given is used to pay for them. Access may indeed have been given, but if you do not take it you are out of touch with your God. Pardon may be offered but it has to be accepted otherwise it is quite void, and one would be a fool to ignore it. You cannot say "how wonderful" and then ignore it. And obviously it will do you no good to tear it up and throw it in the face of our God, and yet some people do just that.

I urge you to consider the truth - that our God sets such a high value on each and every one of us that He died to reconcile you and I to Himself and even more actually comes to live in us, and that you and I are of such worth and precious to Him that our lives immediately gain value and what we have all been searching for - PURPOSE. And that is to know God and His unfathomable love for us. This astounding truth is clearly revealed in an account that took place in Penang Prison where eight men waiting to be executed by death by hanging were visited by a Christian pastor a number of times, the last only hours before the actual hanging took place. Their lives on a human plane were about to end. He shared the Good News of Jesus Christ bearing their sins and transgressions in a simple and effective way. The response from seven of the eight were positive and they accepted Jesus as their Savior and Lord. The seven prisoners then wrote a profound letter to their visitor.

Our dear Rev. Khoo, We do thank you from the bottom of our hearts for all you have done for us. You were everything in our hour of need. You were the beacon that guided us to the haven of Jesus Christ. You taught us to have unquestioning faith in God's Word, to pray to Him, and to ask for His forgiveness. During these last agonizing months of mental torture till now we stand on the brink of death, at the very edge of eternity, you have given us so much of yourself in selfless devotion. It is through you that we now look death in the face with courage and calmness, for we doubt not God's promise of forgiveness by the simple act of belief and acceptance. We KNOW that in three and a half hours time when we pass off from this earth, our Lord and Savior Jesus Christ will be waiting with open arms to lead us to our new home in the house of the Father. ...With our dying breath we once again affirm to you our undying gratitude, gratitude that will transcend even death itself.

Some people say and I'm sure you have heard it that you cannot change human nature. This dramatic letter proves otherwise. And even Jesus Himself says, "changing human nature is my business."

And I can say to you that is what he did for me, and you too can share in this life transformation. It's beyond words, but you can experience this for yourselves. We pray that you consider what we have shared and will choose to journey with us in our discovery of God's amazing love and grace.

Next Deadline: July 24, 2013



pebbles by Wendy Scott Because We're Canadians

I've heard the phrase several times in the last few weeks; often, obliquely, referring to opinions from other countries; sometimes, specifically, referring to a particular province or city. Over the last week I've seen and heard Naheed Nenshi, mayor of Calgary, give directions while at the same time extolling the merits of Calgaryans. And rightly so. The people of so many Alberta towns, including Calgary, Red Deer and High River, have been the victims of a devastation rarely - if ever - seen in that province. Albertans in general, and indeed the rest of Canada, have reached out with help, with prayers and with whatever expertise is available to assist with food, lodging, muscle power, and comfort.

When a city official, like Mayor Nenshi, can spend many very long days and interminable nights guiding and assisting the people of Calgary, and can also go online as part of the Calgary International Children's Festival, and read a story like Pete the Cat: I love My White Shoes - I think that says something important, not only about the mayor, but the people of Calgary, who elected him, and who acknowledge, and share, his priorities.

Here in Riondel we, thankfully, have no flooding, but our solstice skies were a bit damp this year, which brought astonishing results in some gardens. I

heard that beanstalks shot almost overnight from knee height to well over a person's head. Of course there was abundant growth not only in the carefully planned and attended borders and beds, but also in that wide expanse of vigorous grass; the exuberant buttercups; sweetly scented clover; copious violas. Also stretching to unheard of heights in back lanes and boulevards the bright orange faces of hawk weed reach valiantly to pass tall wild grasses. Roadsides and highways brilliant with persistent Scottish broom were softened by the purple, mauve, and pink, of tall lupines, and just stepping in, the white crowds of swaying, cut leaved daisies.

But Riondel - in this little southeast corner of Canada's westernmost province is more than gardens; it's more, much more, than buildings, roads, churches, and beaches. Riondel is people. The Riondel website says, Riondel is about People. It's about neighbours, friends, and relatives; adults, children, grandparents and the very young. Some say we are isolated and remote. This is true, but we are never remote from our friends and neighbours. Never far from an outstretched hand.

This town began with the gleam of silver. The pioneers who arrived to build a townsite planted the seeds of determination, cooperation and friendship that have continued past the century mark to define the meaning of this place - this spot in the corner of BC that has not remained a secret, but has welcomed many, many more.

