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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

### STARBELLY JAM 2014, JULY 18-20

#### INSIDE:

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

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## MS Issues

by Ingrid Baetzel

An article in last month's *Mainstreet* was the subject of some scrutiny at a recent public meeting. This article was allowed to be printed on the long-standing principle of making nearly everything that is submitted by community members accessible to the rest of the community. It raised some hackles, was criticized for unfounded indictments, attack on character, and for blatantly questioning the integrity of a non-profit volunteer board and contractors of the society. It was hurtful to some who were mentioned in the article.

For most of us outside of the ins and outs and goings-on within local boards, the article likely had less bite to it than it did to those mentioned in the article. For printing something that was deemed as harmful to reputations and, potentially, businesses, I would like to apologize. For being able to print articles that help in creating amazing community discussion and lively interest in societies that serve in the best interest of our communities, I am grateful.

I ran the article past a few trusted sources. I questioned some of the information and its validity and purpose and appreciated other aspects of it for the way it brought about discussion. I did some research - all of it bringing next to no clear answers as far as Society Act bylaws and regulations. Checking for 100% truths in a paper like this is a tricky one. Nearly every article, submission and letter is written by unpaid volunteer writers. It's always been like that.

As an example, an article about a fundraising event may have misleading misinformation in it. It may name people who don't wish to be associated with it publicly. The idea of checking all of these details for accuracy is beyond daunting. Other papers have legal council and paid investigative reporters. This is one of the slippery slope issues we face in this community. When are we spreading information and when are we leaking misinformation? When are we inciting action and when are we causing trouble? So much is in the eye of the beholder. That said, instances like this are what remind me to be more vigilant, to take more care. At no point did I want to release misinformation to the public realm, and if I did, I am sorry.

The area that gets a little clearer for me is the issue of divisiveness versus cooperation and the methods we use to affect change. The last thing I want to do as editor is see people get hurt. I consider it to be ineffectual for positive change. Questioning the integrity of people (particularly those who work in non-profit, volunteer capacities) can often create deep divides in our communities. So many of us sit on boards and do so out of love for this community and a desire to affect change. We must be prepared to be scrutinized and criticized. We then must decide how we want to deal with it. Sometimes we become less vigilant, let balls drop, and there seems to always be a watchdog ready to pick up the ball and ask who it belongs to. This is an ever-evolving side effect to volunteering on public boards and societies. Society protocol and management is regularly (particularly lately) being scrutinized.

One thing that comes clear to me through all of this is that we are all in it together. We are creating our own society. From the best intentions come the greatest causes. When we work together, we can be glorious. When we scrap over details, derail each other and deride each other's work, we slow the process. Gentle reminders of how we can improve our work (I get these all the time and I thank you) and how we can hold ourselves more accountable are effective strategies. Communicating our frustrations and anger is an effective strategy, albeit sometimes off-putting. Joining the team is one of the most effective strategies. Remembering that we are all humans - fallible and delicate - is essential.

**KGB**  
COMEDY CONTEST  
July 11  
Kohanee Springs 8pm  
Come out & see your nervous pals try their best!  
Winner gets a 5 minute spot at KGB July 25!

## LETTERS TO THE EDITOR

### DANGER OF DOGS ON AIRSTRIP

Dear Ms Baetzel,

After spending a few days camping by Crawford Bay Airport and doing some flying there as well, a situation became apparent and it is one that tragically may cause someone to lose a dog or further cause an aircraft accident.

Locals seem to think it is their right to walk dogs all along the runway, no leashes. Now when aircraft land (or do *touch and goes*, a favourite place for students) they have absolutely no control over fine movements like missing dogs which might be chasing the plane or propeller. I hit a dog once and had no control to miss it. I also narrowly avoided eight bicyclists on Crawford Bay runway once.

Furthermore it is actually against a federal law at any airport to have a dog that is not on a leash. The potential for injury to the dog or costly repairs to a plane is rampant and I watched in horror several times during my four days there while dogs ran out towards landing planes. When talking with the owners the response varies from total ignorance and thanks for pointing out the dangers, to pointing out to me that "Everyone in Crawford Bay does it".

I hope not or there will someday be an annoying incident. Please advertise widely that whilst it is such a great place to walk dogs they must be on leash on the runway. Also keep a careful watch for planes and move right off the runway when they are landing. These are often student pilots.

John R Dale, Nelson.

**Next Deadline: July 23**  
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### DEM BIKES

Dear Editor:

Yes, you heard right... the motorbikes are back.

Just so you won't get too frustrated and mad here is something that may put a smile on your face every time you hear the noise. South Park Season 13, Episode 12. Have fun and enjoy summer.

Fred Schutter Gray Creek

### THANK YOU FROM ALL OF US AT YASODHARA ASHRAM

Dear Community;

As many of you know, we recently experienced a tragic fire at the Temple of Light, which symbolizes the unity of all spiritual paths. We want to express our gratitude for the tremendous community support we have received, both during and after the fire.

Our heartfelt thanks to the Riondel and Balfour Harrop Volunteer Fire Departments for their bravery and outstanding service; to the Riondel Ambulance Services for their caring dedication; to the Kaslo Volunteer Fire Department (and the private boat owner) and YRB for extra equipment; to the Kootenay Lake Ferry for expediting fire fighters and equipment; to our neighbours who helped us with a fire pump when ours failed. Thank you to those who stayed the night to spot the fire and to each of you who stepped in in so many different ways—from providing Gatorade and pizza to spreading the word that we needed help.

Everyone at the Ashram is touched by the outpouring of support from our surrounding communities. We've received condolences, encouragement, donations and many diverse offers of help. We are deeply appreciative to be part of this amazing East Shore community.

The miracle is that no one was hurt in the fire and the fire was contained to one building. The rest of the



## RDCK Area "A" Update

by Garry Jackman,  
Director, Area "A"

### EMERGENCY SERVICES:

I want to thank our volunteer fire fighters for their response to contain the fire at the Ashram last month. Through the automatic aid agreement which has been put in place crews and equipment from both Riondel and Balfour responded to the event. Although damage to the temple was extensive, the fire did not become a threat to residents or other structures on the property.

On a less visible scale, our emergency response volunteers worked with their provincial counterparts once again during this spring freshet to monitor and plan responses to potential hazards along several creeks. Weather cooperated so even though there was a higher than average snow pack no serious events occurred. These folks have now turned their attention to forest fire responses. I note the Southeast Fire Centre has just released its notification of the open fire prohibition which comes into effect at noon on July 2. Specifics on this notice, fire activity and updates may be seen at [www.bcwildfire.ca](http://www.bcwildfire.ca).

**CONSERVATION FUND:** Over the past several months RDCK staff and directors have been responding to a proposal to establish an environmental conservation fund similar to that which has been in effect since 2011 in the Columbia Valley over in the East Kootenays.

From time to time you will hear of projects ranging from acquisition of land, negotiation of voluntary

covenants with private landowners or other measures to enhance and protect sensitive environmental habitats and wildlife corridors. The Darkwoods acquisition by the Nature Conservancy of Canada or the bear corridor along the south end of Duck Lake are good local examples.

In July, the RDCK Board will receive the draft bylaw for consideration which if advanced will go to you for public approval or rejection by referendum during the fall local government election. The basic proposal is to levy a parcel tax, at \$15 per property, for a ten year period in order to raise seed money with which to leverage funding for a range of projects. After ten years the program would cease unless the public voted to extend it. Potential partners at this time are three of the electoral areas which comprise the majority of the perimeter of Kootenay Lake (Areas A, D and E) plus possibly the Village of Kaslo. Please look for further information later in July on how the fund would be structured, typical projects which could be funded and how you can give your consent or rejection of the proposal.

**INVEST KOOTENAYS:** Over the past few years a number of communities stretching across the Kootenays have formed a partnership to attract and retain investment from within the region, across the province and beyond. This is part of a wider economic development strategy many communities adopt, recognizing some of our communities are sinking or experiencing slow growth in population and that our demographics are shifting from the younger community members who are seeking full time employment to the aging segment who are satisfied with part time employment or retirement.

Invest Kootenay is based on a website which profiles communities, lists investment opportunities, logs potential investors and makes connections. The

community profiles are established with local input, emphasizing the attributes which community members indicate as being important for a high quality lifestyle and the potential to earn a living. The list of investment opportunities is actually similar to what a real estate listing may show, but is not intended to replace the function of our real estate industry but merely serve as a geographically sorted presentation of opportunities for businesses which are on the market. The list of investors is a data base created for those who have logged into the system formally and gives an indication of investment dollars available and where the investor is interested in locating. Some are looking for establish businesses to take over, some for buildings to start a new business and some are looking for raw land with commercial zoning or potential so they can start from scratch. The connections are made initially through the website and then through a "first point of contact" system where a community member is committed to providing timely and informed responses to both those seeking to list their business and those seeking to invest.

Over the years Invest Kootenay has relied on membership fees and grants to support operations and improvements to the system. Recently Invest Kootenay received a major boost from the Columbia Basin Trust in the form of a commitment of \$275,000 over two years to support bringing on additional member communities and extend the outreach to investors. In addition, a first stage of funding from Investment Canada Community Initiatives has been received to promote internationally. The consultant working on this initiative will be in our area mid July. Contact Greg Blackwell at Community Connections for more information or go to [investkootenay.com](http://investkootenay.com).