This is our piece of the panoply that is our country. Our Canada. Colour, Race, Creed - it does not matter; we are all here because we're Canadians, and because Riondel is our home.

Subscribers: Did you know?

You can buy a one year digital subscription and get your newspaper online, nearly a week before it comes out in stores! Go to www.eshore.ca and click **Subscribe!** Then follow the steps to purchasing a digital subscription. A link will be sent to your inbox once a month and your fresh, new **Mainstreet** is a click away.

The East Shore Health Society Needs Your Help

by Anna Rose on behalf of the Sub-committee of the East Shore Health Society, for Nursing Services

We believe there is a problem with the level of nursing services currently available to East Shore residents but we need your help to prove it. Over the next few months, a sub-committee formed at the annual general meeting on June 13 will be gathering information. This will include demographics, reports of nursing needs you had trouble getting met, and your thoughts on basic nursing care you might need in future years of living here. A report will be made to the Board of the Society, which will then decide how to proceed.

Interior Health discontinued the East Shore Community Health Nurse position, which was nearly four days per week, on March 31. IH said the demand for "home health services" did not justify that time. Thanks again to everyone who wrote or signed letters expressing concern. As it was explained to us in a letter from Cheryl Whittleton, printed in the April edition of the Mainstreet, IH thought "appropriate home health nursing services" could be provided in an outreach (Nelson-based) manner, "once or twice a week or more frequently depending on the number of clients". There would be no set number of hours per day or week. A phone number was given for asking if you might be eligible for nursing visits, doctor's referral not required.

We believe there is a broader range of nursing needs beyond what may qualify for home visits. We believe we still need a nursing presence in the Health Centre as part of the health care team, whatever official title IH gives to that sort of nursing position.

Brief reports of your experience getting nursing needs met since April 1 would be greatly appreciated, answering the following questions:

- What health condition did you need nursing care for?
 - What kind of care did you need a nurse to give, and how often?
- Were you able to get the nursing care on the East Shore?
 - If not, what did you do?
- Optional – what is your age and do you live alone?

Tell us your experience or your concerns about future nursing needs by talking to a committee member in person, phoning one of them, or sending an email to vmayers@theeastshore.net. We hope to have a postal mailbox soon. Current members:

Verna Mayers-McKenzie (250) 223-8474
Kathy Donnison (250) 227-9205
Anna Rose (250) 227-9155
Carol Johnson

Thank you in advance for your help in working towards improving health care for all of us on the East Shore.

Notice of Passing

George Boulanger Choquette

December 24, 1917 - April 13, 2013



Sadly George passed away after a short illness at St. Josephs Hospital in Comox, B.C.

He was predeceased by his mother and father, Yvonne and Arnold Xenon, his first wife, Joan, his brother Arnold, and his eldest son, Rick. He is survived by his loving wife Evelyn and his children Wayne (Susan), Chris (Marta) and Susanne (John), his grandsons Baird and Travis, and his step children and their families in New Zealand and Australia.

George was born in Calgary, Alberta and grew up in the local area. He served overseas in the Second World War from 1939-1945, where he met Joan. They returned to Calgary where they raised their four children. In 1965, they moved to Ledlanet Ranch in the Kootenays. George was a self taught petroleum geologist and as a consultant worked extensively throughout Canada. He loved anything to do with fossils and rocks.

One of his passions was sailing, which he learned on Kootenay Lake and later challenged himself on the waters off Vancouver Island. He moved to Point Roberts and later Comox to be closer to family and the ocean. He met his current wife in New Zealand when sailing there.

Donations can be made in memory of George to St. Joseph's Hospital. George's family would like to sincerely thank the doctors and staff at St. Joseph's Hospital.

Remembrance Garden

by Wendy Scott

You can blame us entirely for the heavy rain. We decided it would be wise to arrange regular watering for the up-coming hot summer. Nicola Smith was experienced in the care and nurture of gardens and she agreed to take on the job. It was nice to see the hoses laid out on a regular schedule and doing what hoses are meant to do. But after two sessions of good soakings, you guessed it – the rains came.

Sorry about that, but we certainly do have nice green gardens now. And the sun will return. Of that you can be sure.

When the sun shines, the garden is cool and comfortable. On a rainy day, it is also a pleasant place to be.