If you have questions or concerns regarding the Regional District or community issues please contact me by calling 250-223-8463 or e-mail [gjackman@kootenay.com](mailto:gjackman@kootenay.com).

## LETTERS...

Ashram, including the gardens around the Temple, remains healthy and intact. The Ashram remains open for courses, programs, retreats and shopping in the bookstore. Our evening services are now held in Mandala House, at the tipi or at outdoor locations, and as always, remain open to the community. We welcome you at any time.

With deepest gratitude

*Residents of Yasodhara Ashram*

### TELECONFERRING COMMISSIONER

Dear Editor,

As a Riondel Commissioner I am pleased to announce that I have been given permission to telephone conference all the RC meetings from the Riondel Fire Hall. Despite being told NO repeatedly, I filed a complaint with the Human Rights Tribunal and Brian Carruthers, the RDCK Chief Administrative Officer was able to accommodate my requests and resolve my complaint. I am to remain a Riondel Commissioner without the negative health effects from the Riondel Community Center. Yahoo!

Furthermore, Riondel is not a legal entity; we are not responsible for any of our buildings (the Rec Center, the Community Center, the Fire Hall, or the old medical clinic - now the Full Circle Artisan Shop.) All of our buildings are owned by the Regional District of the Central Kootenay.

Yes a community center is important; however, we must not bankrupt our small town for a building! Riondel needs to be affordable; our taxes are high enough for the services we receive. There is going to be a referendum in the fall; please say no to higher taxes and say yes to affordable, safe, beautiful living in Riondel.

*Danielle Linn,  
Riondel*



## July Horoscope

by Michael O'Connor

### Tip of the month:

Summer is under way. Looking back we came through the great and in some cases dreaded Cardinal

Grand Square. Some were very much affected by it while others did not notice a thing, at least not in their life. But they might have noticed it in the lives of others, if they knew what they were looking for and appreciate the synchronicity factor. People with planets somewhere between 10 and 18 degrees or so of Cardinal Signs will have experienced the direct 'influence' and thus the changes in their life.

Astrology illustrates that there most certainly is a rhyme and reason, time and season to things. It can be described as an inner intelligence, purpose and plan if you like. Some call it destiny. Although this is quite evident and even measurable and demonstrable, mainstream academia rejects it. Thus so too do 'the masses'. Even the most educated people can be very dogmatic assuming that their perspectives are purely objective.

Over the next 10 days or so the Sun will trigger and thereby re-activate the Cardinal Grand Square. So, it will provide another shift or series of synchronistic events producing measurable changes, especially for those with planets at those degrees. In fact this will be true if you have any planets or angles within these degrees but will prove especially potent if they are in Cardinal Signs: Aries, Cancer, Libra and Capricorn. You can prove it for yourself by looking at your own astrology chart to see if you have planets in Cardinal signs and if so ask yourself if some major, life changing events have and are now occurring. Stop believing or not, take a scientific approach and put it to the test. Casually relegating the synchronicities to the coincidence dustbin is just that, but don't call it science or sincerity. Summer has begun and the temperature is rising, and so too is the bar.

### Aries (Mar 21 – Apr 20)

New thoughts, ideas and perceptions have been seeded and have now begun to gestate in your mind. These are directly linked to home and family. At best you feel more confident than ever. Yet there are some challenging bits to contend with as well. These are linked to achieving a new balance and/or quality of fairness in your most intimate relationships.

### Taurus (Apr 20 – May 21)

Just when you might have thought things would slow down, they are actually speeding up. Yet you are challenged to focus more deliberately now, though the task of tending to a variety of fronts remains. This means that you must continue to work hard and put in the extra time. Call it the final push through the finish line... for the current round anyway.

### Gemini (May 21 – Jun 21)

Creating and/or realizing a new state and quality of abundance and security continues. Inspired expressions of art and beauty will support the first feature of this flow. The other will be achieved by clear and acknowledged expressions of gratitude. Deciphering what makes you special is directly linked to focusing to share your gifts and these will produce more abundance and so on....

### Cancer (Jun 21 – Jul 22)

You are like a racehorse out of the gates. The only trouble is that you may not be clear about the objective of the race or the best direction to take. Still, you are willing to go big and take leaps and bounds and risks too. Beyond winning, as important as it can be, the main goal is to do what you do well, in fact, better than ever.

**"Horoscope" continued on page 5...**

# Getting to Know You

## Mainstreet's Proust Questionnaire



**Scott East**

**What is your best memory?**

*10 years ago I decided I wanted to live in a beautiful mountain community where I can have a go at living sustainably. I forgot that decision until 2011 when I found myself here on the east shore! This memory brings me delight each time I think of it.*

**What do you feel that you cannot live without?**

*The decision to stop inciting conflict when others "poke me where it hurts". I am clear that I cannot really live unless I dedicate myself to condoning NO violence.*

**What is the trait you most admire in others?**

*The ability to drop masks and be fully present. Authenticity. Even if it means crying your eyes out. This goes for all genders/ages/stages.*

**When and where are you happiest?**

*Any sharing circle dedicated to connecting of community.*

**Who, living or dead, would you most love to have to yourself for one hour?**

*Clinton Callahan - Author of Radiant Joy, Brilliant Love (Please buy this book.)*

**What natural talent/skill would you like to be gifted with?**

*Making fire without matches.*

**What is your best physical feature?**

*My eyebrows. They're like fuzzy caterpillars.*

**What is your greatest fear?**

*Pipelines and hydraulic fracking developments poisoning water supplies for us, wildlife and future generations.*

**What was your greatest triumph?**

*Being initiated into the Shamanic path (I've still got a long way to go, but I don't know if I would still be alive if I hadn't met my teacher when I did. It was a major turning point.)*

**What is your greatest vice?**

*Arrogance. Thinking I can/need to do everything by myself and without support from my community.*

**What is your greatest extravagance?**

*Travelling to Vancouver/Seattle for my continuing education.*

**What do you dislike most about your appearance?**

*Sometimes I drip food on my clothes. I feel slight fear that others will judge my character poorly when that happens.*

**If you died and came back as a person or thing, what/who would it be?**

*I would be a grizzly bear that could write essays on typewriters about why it's important not to destroy my natural habitat with oil spills.*

**What is your most treasured possession?**

*My feather from my teacher (which belongs to the earth more than it belongs to me).*

# Word on the Mainstreet WE ASKED ON FACEBOOK...

**What is the most important life lesson you've learned so far?**

**Ken Vaughan-Evans**

*Trust is a funky thing... To thine own self, be true. And celebrate diversity... YES!*

**Kira Dinim**

*Human nature is such that we are all very different, and just because the opinions or ideas of another person differ from your own, that does not make them wrong. You do not have to agree, you just have no right to judge. Be it over religion, sexual orientation, political views, or whether they put jam before peanut butter on their sandwiches, it doesn't mean they're wrong. It just means they're a bit different than you.*

**Matthew Brian Edwin Winger**

*To increase my capacity for uncertainty. Often when you are most uncertain are you the closest to the truth. When you feel you fully understand something are you the most naive. As soon as you decide you "know" something, you stop taking in new information about it. The development of wisdom requires a constant struggle to maintain the beginner's mind.*

**Michella Moss**

*The value of the relationships we have with other beings.*

**Gina Medhurst**

*It's okay to fail, fail, fail. It's when you choose to get back up again that you will have success!*

**Geoff Kinder**

*Don't spend more than you make.*

**Ronnie-Rae Derbyshire**

*Always respect yourself, if you show no self respect, other people generally will also show you no respect. And of course respect others.*

**Garnet Goode**

*Sometimes love doesn't last.*

**Sylvia Squires Schmidt**

*The capacity for change and good is astounding, a new day a new dawn! Sometimes just learning to let go and have faith things will smooth out, some things, some days, some instances, are truly just lessons and when you reflect on that with a positive lens.. New day!*

**Bruce Fleming**

*Trust yourself.*

**Allan Hughes**

*Relax.*

**Andrea Muise Grossman**

*Everything is as it should be.*

**Lorna Robin**

*We always have a choice between love and fear. Choose love.*

**Val van der Poel**

*It is often necessary to 'pat yourself on the back' when you do something because there isn't always someone there to tell you that you did a good job. There nothing wrong with saying 'Damn, I'm good!'*

**Matt Rissling**

*Just give'r.*

**Nancy Galloway**

*Always assume the best about other people.*

**Kokanee Chalets**

*Give up the need to be right. It is unbelievable how much time people waste on this. Next time someone starts harping at you about something, just say, "Ya, sure, I'll give it to ya" Shuts em right up.*

**Kim Johnson**

*Always find something to be grateful for. Gratitude neutralizes fear and worry.*

**Douglas D. M. Hempstock**

*Be careful what you wish for; it may come true*

**Rawlin Falk**

*I don't care whose fault it is - how can we fix it?*

**Newkeys Place**

*That there is always more then one side to an issue...*

**Danielle Linn**

*Be compassionate...*

**Kristy Winger**

*This too shall pass.*

**Anthony Arnold**

*Trust your gut feelings*


**Barbara Zaiss Hess Bolden**

*Think like a ball and bounce when things seem bad and you shall be glad!*

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# ESIS AGM – A New Board is Born

by Ingrid Baetzel

At the hugely crowded (well over 100 people) ESIS AGM on June 24, 2014, a community stepped forward to ask questions and voice concerns, hear about the current state of affairs with this important facet of our East Shore lives and apparently to take on the task of sitting on the East Shore Internet Society's board of executives.

After a lengthy meeting touching on many topics, including the minutes of the previous years' AGM (read by Wes Brooks), the Treasurer's Report (read by Rob Schwieger), the Manager's Report (read by Operations Manager Bob Carter, which included a history of how ESIS came to be, where they are at today and their immediate plans for the future), to some challenges to the board by past board members Mike Jeffery and Sonni Green, and finally on to the nomination of new executives.

When Garry Jackman, who predominantly managed the election process, called for nominations of members for the board, all prior board members accepted nominations, with the exception of Rob Schwieger, along with eight other community members. Because so many people were nominated and agreed to stand, a paper ballot was created and a vote for a new board occurred. There were about 70 people left at the Gray Creek Hall to take part in the vote and members were allowed to vote for a minimum of five nominees to a maximum of 10 of the 13 names on the ballot.

After a tally of votes, Garry Jackman announced the new board to the audience. Of the old board, only Sylke Plaumann and Mel Gale remained and joining them were the following new ESIS board members: Geoffroy Tremblay, Branca Lewandowski, Stevie Jukes, Barbara Wells, Greg Blackwell, Michelle Moss, Neil Myers and Vivienne Rabb.

Warm thanks were extended to past board members Rob Schwieger, Glen Kinder, Alex Lackovic and Wes Brooks for their years of dedicated service and energy in an email that went out to all ESIS members the next day. Congratulations and thank you to all for your amazing willingness to serve.



A packed Gray Creek Hall - Photo by Dan Seguin



### The new ESIS Board of Directors:

Left to right, back row: Vivienne Rabb, Barbara Wells, Geoffroy Tremblay, Greg Blackwell, Neil Myers and Mel Gale. Left to right, front row: Sylke Plaumann, Michelle Moss and Stevie Jukes.

# ESIS Service & Support

by Bob Carter  
Operations Manager

If you are an ESIS subscriber and are having issues needing attention, please call us and let us know. Without your feedback we may not be aware of the problem, and the last thing we want is for subscribers to feel frustrated or powerless or that nothing can be done. We appreciate and respond to your calls and emails. It's always good to connect with our friends and neighbours, and when you see the office is open feel free to drop in and speak with us directly.

When able, we answer calls directly, but often we're busy working and your call will go to voice mail. There you will hear recorded notices of any widespread issues currently affecting the network, and projections on when service will be restored. At these times it can be comforting to know that the problem isn't with your computer.

Our voice mail system is a part of the team, a virtual assistant that is always ready to listen, 24/7. All calls get logged and messages kept of who called when and for what, and we track responses to minimize calls falling through the cracks. **Going back over the years we've responded to thousands of calls and have a pretty good track record, but if by chance you ever leave a message and don't receive an adequate or timely reply, please call again; we were probably just busy, and didn't mean to overlook you.**

Many issues can be fixed quickly over the phone, with remote access for testing and repair. **Powering off the ESIS radio for 10 seconds or so might be all it takes to sort things out.** When needed, a technician is sent to troubleshoot and restore service on site. We are often able to provide same-day site visits, with subscribers rarely having to wait more than a few days. Except for widespread outages, subscriber service issues take priority over everything else.

We are not claiming that we are able to resolve every issue, or meet every expectation. There are things beyond our control, like adverse weather conditions, local radio interference, or interruptions of the TELUS or Fortis services we depend upon.

There are also ongoing capacity issues affecting non-line-of-sight radios. Their limited total throughput is challenged trying to keep up with the large amount of data required for streaming video services (like Netflix). We are working steadily at changing out this legacy equipment with newer, higher capacity radios, and will be keeping at it until completed. We now have more than 50 subscribers converted to new radios, and the pace of change is increasing as we go.

Sometimes the problems with service originate with subscribers' own routers or computers. While these are not ESIS's responsibility to fix we do what we can, within reason, to help resolve these too. Briefly turning off your router, or computer, is often all it takes to get these devices to work properly again. Malware on computers can result in slow performance and regularly running antivirus and anti-malware scans to check and clean your system is highly recommended.

In closing, if someone says to you they have a problem with their ESIS Internet, please do them a favour and suggest they call the ESIS office; we are here to help them, you, and all of our subscribers. See our ad in every issue of the *Mainstreet* for contact information.

## "Horoscope" continued from pg 3

### Leo (Jul 22 – Aug 23)

You have taken a plunge into deeper waters. Hardly hot springs, they are cool, even frigid, but probably refreshing as well. There is also the intimidation of not being able to see the bottom. So your challenge is to have faith that you can dive deep, without obstruction, and that you will resurface again. Still, consciously managing your breath will help, a lot.

### Virgo (Aug 23 – Sep 22)

New plans born of deep visions that have suddenly come to light are yours to enjoy now. You may even choose to formulate these into more practical endeavors. Either way, you are about to enter into a very creative cycle. Yet, it will require faith, discipline and intelligence to achieve your objectives. P.S. Go big!

### Libra (Sep 22 – Oct 22)

A whirl wind of activity continues to keep you busy. This is especially true in your public and professional life. And this week you can expect some very powerful activations. Fortunately you are in an assertive mood. Cultural activities and travel are featured. You want to explore, experience and experiment and your imagination is leading you onward.

### Scorpio (Oct 22 – Nov 21)

Nurturing new visions and philosophies has begun. Some of these may well be linked to inventions. And it may be a process of re-inventing yourself that is at stake. In other respects, you may simply be awed and amazed at the genius of others and of life in general. In any case, you appreciate the intricacies and are focused on the details of the design.

### Sagittarius (Nov 21 – Dec 21)

The next phase of clearing the old to make way for the new has begun. By now this has become the new norm. Still, the next phase has begun and it is a pretty deep one. Now you must purge some old beliefs and self-concepts, but they may also be just old fantasies and illusions. Is there anything you feel attached to, but upon reflection is simply not worth it?

### Capricorn (Dec 21 – Jan 19)

Something new has begun in your life. It is something inside of you, or in your home and family. As exciting as it may be, it may also be the source of some disruption. The status quo will change as a consequence and this has already begun. Now what you need is some instruction so you know what to do and how to do it.

### Aquarius (Jan 19 – Feb 19)

The time has come to make some important adjustments and improvements. These are directly linked to your repertoire of talents. As important as are reason and logic, intuition and imagination must play key roles too. This challenge will compel you to conduct research and investigation. Yet allow room for creative brainstorming as well for best results.

### Pisces (Feb 19 – Mar 20)

You are in the mood to have some fun. You want to play and this includes others. And you feel ambitious and determined as well. Like an enthusiastic child at an amusement park, you want to do it all and you mean business. While strategy, decision making and follow through are implied, avoid thinking too much and just do it.

www.sunstarastronomy.com  
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\*Affirmation\*Inspiration\*Vision\* Strategy\*

**Next Deadline: July 23**  
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## Fire at the Temple

submitted by Yasodhara Ashram

The Temple of Divine Light at Yasodhara Ashram in Kootenay Bay caught fire on Thursday, June 5. Residents discovered the fire around 6:30pm and called 911. The Riondel Volunteer Fire Department responded promptly. Meanwhile the Ashram's Emergency Response team sprang into action, hooking up water supplies and hosing down the source of flames until the firefighters arrived. Swami Sukhananda, the Ashram's Emergency Response lead, said, "Fortunately over the past few years, we've been ramping up our emergency response capacity and have coordinated a number of onsite practices with the Riondel Volunteer Fire Department. So we knew what we had to do and we did it."

Dan Seguin, a Yasodhara Heights resident who works at the Ashram and is also a member of the Riondel Volunteer Fire department, said on receiving the call, "It was surreal. Was this really happening or was it a practice?" The fire chief, David Soanes, was away at a chief's conference but the regular Thursday night practice was just about to start. The initial six Riondel fire fighters arrived at the Ashram in record time and were later joined by five more from Balfour Harrop, who were called through a mutual aid agreement and expedited by the Kootenay Lake Ferry. Many of the fire fighters were on duty for 24 hours, seemingly carried by a surge of inexhaustible energy. Dan says, "For me it was like fighting a fire at my home. But seeing the rest of the team—they were there giving selflessly, and some of them chose to stay up all night knowing they had to go to work the next morning or they had



*The Temple of Divine Light burning.  
Photo by Tony Leger.*

families waiting for them. It was admirable."

The fire was attended by the capable Riondel Ambulance and Emergency Services team, who regularly checked each fire fighter, administering oxygen, rest, warmth, dry clothing—whatever was needed to keep them safe.