Come in, look around, there are memories here. Let us know if you would like to add some of your own.

Plaques: Wendy - wmescott@gmail.com
250-225-3381

Shrubs: Muriel – mcrowe@bluebell.ca
250-225-3570

Notice of Passing

Hildegard Rosenberg

December 29, 1928 - June 8, 2013

Hildegard passed away peacefully in her sleep at Kootenay Lake Hospital in Nelson at the age of 84 years after a severe bout with cancer.

She loved her flowers and birds and enjoyed the beauty of nature. She is sadly missed by Hans, her children, grandchildren, great-grandchildren, extended families and friends.

Thank you to Dr. K. Bridger, Dr. Tuval and the third floor nurses and staff of Kootenay Lake Hospital for their compassion and kindness shown to Hildegard during her illness.

Nelson & Area Elder Abuse Prevention Resource Centre

◆ 250-352-6008

◆ preventeldRabuse@sbdemail.com

◆ www.nelsonelderabuseprevention.org

◆ Drop-in Wednesdays 12-2pm

719 Vernon Street, Nelson
Nelson and District Seniors Coordinating Society

Notice of Passing

Barry G.L. Jeffery

1931 – 2013

Barry Jeffery passed away peacefully on May 19, 2013 at his home in Creston B.C. The son of William and Ida Jeffery, Barry grew up in Calgary and spent 27 years working at the Calgary General Hospital. Barry is survived by his loving wife of 62 years, Edna, and their sons Gord (Pat), Mike (Ivy), and Paul (Darlene). He was "Papa" to four grandchildren and three great grandchildren.

Upon retirement Barry and Edna moved to the Creston Valley and enjoyed many wonderful years living in Boswell and Creston.

At Barry's request no funeral was held.

We have RICE BOWLS!

New Key's Place
250.227.6911

Notices of Passing

submitted by Tom Lymbery

Erna Kayaks passed away May 29, 2013 at 93 years of age. She and her first husband Oscar Kirschner purchased the two story Benthien home on Anderson Road in Gray Creek. After Oscar passed away she built a new home at 14970 Highway 3A, later moving to Creston.

David Wiklund passed away June 8, 2013 at age 73, at Creston. David grew up in Boswell and spent much of his life logging with his brother Ed Wiklund. However his greatest interest was mineral exploration and he enjoyed checking out the Thomas Wall claims up La France Creek and many others.

Jim Osborne passed away June 8, 2013 at 74 years of age. He was a school teacher in Creston, also running a business with his wife Dee called Water, Wind and Fire. Their home on the lake is just north of Mountain Shores.

SUNSET SEED COMPANY



Your Complete Farm,
Garden & Pet Care
in Creston, BC
250-428-4614

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

Asana of the Month

by Jayanti Holman

Marichyasana 1 - Sage Twist Pose



Description - Getting into the Pose:

- Begin seated with legs out stretched in front of you, in Dandasana
- Keep the left leg firm, bend the right leg, drawing the right heel close to its own thigh and to the left thigh, placing the foot on the floor pointing toward the left foot.
- Place your right hand on the floor behind your right hip and slide your left leg forward on the floor a few inches (this helps initiate the twist from the base of your spine).
- Inhale, and lengthen up through your spine
- Exhale, turn your torso to the right wrapping your left arm around your right knee.
- Inhale, and lengthen up through your spine
- Exhale, draw the left elbow to the outside of the right knee palm open and finger tips to the ceiling.
- Breathe, turn and gaze over your right shoulder.
- As you inhale, lengthen, and as you exhale, twist more deeply. Hold for 3 – 5 breaths
- Repeat on the other side

Focus while in the poses:

- Keep the straight leg anchored to the floor.
- Maintain a well-elongated spine.
- Lift the chest & sternum, draw the belly in and up.
- Soften the face muscles and relax the breath.

To come out of the pose:

To come out of the pose:

- Inhale, unwind and come to center

Modifications:

- Keep left arm wrapped around knee
- Sit on a folded blanket

Easier

- Bend your left arm and take it around the back, bend right arm and take it around your back to grasp your left hand.
- Have armpit of left arm pressed into the bent knee

More Challenging

Benefits:

- Gives strength flexibility and fresh blood to the spine and discs
- Strengthens the nervous system
- Increases shoulder joint movement and removes hip pain.
- Tones and removes sluggishness of liver and spleen
- Massages abdominal organs and increases digestive fire.
- Removes abdominal fat
- Strengthens reproductive glands

Contraindications (Indicates when it is not recommended to do this posture):

- Do not practice holding during Menstruation
- Headache, migraine or insomnia
- Diarrhea or dysentery

Reflections:

- When I feel squeezed and twisted in life, can I still soften and take a full breath?
- In what way can I be like a sponge and absorb all that is around me?
- And, when do I soak up more, and when do I squeeze myself and be empty?

Counter Pose:

Baddha Konasana – Reclining Bound Angle Pose (reclining with soles of feet together, knees out to the sides resting on the floor or pillows)

Precautions Can Reduce Risk of Rabies

IHA press release

Summer is here. Planning to do some spring cleaning? Bringing your summer gear out of storage? Heading to the great outdoors to open the cabin? It's important to know that activities like these can result in contact with bats, the primary carrier of the rabies virus in B.C.

Rabies is a very serious disease that affects the nervous system. If not treated in time, rabies is almost always fatal. Last year, 39 people in the region were treated for potential exposure to rabies. Treatment, involving a two week long period of vaccinations, must be administered as soon as possible after exposure.

"Between four and eight per cent of the bats that are tested after coming into contact with people are found to have the rabies virus," said Jennifer Jeyes, Communicable Disease Specialist with Interior Health. "Most bat-human encounters occur when bats get into houses or summer cabins, usually through open windows, doors, chimneys, or narrow cracks. Attics are a favourite bat refuge. If you come into contact with live or dead bats, it is very important to avoid touching them."

Interior Health advises that all contact with bats should be taken seriously.

"Anyone who has come into contact with a bat should call the local public health unit or their doctor right away even if you can't see bite marks or scratches," said Jeyes. "Bats have tiny sharp teeth and claws, so scratches or bites may not be visible but could still be there. People should not wait for symptoms to appear. Get checked out as soon as possible – early treatment is crucial to prevent the disease from progressing."

Interior Health offers these tips to protect yourself:

Prevention:

- Do not touch live or dead bats. Parents should tell their children not to play with or touch bats.
- Make your home or cabin "bat proof". Keep doors and windows closed, make sure window screens don't have any holes, and keep the attic area free of bats by keeping all vents properly screened and by closing off other openings.
- If you find a live bat in a room of your home, open the window and close interior doors until the bat leaves.
- Seek professional bat-control advice (from a pest control or wildlife specialist) if your home or workplace or is inhabited by bats.
- Avoid locations or activities where bats are likely to be found (e.g., caves).
- If you have a pet dog, cat, or ferret, make sure they are vaccinated regularly against rabies. Pets that were born and raised in B.C. pose a very low risk of transmitting rabies to humans; however, vaccinating your pets will protect them from rabies.

If you have been bitten or scratched:

- Thoroughly wash the wounds with soap and water.
- Contact your local public health unit or family doctor immediately.
- Call a wildlife or pest control company to capture the bat. If trying to capture the bat yourself, avoid contact by wearing leather gloves, a hat, long sleeves, and pants.
- Safely contain the bat in a secure covered container to prevent others from being exposed. Keep the bat in a safe location until Public Health can arrange to pick it up and test it for rabies.

When traveling abroad:

- In B.C., bats carry the rabies virus and other animals are only rarely infected. In other parts of the world rabies can be carried by other species. Be aware of the risk of rabies in the country you are visiting.
- If you were bitten by an animal and started on the rabies vaccine, keep all documentation you were provided. It will need to be reviewed by Public Health when you return home.
- Note the type of clinic or hospital you visited. This information will be used by Public Health to determine if you received the same standard of protection that you would have received at home.

For more information:

See HealthLink BC File #07 at <http://www.healthlinkbc.ca/healthfiles/hfile07.stm>

July 2013 Mainstreet 21

EAST SHORE PHYSIOTHERAPY



Anna Rose
BScPT

- Full Assessments
- Home Programs
- Gentle Treatments

Health Center, Crawford Bay

(250) 227-9155

Massage Therapy Harreson Tanner, RMT Over 30 years clinical experience



* Knowledgeable * Skilled * Experienced

For appointments, call 227-6877/505-6166

East Shore



Fitness Place

Located above Crawford Bay School gym -
second right on Walkley Road.
Elevator available if steps are a problem.