The fire was relentless and difficult to fight as the Temple is a high dome and the fire was sandwiched between the outer layer of impermeable roofing and the interior stucco, feeding on insulation, tar paper, and wood, and fueled by the oxygen in the void between layers. The fire was probably caused by a spark from a grinder used in the ongoing retrofit of eaves troughs. The Temple was not declared fire-free until Saturday at 10 pm, more than 48 hours after it started. One of the arches had been smoldering inside and required a 50-foot ladder to handle the final hot spot extinguishing. The ladder was generously shipped from the Kaslo Volunteer Fire Department by private boat.

The Ashram is in the first stages of evaluation and assessment. The Temple remains standing but an initial assessment indicates that the damage, which originally seemed focused only on the dome's roof, also extends into the framing of some walls. A structural engineer will be on site to give a professional evaluation and

recommend methods of deconstruction and eventual rebuilding.

The foundation for the Temple of Light was laid in 1965 but the construction didn't start until 1988 and was completed in 1992. Based on a lifelong vision of the Ashram's founder, Swami Radha, the Temple symbolizes the coming together of all spiritual traditions in the Light at the centre.

The Ashram is currently gearing up for summer programs, which will progress as scheduled. Our deepest thanks to the community for your help and concern.

For updated information visit [yasodhara.org/temple-rebuild](http://yasodhara.org/temple-rebuild)

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**Top (left to right): Francis Holman, David Soanes (Fire Chief), Joe LeBlanc, Niels Elris  
Bottom (left to right): Dan Séguin, Cory Medhurst (Captain), Braden Notte  
Not in picture but fought the fire: Quinton Wastrodowski, Finn Boker,  
Michael Guay-Rufiange, Seb Cholette, James Linn (Lieutenant), Mike West**

*Photo by Anna Allcock*

## Open Fires Restricted Within Southeast Fire Centre

press release

**C**ASTLEGAR – Effective at noon PDT on July 2, 2014, open fires will be prohibited within the Southeast Fire Centre's jurisdiction to help prevent human-caused wildfires and protect public safety. This prohibition will remain in place until the public is otherwise notified.

Specifically, prohibited activities include:

- the burning of any waste, slash or other materials
- stubble or grass fires of any size over any area
- the use of fireworks, sky lanterns or burning barrels of any size or description

This prohibition does not ban campfires that are a half-metre high by a half-metre wide or smaller, and it does not apply to cooking stoves that use gas, propane or briquettes. Anyone lighting a campfire must maintain a fireguard by removing flammable debris from around the campfire area and must have a hand tool or at least eight litres of water available nearby to properly extinguish the fire.

Please ensure that campfires are not lit or kept burning during windy conditions. Make sure the fire is fully extinguished and the ashes are cold to the touch before leaving the area for any length of time.

This prohibition covers all BC Parks, Crown lands and private lands, but does not apply within the boundaries of a local government that has forest fire prevention bylaws and is serviced by a fire department. Please check with local authorities for any other restrictions before lighting a fire.

Anyone found in contravention of an open fire prohibition may be issued a ticket for \$345 or, if convicted in court, may be fined up to \$100,000 and sentenced to one year in jail. If the contravention causes or contributes to a wildfire, the person responsible may be subject to a penalty of up to \$10,000 and be ordered to pay all firefighting and associated costs.

The Southeast Fire Centre covers the area extending from the U.S. border in the south to Mica Dam in the north and from the Okanagan Highlands and Monashee Mountains in the west to the B.C.-Alberta border in the east. It includes the Selkirk Natural Resource District and the Rocky Mountain Natural Resource District.

A map of the affected area is available online at: [http://bcwildfire.ca/ftp/!Project/Wildfire-News/6202014~111308\\_Southeast\\_Prohibition\\_20140602.pdf](http://bcwildfire.ca/ftp/!Project/Wildfire-News/6202014~111308_Southeast_Prohibition_20140602.pdf)

**To report a wildfire or unattended campfire, call 1 800 663-5555 toll-free or \*5555 on a cellphone.**

## Stirring up the Jam

by Farley Cursons

Just a few more ingredients and the 15th annual Starbelly Jam Music Festival will be delivering what just might be the most flavourful jam yet. The festival's artistic department has been bubbling up the sweet stuff and is excited to showcase this year's belly goodness on July 18, 19 & 20. Besides the amazing musicians and entertainers dazzling our senses, it's always the people and community coming together that sparks my inspiration.

The festival is a year round project coordinated by a devoted board of directors and executive staff. With a sizable compliment of tasks to complete, this amazing group of community members works very hard to bring the magic alive for the East Shore's cultural event of the year.

Besides the 15th anniversary, Starbelly Jam has much to celebrate. The festival has added to its management team some amazingly talented folks who have stepped up with fresh energy ensuring a healthy organizational succession and vision for the future. It's truly a delight to see the seasoned mentors sharing their knowledge and experiences in such a supportive and encouraging way. I reflect on the untold hours of volunteer work over the past 15 years. This festival is an enduring legacy our community can be proud of. A tip of the hat goes to the many volunteers who have been with the festival for all these years. It's also important to recognize the many community members who have put in their time and talents in the past. We are truly standing on your shoulders. Thank you, thank you, thank you.

Much as we see changes in the festival's staff, the festival's attendance demographic has changed as well. With the unfortunate decline of a number of other music festivals in our region and many new folks who have chosen the Kootenays as their home, Starbelly Jam has attracted an ever widening array of festival fun seekers. Our patrons and volunteers come literally from around the world and become part of our festival culture. As the health and safety of our festival patrons, staff, volunteers and the East Shore community is of paramount importance, the festival producers endeavor to provide effective risk management strategies while still maintaining the "family fun" atmosphere we've always enjoyed. Through lessons learned and valuable suggestions by concerned community members, you will find a society engaged in organizational development and an organization perpetually improving itself in all departments. I'm very proud to be part of this amazing Starbelly Jam Festival Family.

*Together we navigate the seasons 'round  
to bring the summer sights and eclectic sounds  
to our beautiful little mountain town.*

So now with the countdown on for our organizers, it's time to put things into full gear. It's time to pump up the jam! Inspiration comes in many packages but it's this community and this event that makes East Shore living so sweet. Thanks again and we'll see you at the festival!

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## Community Band Festival a Huge Success!

by Deberah Shears

We did it! The Many Bays Community Band hosted a Community Band Festival in Riondel on June 21 and 22, and it was a phenomenal success.

This band festival was an unusual one. At most festivals, the bands perform for each other; at ours, the musicians all played together. Over 70 musicians came to play piccolo, flute, clarinet, saxophone (alto, tenor, baritone), French horn, trombone, trumpet, euphonium, tuba, timpani, and all the other percussion instruments. Co-chairperson, Donnie Clark, and I had some sleepless moments wondering how and if it would all work.

On the Saturday morning, all the musicians were seated in the Riondel Community Centre auditorium, ready to play at 9:15am. Their job was to follow four different conductors, know the music for the 12 compositions selected, and blend with all the other musicians. That is quite an expectation. Kimberley conductor, Ian Ferrie, was to start by tuning and warming us up. Very quietly, we waited together for those very first notes. Oh, my - the sound was incredible and magnificent. Within minutes, the excitement of what was to come electrified our musical space. The weekend was a very emotional one for those musicians who had never played in a fully-orchestrated concert band before.

The festival ended with a free public concert to showcase our hard work over the weekend. Our audience filled the space left, and by their applause and standing ovation, we all knew that they were as moved by the music as we were. The program was varied: marches to popular to classical as we ended with The 1812 Overture.

Before the weekend was over, the other bands were talking about hosting this band festival next year. We can't wait.

We had some social time during the weekend that included a Friday night jam session at Bob's Bar & Grill, and meals with lively conversation at Dutch Harbour Camp in a perfect, beautiful Kootenay Lake setting

Congratulations to Ian Ferrie and his Kimberley Community Band, Monte Anderson and his Creston Community Band, Gail Elder and his Slovan Valley Community Band, and Donnie Clark and his Many Bays Community Band. The Many Bays Community Band did an excellent job of organizing and hosting our first Community Band Festival, and they deserve special thanks.

We would also like to thank our sponsors: Regional District of Central Kootenay, Columbia Basin Trust, Nelson and District Credit Union, and the B.C. Band Association. These wonderful festivals would not happen without financial support.



**The 4 conductors: (L to R): Ian Ferrie, Donnie Clark, Gail Elder, Monte Anderson (taken by D. Shears)**



**Donnie Clark conducting during a rehearsal (taken by R. Shears)**

## MUSIC, MUSIC, MUSIC

by Wendy Scott

And it was in abundance this afternoon at Riondel Community Centre. The joint was jumping with bands and their conductors. Ian Ferrie came with his band from Kimberley; Creston Community Band brought along Monte Anderson, Slovan Valley performed with Gale Elder, and our own Many Bays Band with the ubiquitous Donny Clark who could claim membership in many of these groups and is often seen directing and teaching in Vancouver, Victoria, and as far away as the Yukon - and very likely elsewhere in his magical world of music. Donny lives here in Riondel and somehow finds time in between his arranging, conducting and composing to putter in his graciously kept garden.