Summer Hours

8 to 10am & 6 to 8 pm
Monday to Saturday

Questions answered at:
thefitnessplace@theeastshore.net

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370
NORTHSTAR CRESTON - 1-800-551-9351. Full service 8-bay shop featuring Goodwrench Service - \$41.95, genuine GM & AC Delco parts. Full line of major tire brands featuring: BF Goodrich, Michelin, Uniroyal, Hankook, Goodyear and Firestone brands.

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES

HULLAND AND LARSEN CONSTRUCTION - experienced residential construction & custom finish work. 250.551.2915 or 250.505.3570. (see ad in contractor section)

JB (JUERGEN BAETZEL) CONSTRUCTION: Over 15 years experience, strong work ethic. Foundations to Finish (concrete, framing, roofing, drywall, siding, flooring, finish, carpentry, tile setting, some plumbing & wiring knowledge) 250.227.9246 or 250.551.7697.

MARK JOHNSTON CONSTRUCTION LTD. Ph: 250-227-9583, email: markjohnstonconstruction@gmail.com

MATTHEW SMITH BUILDER - Trained/Certified Heritage Restoration and Conservation. Carpentry and woodworking services. matthew.smith.builder@gmail.com or 250-505-2305.

THE GREEN MACHINE - Excavation, Landscaping, Installation of Waterlines. Ph.: 250.225.3485

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

PERSONAL CARE/HEALTH

A TOUCH OF ALOHA MASSAGE - (Leeza Trione) will be at Kokanee Springs Resort, offering Hawaiian Lomi-Lomi, Deep Tissue, Sports, Shiatsu, Reflexology, Cranio-Sacral. 13 years experience. Local rates available. Call 250.227.9226.

ACUPUNCTURE - Christine Peel R.Ac. 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.

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

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

FINGERPRINTS AND HAND ANALYSIS - P. Danielle Tonossi IHA. Discover your Life Purpose and what it takes to live it fully or host a Self-Discovery Hand Reading Circle. My expertise is at your service - 250-227-9478. Info: www.crystalgardenspirit.com
FIRST CONTACT EAST SHORE MIDWIFERY - Sylke Plaumann, registered midwife. 250-227-6846.

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

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct referral req'd. Call: 227-6877/cell: 505-6166.

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

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

WELLNESS AND MASSAGE FOR WOMEN - Geraldine Alter and Pierre Blanc, European professional therapists, over 15 years of practice. Reflexology, deep tissue (European method), spine massage with specific oil, relaxing massage, Reiki, hot and cold stone therapeutic massage. 250-227-9890

RESTAURANTS

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.

Sunnywoods Farm
 Your East Shore Garden Centre

Bedding plants, hanging baskets & perennials now in!



- West Coast Seeds
- Soils, soil amendments
- Pots, planters
- Trees, shrubs, bedding plants
- Huge seed selection
- Fresh produce

Now in: local beef and pork!

Open Daily, 10-5
 15964 Hwy 3A, Crawford Bay
 250-227-9506

CLASSIFIED SECTION

BUS. ANNOUNCEMENTS

Sirdar General Store: A unique place to shop on Duck Lake. 2013 - 2014 Fishing & Hunting Licences, Tags & Regulations plus CVWMA Fishing & Hunting Permits. Tackle, Groceries, Creston Valley Bakery Breads, Buns, Squares, Muffins, Pastries, Island Farms Milk products, Ice Cream Treats & Popsicles, Chips, Peanuts, Chocolate Bars, Soft Drinks, Water, Juices, Energy Bars & Drinks. Greeting & Post Cards, Local Crafts & Souvenirs, Mosquito Repellent, Sunscreen Lotions, Ladies & Men's Straw Hats. Post Office & Faxes. 8050 Hwy 3A Phone 250-866-5570, Fax 250-866-6811. Happy Canada Day!

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

BUSINESS SERVICES

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

EVENTS/WORKSHOPS

Astrologer Michael O'Connor: Coming to the East Shore, offering in-person readings. 1 hr - \$100, 90 min - \$140, 120 min - \$175, Barefoot Handweaving in Crawford Bay. Also... July 10, Visual Presentation: "What in the Stars is Happening on Earth" - Crawford Bay School - 16159 Walkley Rd - \$10. (Discounted if you book a reading). Call Michael

22 Mainstreet July 2013

to reserve appointment www.sunstarastrology.com, sunstarastrology@gmail.com, 250.352.6871

GARAGE SALES

The Purple Door will be running garage sales at it's old location in Riondel as soon as weather permits and we can organize it. Everything from old stock to "Stuff" we have been gathering forever. Even old cars and manuals. Look for ads in the *Mainstreet* as well as road signs.

NOTICES

Can't afford to send your child to Medley Day Camp? Please apply for a bursary. Simply have your child write a letter (Box 22, Crawford Bay, V0B 1E0) or send an email (info@medleydaycamp.ca) telling why they would like to come to the camp, and give us an address or phone number to get back to you. Bursaries are sponsored by the East Shore Branch, Nelson & District Credit Union. Medley is happening July 15-19, 8:30AM to 4:00PM, for ages 8-108. Younger children are welcome but must be accompanied by an adult at all times.

Penny Drive - Bring all your pennies to the Forge & Furnace Gallery in Crawford Bay (Kootenay Forge downtown). We will not only turn them into works of art, we will donate double their value to help local children attend the Medley Day Camp in July. 250-227-9467

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

Next Deadline:
 July 24, 2013
 www.eshore.ca

Riondel Days Family Festival



AUGUST 2-4, 2013

- Slow Pitch Tournament
- Bingo - Parade
- Art Show - Book Sale
- Much More Fun

...Watch posters for details

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel
 Phone: 250-227-9246 Fax: 250-227-9264
 Box 140, Crawford Bay, B.C. V0B 1E0
 E-mail: mainstreet@theeastshore.net

**** ADVERTISING RATES**

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

Sample Sizes - more sizes available.
 Column Width: 3 1/4 inches - double column width: 6 3/4 inches - full width: 10 3/8 inches
 Services Directory: \$5/month, up to 3 lines.
 Classified Ads: \$5/first 30 words, 10¢/word after the initial 30.
**** 30% MORE FOR COLOUR ADS****

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.
Interior Health Authority, Community Care Nursing and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR July 2013

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.

July 2, Tuesday - Dr Grymonpre
July 3, Wednesday - Dr Moulson
July 4, Thursday - Dr Lee
July 9, Tuesday - Dr Grymonpre
July 10, Wednesday - Dr Moulson
July 11, Thursday - Dr Lee
July 16, Tuesday - Dr Lee
July 17, Wednesday - Dr Moulson
July 18, Thursday - Dr Lee
July 23, Tuesday - Dr Grymonpre
July 24, Wednesday - Dr Moulson
July 25, Thursday - Dr Lee
July 30, Tuesday - Dr Grymonpre
July 31, Wednesday - Dr Moulson

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

WEEKLY EVENTS AT BOSWELL HALL:

Some activities have been completed for this spring and will begin again in the fall (line dancing and carpet bowling also bridge)

- BADEV - Contact Rod Stewart 223-8089
- Boswell Ladies Club - Contact Jean Stewart 223-8089
- Boswell nifty Needles Quilt Club, meets at 2 on 3rd Tuesday, April-Oct. Diane Schaub 223-8273
- Tone and Trim Fitness - Mon and Fri 9 am
Contact Darlene Knudson 223-8005

GUIDED TOUR SERIES

Gray Creek Historical Society has organized guided tours Thursday mornings in July and August - except Thursday July 25th, cancelled due to Museum Days setup. Watch for emails out and posters of the lineup on all of the boards. The first tour is Thursday, July 4th.

MUSEUM DAYS

July 26-29 10-6 pm at the Gray Creek Hall. Fun and Free!

THANKS DADS

Thanks to dads and families who came out for crepe breakfast and soccer on Father's Day. Thanks to Chef Jean-Claude Ancelin, Columbia Basin Trust (sponsorship grant), Save-on Foods, Oso Negro and Safeways. The event was organized by the East Shore Alliance Supporting the Early Years (EASEY) in gratitude for Dads! We appreciate and need you!

ALCOHOLICS ANONYMOUS

AA, every Tuesday at 7pm, at Gray Creek Hall starting July 9, 2013. For more info. call 250.777.3651.

EAST SHORE HOSPICE

East Shore Hospice provides practical, emotional and spiritual support to individuals and their loved ones through the stages of dying, death and bereavement. Hospice palliative care aims to make the last months of life comfortable, peaceful and dignified for patients and their caregivers by providing care, support, respite and advocacy. Our office and lending library are located at the East Shore Health Centre. For information or an appointment, please call Ali George (East Shore Hospice coordinator) at 250-227-9006 ext. 29 or email at hospice@theeastshore.net.