Deberah Shears, another one of Riondel's talented musicians, organized this event and sat at the keyboard throughout. Many, many thanks are due to Deberah for what was a huge and time-consuming undertaking.

As it was pointed out, there's no age limit for enjoyment, participation and performance of music. Musicians at today's event ranged from the youngest at thirteen years to the eldest at the age of eighty-three.

There is no reason to abandon what can be a life-long delight.

Success was measured today in the laughter and the tears; the excitement and intensity of being there in a room, an auditorium, and being enclosed by personal solace and at the same time, embraced by shared and abundant joy.

Thank you Deberah for gathering seventy-eight musicians, arranging their accommodation, and organizing sponsorship, venues and support, and knowing where to find all those tempting goodies.

Many thanks also to Bruce Scott who recorded the entire event on video. Look for it at [www.riondel.ca](http://www.riondel.ca)

**The Task Force for the Riondel Community Centre, the Regional District of Central Kootenay and the Riondel Commission of Management announces:**

### **Public Meeting**

**Saturday, July 5, 4:30 pm**

at the Riondel Community Centre auditorium.  
Display of information at the Riondel Community Centre "Community Power Open House" 2 - 4:30  
(Facilitator: Brian Carruthers, Chief Admin Officer, RDCK)

#### **Agenda**

- Overview of process of Needs Assessment and Feasibility Study
- Update on status of Riondel Community Centre
- Presentation of three options/possibilities for the Riondel Community Centre
- Public questions and comments
- **Public decision to present an option in a referendum at the November elections**

**For information contact:**  
**Shirley Wyngaard (250) 225-3535**

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## Tom Sez

by Tom Lymbery

The 2014 World Cup is much more convenient to watch on TV. No more getting up at 4 am as we had to for the previous exciting dose of world soccer.

Hemlock is a real pest – I always have to clip off the seedlings that infest our woodlot, or else I can't access the trails. I remember Floyd Oliver having to chop these off his trap line above Weasel Creek, or else he was losing the hemlock battle.

If a postal code ends in a zero, then the address requires a box number. If it ends in a numeral from 1 to 9 then the address must have a street address. This is important to know with Canada Post's changes - for instance Destiny Bay and Kuskanook now have digits at end of the postal code so they do require a street address.

It's unfortunate to see so many neglected white pines – if the lower branches had been removed then they would be much more resistant to Blister Rust. These low branches keep spring moisture that encourages the Rust.

Motorcyclists are flowing through, but most in black leathers. How about pink leathers for lady motorcyclists?

Lang's Restaurant at Balfour now proudly carries the banner DETOUR DINER to banish the memories of previous operators. Congratulations to Ron Lang for buying a barrel of red paint and refinishing the trim, framing and all, even the cement curbing.

New public sculptures are now on Baker Street. These are rented by the City of Nelson so they can be changed each year - not so the rust bucket by Nelson Ford. How is it that the graffiti artists have resisted the urge to modify this horror? Perchance it's so rusty that it repels paint.

Thanks to YRB for delaying the roadside mowing until the lupine flowers are over with their several colours and deer resistance. Next will come the oh-so-blue chicory that is persistent enough to withstand frequent cutting back.

Can't the City of Trail pursue the Trail Appliance Company that has no operation in Trail? Wedgewood had no problem making the Wedgewood Hotel in Vancouver add the second "E".

Bears, skunks or raccoons disturbing your garbage? Please check out the solution on display on the store deck. This protects your garbage or compost with electric shock. It's easy to switch on and off the power provided by two "D" batteries. Or you could use these to protect tulips from deer.

An update on last month's article on the cottonwood plywood plant in Nelson, Kootenay Forest Products made plywood from 1967 to about 1980. Christy Musil remembered a school trip that visited the Nelson operation.

You haven't seen rhubarb until you have looked at how this plant grows in Atlin, B.C. It is well over  
**8 Mainstreet July 2014**

four feet high along the streets of this historic town. This is the variety that goes to seed and the nearly 24 hour daylight of the north give this its growing impetus. Atlin is only a few miles south of the Yukon border. Atlin Lake is the largest in BC and includes an island topped with a glacier.

Red for the right foot and a blue for the left is showing up on cleated soccer shoes at the World Cup. This is confusing for mariners where red designates the left (port side).

Our Selkirk Loop Register shows a couple from Nashville, Tennessee who had stayed at the Hume in Nelson. The same day, people from Orlando, Florida were heading to overnight at Ainsworth Hot Springs. They fly to Spokane where they rent cars. You couldn't buy advertising that brings these loop tourists.

## Community Directed Funds Seeks Requests for Proposals

Trail, BC, Canada – June 23, 2014 – The Lower Columbia Community Development Team Society (LCCDTS) is seeking the services of professional Consultants to support the committee in executing a Community Engagement & Planning Project to establish strategic priorities to support sustainable development in the Lower Columbia region. These priorities will guide the allocation of \$600,000 in funding, over 3 years, which has been contributed by Columbia Basin Trust (CBT) under their Community Directed Funds (CDF) Program. The plan will be developed with appropriate and transparent community engagement as well as support public participation. Terry Van Horn, Economic Development Coordinator for the Lower Columbia Initiative says, "This is a great opportunity for the region and an exciting initiative; we are really looking for creative proposals from qualified and community-minded individuals." To view more information on the RFP requirements visit [www.lcic.ca](http://www.lcic.ca).

**ABOUT COMMUNITY DIRECTED FUNDS:** CBT is supporting groups of communities to work together to determine priorities for the area as whole. One area being supported is the Lower Columbia – representing the area comprised of Rossland, Warfield, Trail, Montrose, Fruitvale and Areas A and B of the Regional District of Kootenay Boundary.

The CDF Committee for the Lower Columbia Region has a vision of a stronger Lower Columbia Community through investment in creative initiatives, and a mission to manage the funds for the benefit of the community. To view more about the CDF Committee and their guiding principles, visit [www.lccdts.com](http://www.lccdts.com).

**ABOUT LCIC:** The LCIC works to develop a creative, dynamic and competitive business environment that fosters economic growth. The LCIC works collaboratively with the communities in the Lower Columbia region, local agencies, organizations and businesses to develop and implement strategies that will assist in strengthening our local economy.

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**Funding to Help Boost Investment**  
**Columbia Basin Trust commits \$275,000 over three years to Invest Kootenay**

**press release**

Columbia Basin) – A regional partnership that focuses on developing tools to attract and retain investment in Basin communities will receive a funding boost over the next two years.

With a commitment of \$275,000 from Columbia Basin Trust, Invest Kootenay will continue to help member communities attract, retain and expand the level of investment in their communities, as an economic sustainability and development tool in the region.

Invest Kootenay is a partnership between local governments, economic development organizations and chambers of commerce. Current member communities include Castlegar, East Shore Kootenay Lake (RDCK Area A), Fernie, Lower Columbia (Trail, Rossland, Warfield, Montrose, Fruitvale, and RDCK Areas A & B) Kimberley, Nelson and RDCK Areas E & F, Revelstoke and CSRD Area B, Sparwood and Columbia Valley (Radium Hot Springs, Invermere, Canal Flats and RDEK Areas F & G).

"The contribution from the Trust makes it possible for Invest Kootenay to expand the presence of the Kootenays on the investment stage," said Garry Jackman, Invest Kootenay Co-Chair. "Invest Kootenay gives our local business owners a significant platform that enables investors from near and far to see what the Kootenays have to offer."

"One of the guiding principles within our Economic Strategic Plan is collaboration," said Neil Muth, Columbia Basin Trust President and CEO. "The Invest Kootenay partnership is a great example of regional collaboration, in which the partners are working to create opportunities and further economic development in the Columbia Basin."

To learn more about Invest Kootenay, visit [investkootenay.com](http://investkootenay.com).

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



## Northern Gateway

by David Wilks, M.P.,  
Kootenay Columbia

We have the good fortune of living in what I believe is one of the most pristine areas in Canada. Kootenay-Columbia has found a way to balance the environment with natural resource extraction. Aside from four National Parks and a number of protected areas such as Darkwoods and the Flathead Valley, we also have the 2nd largest coal mines in the world as well as a healthy forest sector, not to mention some of the largest hydroelectric dams in Canada. One of the largest natural gas pipelines in North America runs through this riding. Very few people talk about it and not a single incident since it has been there. All of this is done in the most environmentally friendly way so as to ensure we have a balance between the environment and economic growth.

The National Energy Board – an independent expert regulator – will ensure that Northern Gateway, and every other pipeline, is held to the highest safety standards. The last thing that anyone wants is an incident with a pipeline and certainly the ones that own the pipeline would be at the top of the list.

Whether it is pipelines, mining, forestry or hydroelectric, these products contribute to a stable economy which pays in part for the services that we as Canadians have come to enjoy. All of the services that we enjoy continue to increase in cost. The energy sector is a major player in not only the GDP but billions of dollars in taxes that pay for those services. I want to see a healthy energy sector that contributes to the overall success of Canada.

I believe that companies in the natural resource sector have proven that they are responsible stewards and will continue to be so in the future.

## Build in Canada Innovation Program

by David Wilks, M.P.,  
Kootenay Columbia

Conservative Government Kick-starts Canadian Entrepreneurship with New Build in Canada Innovation Program Call for Proposals

David Wilks, M.P., on behalf of the Honourable Diane Finley, Minister of Public Works and Government Services, announced the launch of the fifth Call for Proposals for the Build in Canada Innovation Program (BCIP).

The Conservative Government is helping to bring Canadian businesses one step closer in moving their products and services into domestic and international markets, contributing to job creation and economic growth in Canada. David Wilks also announced that the Government of Canada has pre qualified 72 innovations under the fourth round of the BCIP. Over the coming months, Public Works and Government Services Canada (PWGSC) will match the pre-qualified innovations from the fourth call with various government departments.

The BCIP encourages Canadian entrepreneurs to submit innovative designs that can potentially help departments find solutions for achieving their operational objectives. If innovations are successfully matched with a department's needs, businesses will have their pre-commercial innovative products and services tested within a government environment and will receive valuable feedback.

The Conservative Government encourages all Canadian entrepreneurs to submit their proposals for the fifth round on [Buyandsell.gc.ca/tenders](http://Buyandsell.gc.ca/tenders) before the September 16, 2014 deadline.

### Quick Facts:

- The BCIP was launched in 2010 as a pilot program to connect Canadian companies with federal departments and agencies that have a need for innovative products and services.
- To build on the early success of the pilot program, Economic Action Plan 2012 allocated additional funding for three years, starting in 2013. As of 2016, \$40 million will be permanently dedicated to the BCIP annually.
- Since 2010, 1,244 proposals were submitted, 84 innovations were pre-qualified during the pilot phase of the program, of which 72 contracts were awarded to Canadian companies to test their products and services with government departments.
- An additional 72 innovations (61 standard and 11 military) were pre-qualified under the fourth Call for Proposals, which was the first Call for Proposals under the permanent program, and the first to include the military component.
- The fifth Call for Proposals, which includes a military component, is currently available on [Buyandsell.gc.ca/tenders](http://Buyandsell.gc.ca/tenders). Suppliers have until September 16, 2014, to submit their proposals.

## Mungall Named Deputy House Leader

press release from the MLA's office

Nelson –Michelle Mungall's tenacity and tact in standing up for Kootenay priorities has not gone unnoticed. Recently John Horgan, the new Leader of the Official Opposition, named Mungall Deputy House Leader.

"Our team has the benefit of tremendous energy and innovation from many young MLAs," said Horgan. "Michelle Mungall is a young leader with a strong record of standing up to the B.C. Liberals for policies that hurt hard-working British Columbians."

As Deputy House Leader, Mungall will work with the House Leader, Port Coquitlam MLA Mike Farnworth to manage the strategies and activities of the Official Opposition during legislative sessions. Both Farnworth and Mungall are known for their no holds barred approach to challenging BC Liberal policies that are bad for the province, such as breaking up of the ALR and the clawback of child support payments.

Mungall, who will continue to serve as Opposition Critic for Social Development, is prepared for her new challenge. "I am thrilled to be adding this new role to my responsibilities and that the leader has shown such confidence in me. I look forward to working closely with one of our best MLAs, Mike Farnworth as we provide leadership to our team in the Legislature."

**Next Deadline: July 23, 2014**

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

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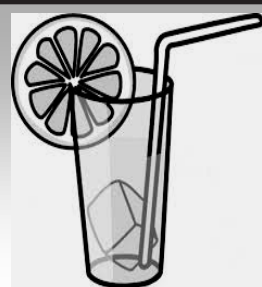
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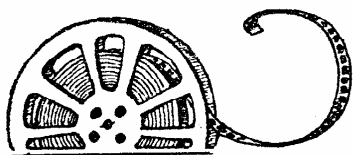
**Come for lemonade & put in your creative 2 bits** regarding the proposed purchase, by the community, of the Sunnywoods property,

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## Seldom Scene

by Gerald Panio



Although it's a commonplace to complain about how poorly novels generally fare when they are turned into films (just ask Stephen King), the shift from one medium to another can occasionally be both fascinating and successful. A case in point is Philippe Falardeau's *Monsieur Lazhar* (2011), an adaptation of Evelyne de la Chenelière's play "Bashir Lazhar." De la Chenelière's play was a one-man show. The title character, an Algerian refugee who steps into a grade 6 classroom after a shocking tragedy, is alone onstage with a desk, a couple of chairs, a whiteboard, and a projector. The audience takes the place of the other teachers, students, and parents to whom he addresses his thoughts. In Falardeau's film, the school becomes a real elementary school in Montreal, and the invisible characters become flesh and blood actors. The dynamics of the drama are so altered that its climactic speech needed to be entirely rewritten for the film. In a refreshing reversal of expectations, the playwright herself says she prefers the new ending to the one she'd originally written.

I'm going to try to avoid spoilers in what follows, so excuse me if I'm a little vague at times. It's not like there's a shocking surprise ending (part of the movie's impact comes from the inevitability of events), but it's good to step into the picture with the same sense of the world turned upside down that Falardeau's characters are experiencing.

Outside of the 74 school shootings that have occurred in the U.S. since December 2012, *Monsieur Lazhar's* opening scene presents a worst-case scenario that is as unfathomable as it is traumatizing. Mme. Vaillancourt (Danielle Proulx), the school principal, needs to find a teacher willing to step into a situation that no teacher would ever dream of confronting. Enter a diffident, middle-aged man from Algiers who seems the answer to Mme. Vaillancourt's prayers. He's no Robin Williams in *Dead Poets Society*, winning hearts and minds with pedagogical pyrotechnics. Monsieur Lazhar (Mohamed Fellag) is an "old-school" teacher who likes his students' desks in straight rows. He starts his first class with a dictation from Balzac, oblivious to the fact that his students don't do dictations and don't have a clue who Balzac is. "That was prehistoric French," comments one boy. The only thing Bashir knows to do with the laptop he inherits on his desk is to try to stuff it away in a drawer. A major train wreck seems in the offing.

Much to everyone's amazement—students, other staff, likely Bashir himself—it doesn't happen. The class rises to meet his expectations and marks are better than ever; Bashir is open-minded enough to acknowledge that listening to his students and observing other teachers make him a better teacher. Early on, Mme. Vaillancourt does have to remind him that the law doesn't allow him to slap a student on the back of the head for being a jerk, but his rapport with kids is based on affection not fear. Most important of all, no one can question his commitment to every one of the children he teaches. When we later see Bashir walking down the hallway with a paper fish stuck on the back of his suit, an April Fool's joke, it's more of a badge of honour than it is of mockery.

The young actors who play the roles of the key students in the class are superb. One of the brightest students in the class, Alice (Sophie Nélisse), forms the strongest bond with the new teacher. She and her best friend Simon are dealing with the heaviest fallout from what's happened in their class. Alice's mother is an airline pilot, a single parent, and not home enough

to fully realize the stress her daughter is under. What neither Alice nor anyone else at the school knows is that Monsieur Lazhar's own tragic loss makes him uniquely qualified to empathize with his shell-shocked students.

Simon (Émilien Néron) is the class clown—smart, a tad aggressive, a bit of a bully, weighed down by a crushing burden of guilt. One of his oral presentations is titled "L'école, s'est [sic] de la mardel!" ("School is crap!"), complete with poster. Another student, Marie-Frédérique (Marie-Ève Beauregard), is whip-smart and capable of withering contempt, challenging Lazhar on his grammar and letting him know in no uncertain terms that she knows what her rights are. Victor (Vincent Millard) is the oldest student in the class, academically challenged, the target of Simon's put-downs, but no push-over. As is typical of inner city schools in most large cities, the class is multi-ethnic. Lazhar is a breath of fresh air for Abdelmalek (Seddik Benslimane), the lone Arabic student.

Not so typical of inner city schools is the classroom itself. The Montreal school in which *Monsieur Lazhar* was shot over two months in the summer was built in the Sixties, with some of that era's idealism in mind. It's built around an internal courtyard, with the walls facing on the courtyard and almost all windows, and coloured windows at that. The director said he chose this particular school for his film because the light that bathed the



classrooms balanced out the darkness in the script. If Bashir's student-teacher ratio looks enviable (how many city classrooms have 20 kids these days?) it's because that's all Falardeau could afford to cast. For those of us out here in Crawford Bay who might be tempted to take for granted that schoolchildren spend their recess and lunch playing in the forest, the sight of the students in the film confined to a concrete courtyard certainly puts things in perspective.

Along with his class, Bashir also begins to form a bond with the younger teacher who has the class next to his. Claire's {Brigitte Poupart} teaching style is everything his is not, and her classroom is a whole universe of colour and student-made models and artwork. After leaving home, she had travelled and lived in Africa, and she brings her passion for sharing cultures into her teaching. On the night of a school dance, Claire catches a glimpse of Bashir dancing alone as the pounding beat from the gym merges with memories of music from his youth. This is the man he once was. Claire can't understand why Bashir is hesitant to share more of his own experiences in his homeland with his students.