GRATEFUL THANKS

A huge and very grateful thank you to all of those who gave their time and energy to Peter Duryea's celebration of life. It was this energy that gave it all its sweetness and light. To witness the dedication of the people who give so much to make events such as Peter's such a success is truly inspiring. This community is a beautiful example of togetherness, caring, creativity, energy and love. We feel grateful and blessed to be a part of it.

Michelle Moss and Will Chapman

HOT LUNCH THANKS

Thanks to all that supported the Hot Lunch program this year through financial donations and abundant fruit and veggie contributions. Both helped the program immensely! But most of all, thanks to all of our volunteers! It's because of our volunteers that we are able to run the hot lunch program and offer our schools attendants the BEST hot lunch in all of BC! THANK YOU!

www.eshore.ca

mainstreet@theeastshore.net

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Summer Schedule in effect

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

July 2013 SCHEDULE

July 7: Br. Jeff Zak 11am

music - Marie Gale

July 14: Bill Gooding, 1pm

music - Marie Gale

July 21: TBA, Anglican, 3pm

music - Brenda Panio

July 28: Bill Gooding, 1pm

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

CHRIST CHURCH & EAST SHORE CONGREGATIONS

ST. ANSELM'S CHURCH BOSWELL (Anglican)

For information call Christ Church Creston 428-4248

July 7: 1:30 pm Rev Robin Ruder Celiz

Aug 4: 1:30pm Rev Derrick Smith

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

Saturday, July 13: 7-9pm - "Tangerine Swing"

Sunday, July 21: 1pm - Eucharist Service

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 2:30 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST

OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

Meetings begin at 10 am, every Sunday. Info call, 250-227-9522

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

Sundays, 9:30 am - All welcome For info, call: 250.229.5237

Next Deadline:

July 24, 2013

MEETING PLACES

ALCOHOLICS ANONYMOUS - Starting July 9, 2013, every Tuesday at the Gray Creek Hall, 7pm.

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

NO MORE MEETINGS UNTIL SEPTEMBER!

July 2013 Mainstreet 23

Next Deadline: July 24, 2013

mainstreet@theeastshore.net

www.mainstreet.eshore.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Fitness Place open 8-10am & 6-8pm, Mon-Sat	2 Dr. Grymonpre	3 Yoga w/ Calvin, Community Corner, 9am Volleyball, CB School, 7pm Dr. Moulson	4 TOPS, KLCC bsmnt, 8:30am Dr. Lee	5	6 Slo-pitch, 2pm, Riondel Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am
7 Sunday Market, CB Park	8	9 AA, Gray Creek Hall, 7pm Lions Mtng, 7 pm Dr. Grymonpre	10 Michael O'Conner, CBESS Yoga w/ Calvin, Community Corner, 9am Volleyball, CB School, 7pm Dr. Moulson	11 Headed South, PCSS, 7:30 TOPS, KLCC bsmnt, 8:30am Dr. Lee	12 Headed South, PCSS, 7:30 Comedy Contest, Newkey's, 8pm	13 Tangerine Swing, Harrison Headed South, PCSS, 7:30 Slo-pitch, 2pm, Riondel Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am
14 Sunday Market, CB Park	15 Medley Day Camp, CBESS	16 AA, Gray Creek Hall, 7pm Medley Day Camp, CBESS Dr. Lee	17 Medley Day Camp, CBESS Yoga w/ Calvin, Community Corner, 9am Volleyball, CB School, 7pm Dr. Moulson	18 Medley Day Camp, CBESS TOPS, KLCC bsmnt, 8:30am Dr. Lee	19 Medley Day Camp, CBESS STARBELLY JAM, CB Park	20 STARBELLY JAM, CB Park Slo-pitch, 2pm, Riondel Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am
21 STARBELLY JAM, CB Park	22	23 AA, Gray Creek Hall, 7pm Lions Mtng, 7 pm Dr. Grymonpre	24 Yoga w/ Calvin, Community Corner, 9am Volleyball, CB School, 7pm Dr. Moulson	25 TOPS, KLCC bsmnt, 8:30am Dr. Lee	26 Kootenay Gutbuster Museum Days, 10-6 pm, Gray Creek Hall.	27 Kootenay Gutbuster Slo-pitch, 2pm, Riondel Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am Museum Days, 10-6 pm, Gray Creek Hall.
28 Sunday Market, CB Park Museum Days, 10-6 pm, Gray Creek Hall.	29	30 AA, Gray Creek Hall, 7pm Dr. Grymonpre	31 Yoga w/ Calvin, Community Corner, 9am Volleyball, CB School, 7pm Dr. Moulson			