And there's the rub. The burden that Monsieur Lazhar is carrying is heavier than that of any of his students. When, during the course of a casual supper, he inadvertently opens a window onto his pain, Claire is shocked into silence. As the film's plot develops, we know that however successful Bashir is as a teacher, there will come a moment when his story and that of his class will intersect. That will not be an easy moment. There's strong foreshadowing in an earlier scene, parent-teacher night at the school, where Marie-Frédérique's well-to-do parents thank Bashir for his academic success, and then pointedly add, "You're new here, the nuances escape you.... We prefer that you teach our daughter, not try to raise her." Ouch.

Monsieur Lazhar tells his students that he wants his classroom to be a place of hope and not of despair. A place of life, hard work, and "tenué"—one of those hard-to-translate words that implies behaving correctly towards others. For a while, his dream comes true. Although I'm pretty sure that in real life, in Canada, no one in Lazhar's position could ever wind up in a classroom, or survive more than a few days trying to teach one, this is an honest story about doing the best you can, of trying to wipe the slate clean and start over—in a world that is unfortunately more cautionary tale than fairy tale. One of my favourite scenes in *Monsieur Lazhar* is of two girls together in the playground. They're admiring one another's brand new, bright red shoes. One girl wears a hijab. If only it were that simple.

## Creston Art – In the Library and the Chamber

by Val Van der Poel

Creston is going to be bursting with art this summer. What a treat for residents and visitors! The Art in the Library and The Art in the Chamber displays are a part of this explosion of color and energy.

The Art in Library exhibit is called "Cloth, Paper, Water - 3 Friends, 3 Mediums". Featuring Win Dinn, Eileen Gidman, and Laura Leeder, this display will fill the library with variety, texture and color. It is always exciting to see what new techniques these well-known local artists are sharing: gelli plate backgrounds, stitching, stamping and sponging, or adding pen to delicate watercolor. The Art in the Library show starts on June 28 and ends on August 30 so everyone will have lots of time to check it out.

The Art in the Chamber display features the Artistic Visions Summer Art Market. The variety of art from fifteen local artists is sure to offer something for every person that enters the Visitor Center. They will find exquisite still-lives and landscapes in oil, cunning metal sculptures, delicate watercolors and bold acrylics, mixed media and glass jewellery, fun painted fabric and fabulous photographs. The regular Artistic Visions group is joined by three guest artists this year: Guy Hobbs with his wonderful wildlife art, Linda Bullock and her sumptuous silk scarves and some members of the Valley Mudders with their lovely pottery. From Monday through Saturday one of the artists will be on site to talk to visitors about the art and to help with purchases. This year, during the Basin Culture tour on August 9 & 10, Artistic Visions members will be demonstrating some of their techniques and we hope that lots of area residents will come to see what we are doing. The Art in the Chamber exhibit starts on July 1 and ends on September 4.

These community art displays are sponsored by the Community of Creston Arts Council, the Creston Public Library and the Creston Valley Chamber of Commerce and Visitor Center to enable artists from Yahk to Riondel to share their art with the community. The displays are a opportunity for locals and visitors to see the wonderful art and talent of local artists and we hope everyone will stop in and see the fabulous art.

## Lucas Myers is Coming to Crawford Bay School!

press release by ES Learning Hub

Lucas Myers and his partner Christa are offering Theatre Classes at the Shokunin Master Class program at Crawford Bay School between July 22 to July 25. Register now at [eslearninghub.ca](http://eslearninghub.ca) as space is limited.

The seven Master Classes are four days long from 10 am to 2pm on the Tuesday to Friday after Starbelly Jam. Lunch is included in the cost and the children can attend the Kids Smart Camp held at the same time at Crawford Bay School. (Also register online or at the Learning Place office at the school)

Ted Wallace is offering Intuitive Drawing and is looking for a live model or two.

Zora Doval is exploring Self-Portraits in a variety of mediums. Danielle Tonossi is offering Intentional Creativity with archetypal explorations in a supportive environment.

For writers, local farmer and writer Luanne Armstrong is offering The Writer That You Are and Sean Arthur (Art) Joyce from New Denver is taking time from his busy schedule touring with his new book to offer a three day program on writing the present in the past.

For music lovers, learn the Language of Music with Greg Lostracco with computer options.

There is something for everyone this summer in Crawford Bay. Some of the best vacations are close to home. For accommodations and food venues please see: [www.kootenaylakechamber.com](http://www.kootenaylakechamber.com)

**Footlighters Theatre Society  
presents  
Dogsbreath Devereaux,  
The Dastardly Doctor  
by Brian Lawrence**

After producing plays and musicals for 19 years, Footlighters Theatre Society is kicking off its 20th season with *Dogsbreath Devereaux, The Dastardly Doctor*, which runs July 10-12 at Prince Charles Theatre.

The play follows in a longstanding Footlighters tradition of presenting comedy in the summer, and this one, a melodrama, is sure to please audiences who see the interaction between stock characters, such as the hero and villain.

"There is music, drama, pathos," said director Gail Kitt. "It's a good family show because it's got everything. Everybody will get a laugh out of it."

Set in a clinic, Dr. Dogsbreath Devereaux (played by Rylan Lavallee) plots to wed and do away with wealthy widow Lotta Cash (Jennifer Adams) so he can inherit her fortune and her late husband's clinic. He enlists the aid of nasty nurse Hilda Hatchet (Ann Deatherage) and promises to marry her once he disposes of Lotta. Problems arise when the insanely jealous Hilda catches Dogsbreath flirting with heroine Wendy March (T.J. van Hoof). Only the hero, Dr. Phil Good (Axel Marini), can save Wendy and Lotta from certain death.

The cast of *Dogsbreath Devereaux* also includes Zoe Marini, Caleb Wells, Aaron Willicome, Colin Hardwick, Susan Jorgensen, Frank Goodisr, Gill Wells, Gary Atha, Jasmine Lothien, Jordan Koop, Jesse Moreton and Jennifer Dewald.

July is a particularly busy month for Footlighters, with the cast and crew of *Almost Golden*, which was named best production at May's Centre Stage, visiting Kamloops to represent Theatre BC's Kootenay Zone in a July 9 performance.

"It's rare that we have two productions going at the same time, especially ones with large casts," said president and *Almost Golden* director Brian Lawrence. "But it just goes to show that theatre is alive and well in Creston."

When those productions finish, the group will move on to the fall production, this one a locally written version of *Cinderella* that runs Dec. 4-6. This will be the eighth fairy tale that director Frank Goodsir has adapted, following the Footlighters productions of *Aladdin* (2011) and *Jack and the Beanstalk* (2007), and a series of five that ran in Creston in the early 1980s.

As with *Aladdin* and *Jack*, *Cinderella* will be produced in conjunction with Adam Robertson Elementary School, and will likely feature about two dozen children from ARES and other valley schools.

That will be followed by a musical, Walt Disney's *Beauty and the Beast*, also produced in conjunction with ARES, running April 16-18, 2015. It will require a large cast of adults and some children, and feature all of the songs from the 1991 animated feature, as well as those created for the 1994 Broadway musical.

"This is going to be an incredible season," said Lawrence. "These are all great shows that the whole family can enjoy, as we look ahead to our next twenty years."

Tickets to *Dogsbreath Devereaux* are \$10 for adults, \$8 for students/seniors and \$5 for children under 12, available in advance at Black Bear Books and Kingfisher Used Books or at the door.

**Missed the deadline?  
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**Kootenay  
Lake Art  
Connection  
by Geri Gomola**

With twenty six venues and over fifty affiliated artist and artisans, the art connection starts on June 27 and runs until September 2. On June 26, the opening night at the Wynnwood Estate Cellars includes a juried art show with three well known judges and ten artists' work that will be adjudicated. Five pieces will be picked for viewing in the winery tasting room over the summer. One of the pieces picked will be a "viewer's choice" and everyone attending will have the opportunity to vote on this piece. The artist showing work are, **Val van der Poel**, from Mellowood Studio and Gallery, **Leah Wilson**, who is also exhibiting her work in the Ashram this summer, **Sharon Witt** who is exhibiting at the Wedgewood Manor B&B. **Kent Jantzie** is exhibiting his work at the Kokanee Chalet lobby. **Laura Leeder** is exhibiting at the Wedgewood B&B and Nelson and District Credit Union. **Harry Miller**, exhibiting his carved faces is at the Wynndel Store, **Melody Arnold** is also exhibiting at the Lakeview Store. **Brahva**, whose gallery is Celts and Vikings and **Geri Gomola** of Emerald Eastcliff Gallery will also be exhibiting. Geri will also be putting work in our first location going north down the lake, the Wynndel Store. There will be great food, company and wine and a great kick off to the Kootenay Lake Art Connection. Make sure you check out the judges' choices at the winery this summer.

This year Riondel is part of the circuit with the Ashram showing **Leah Wilson** and **Gary Sly's** art and Bob's Bar and Grill is showing the work of the Riondel Art club, and The Circle of Friends Artisan Shoppe is making its debut with a variety of art and artisans from all over the East Shore.