Kootenay Lake
MEDLEY
Day Camp
Art
Music
Dance
July 15 - 19
Crawford Bay School

Voice - Fiddle - Guitar - Ukulele
Accordion - Marimbas - Felting
Life Drawing - Book Making
Group Projects - Ink Stamping
Print Making - Painting
Dance - Yoga
and more fun stuff
all ages welcome

\$200 children, \$250 adults
part time available

250.225.3333
medleydaycamp.ca

MEDLEY DAY CAMP is a week of music, art, and dance classes, with many instructors and many choices, for all ages. Come for the week or pick and choose. Wonderful for families! Check our website for details, scheduling, and registration, or phone 250-225-3333. medleydaycamp.ca

COURSE OFFERINGS INCLUDE:

- Good Morning! (group activity)
- Adult Singing (Bessie Wapp)
- Kids Singing (Bessie Wapp)
- Accordion (Bessie Wapp)
- Old-Time Canadian Fiddle (Karl Sommerfeld)
- Bluegrass Fiddle (Karl Sommerfeld)
- Guitar – advanced class (Greg Lostracco)
- Guitar – beginner class (Matt Winger)
- Marimbas (Jacqueline Wedge)
- Ukulele (Jacqueline Wedge)
- Hip-hop & Modern Dance (Emma Collinson)
- Print Making (Leah Wilson & Dan Silakiewicz)
- Ink Stamping (Sandie Buonopane)
- Felting (Danielle Linn)
- Life Drawing (Zora Doval)
- Book Making (Jacqueline Wedge)
- Painting (Jacqueline Wedge)
- Yoga (Calvin Shiu)
- Theatre Sports (Doreen Zaiss)
- Laughter Yoga (Lea Belcourt)
- Never-Ever Fiddling (Lorna Robin)
- Beginning Blues Fiddle - kids (Lorna Robin)
- Intro to Blues Violin – teen/adult (Lorna Robin)

FEES: Full week (five days, Mon-Fri, 8:30 AM to 4 PM)
\$200 ages 8 to 17, \$250 adults.
Part time: \$10/hr adults, \$8/hour under 18 years.
Children 7 and under must be accompanied by an adult.
Lunch will be available,
\$45 for the week or \$11 drop-in.

For information on volunteering or applying for a bursary, please phone or see our website.
Sponsored by: Area A EDC (RDCK),
Columbia-Kootenay Cultural Alliance (CBT),
Nelson & District Credit Union.

ADVERTISER	PAGE	
Russ Anderson Kt. Lake Soil	11	
Angus Macdonald Reiki	8,14	Sacred Journey 12
Artisans	17	Sapphire Hair Salon 13
B-57 Excavating	12	Starbelly Jam 4
Balfour Towing	12	Sunnywoods Farm 22
Black Salt	3	Sunset Seed 20
Boswell Hall	17	Turlock Electrical 12
Bunkers	10	
Comedy Competition	5	
Community Futures	10	
Crawford Bay Hall & Parks	15	
Crawford Bay Market	12	
Credit Union	13	
Creston Vet Clinic	7	
EDC	9	
Elder Abuse Prevention	16,20	
ESIS	12	
East Shore Express (ESE)	9,17	
Eastshore Physiotherapy	21	
Fall Fair	7	
Fitness Place	21	
FoodRoots	4	
Footlighters	12	
Gray Creek Store	14	
Gray Creek Rummage Sale	12	
G.R.S. Contracting	12	
Harroson Tanner	21	
Harrop Procter Forest Prods	13	
Hulland and Larsen	12	
Ice Cream Shack	7	
JB Construction	12	
Junction Creek Hub	13	
Kootenay Cove Bakery	12	
Kootenay Gutbuster Comedy	13	
Kootenay Lake Rock and Soil	11	
Lakeview	13	
Michael O'Connor	3	
Medley Day Camp	24	
Newkeys	throughout	
NDCU Banner Ad	10	
Riondel Days	3,22	
Riondel Golf Course	15	
Riondel Market	13	

Transfer Station Hours

CRAWFORD BAY:
Sun/Tues
Thurs:
9 am - 3 pm

BOSWELL:
Weds/Sat:
12-4

Library Hours:

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

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