There is an Art Connection opening at Riondel as well this year and that takes place on Saturday June 28 from 5pm to 8pm with a tour of the new Circle of Friends Artisan Shoppe and then a reception at Bob's Bar and Grill. Both places will be happening places this summer, (or do they still say that?)

The bonus of it all, a big promotion again this year for everyone, residents and tourists, is that a \$200 gift voucher will be drawn twice this summer. You have to have twelve initials this year. The voucher is to be used to purchase your favourite piece of art from any one of the members of the Kootenay Lake art Connection. Enjoy the view, the lake and the art on the east shore this summer.

We would like to thank our sponsors, the RDCK, CBT, Nelson and District Credit Union, East Shore branch and Creston Cultural Alliance.

**Music Lovers, Listen Up  
by Donnie Clark**

Harrison Memorial Church will host its 7th sponsored concert on Friday, July 11 at 7pm, featuring the Kootenay Brass Quintet.

These well accomplished professional musicians will play a variety of brass music both entertaining, interesting and challenging reaching all ears of all ages. Their ensemble work as well as their solo technique is a joy to hear and watch. Verbal repartee introducing the selections is both witty and knowledgeable revealing a rich understanding of the history of brass quintet music.

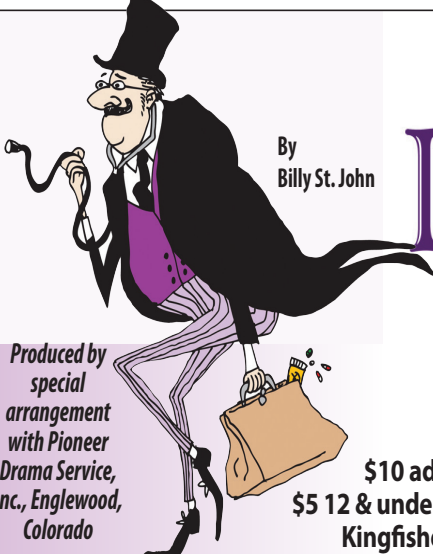
From Broadway to the Popular Classics to Jazz, Tim Bullen, Laurel Ralston, Arnie Satanove, Keith Todd and Robin Clegg will play their hearts out for us.

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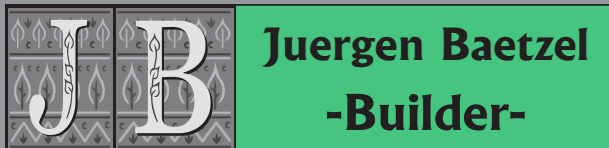


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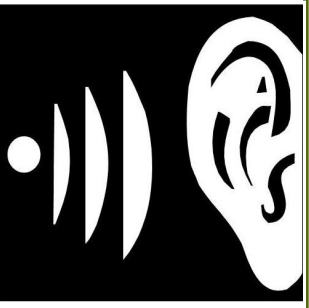
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Photo by Tom Lang

## North Bay Pavilion ~Finally Up!~

by Fran O'Rourke

Riondel's North Bay Pavilion was four and a half years from conception to realization. Now that the completed structure is standing in the community picnic area of Riondel Park and Campground, the reality is more imposing and elegant than expected. The pavilion is a lovely addition for the campground; since many of our campsites are best suited to tents and small campers, it is appealing to have a sheltered space when the weather does not cooperate. It is also available at no cost to community members and groups for planned or casual events in one of the most beautiful settings on the East Shore. A shelter means you can set a date reliably without a rainy-day plan B. If you want the Pavilion space exclusively for a private function



or an event where you plan to serve liquor (with your own license), it can be booked and rented through the Riondel Campground.

North Bay Pavilion project would still be a set of drawings without a great deal of community energy and support. Many thanks go out to the community members who provided private donations and all those who supported our fundraising efforts. We gratefully acknowledge our major financial supporters: Columbia Basin Trust who provided a huge boost through their Community Initiatives Program and Nelson and District Credit Union who contributed a Community Initiatives grant. Thank you to Bill Downing for donating the shelter package of laminated beams and panels from Structurlam in memory of his parents, Frank and Leslie Downing, who loved their life in Riondel for 62 years. And to Kalesnikoff Lumber Company who generously delivered the package free of charge. We would also like to thank our contractor, Jim Morin, for putting the puzzle pieces together so beautifully despite uncertain weather and equipment glitches.

To a community used to aging infrastructure, North Bay Pavilion was worth the wait.

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## FUND RAISER SUCCESS!

by Christy Gillespie

The Eastshore Ambulance Auxiliary Society is pleased to advise that the 4th Annual Garage/Bake Sale Fundraiser was a huge success. Not only was this the highest dollars raised to date (\$4446 net, with final numbers still being tallied at time of going to print), but it also achieved its goal of participation across the ambulance service area. Goods and/or monies were donated from Boswell all the way up to the end of the paved road north of Riondel. Hundreds of people were in attendance over the two sunny days of the event,



with many people coming back several times to purchase some more items, have another coffee, muffin, hot dog or pie or to just sit and enjoying visiting with friends and neighbors. One gentleman described it as the "best community event of the year"!

The Society would like to thank all those who helped in so many ways: from loaning and setting up tents and tables, donating goods and baking, purchasing the goods and baking, cooking and enjoying the hot dogs and for buying raffle tickets for three donated cakes and two hand quilted children's first aid kits. Winners of the raffle are as follows:



- Children's Quilted First Aid Kits (made and donated by Cindy Bonnell) – **S. Arnott & J. Gilbert**
- Children's Cakes (made and donated by Cindy Bonnell) – **H. Schmidt & T. Derbyshire**
- Ambulance Cake (made and donated by A. Miller of Bob's Bar & Grill) – **S. Green**

We would also like to thank those who didn't want to buy anything but instead wanted to make a direct donation in recognition of the importance of the ambulance service to the East Shore community.

Again, we THANK YOU ALL.

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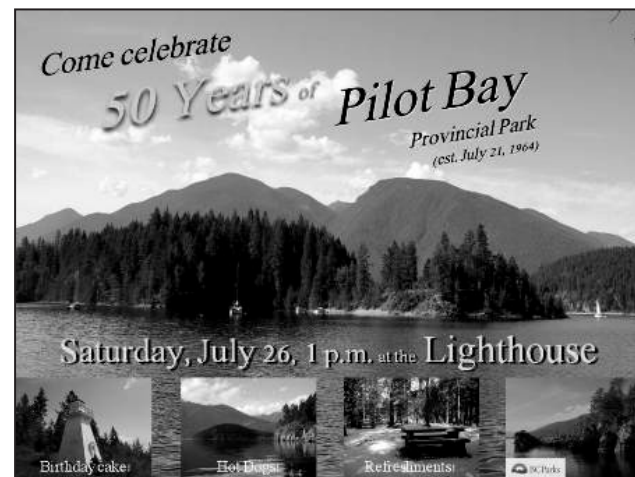
Growing communities one idea at a time.

## Pilot Bay Park Welcome to the Party!

by Susan Hulland

On Saturday, July 26, BC Parks is hosting a 50th birthday party for Pilot Bay Park and everyone is invited to attend.

Pilot Bay Park was established on July 21, 1964. Back then its finest physical asset was Sawmill Bay – known to generations of boaters as the safest haven in a



storm on all of Kootenay Lake. Fifty years later there's more to celebrate with the inclusion of a heritage structure - Pilot Bay Lighthouse - into marine park.

The event will be held at the lighthouse starting at 1pm. Meet BC Park staff and longtime community supporters; hear some local history; and enjoy birthday cake and refreshments. Don't forget to pack cameras and binoculars to enjoy the amazing views which will likely include boaters who opt to attend the party on the water below the historic building.

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pebbles  
by Wendy Scott

Ben Okri penned a few lines – well, more than a few, but today these come to mind: *There is wonder here/ And there is surprise/ In everything the unseen moves/ The*

*ocean is full of songs/The sky is not an enemy./ Destiny is our friend.*

Thoughts like this are apparent now when swallows return; diving, swooping, building, feeding, they have come to raise a family, encourage their tiny chicks to make that death-defying leap from the familiar, and fly. All in preparation for departure from this summer place, until the earth tips again and the process begins anew.

At the same time robins hop, run, pull worms and attack any reflection that startles or resembles a combatant or a competitor. Sparrows and finches crowd feeders, spinning them like circus carousels; hummers empty columns of sweet juice and teach their tiny progeny to flatten those long, remarkably soft bills against any screening that happens to come between them and a supposed food source; then both parents take off, leaving the little creatures to find their own way down south – no map, no compass, just an inbred desire to seek winter refuge – somewhere.

Ravens, of course, are following the same routine, but we consider them big enough to fend for themselves – from birth, perhaps? Speaking of very large birds, there's the curious case of the battling ospreys and eagles. I'm not sure why, since their food sources differ, but I've seen osprey try to drive away an eagle from what must have been the osprey's cruising space. And then, not very long ago, there were reports of an attack by two Bald Eagles on a single osprey. The eagles, immense by any standards, performed a deliberate mafia-like hunt and destroy – driving the offending osprey into the pebbles on a beach just north of Riondel and proceeded to squash the unfortunate bird and actually jumped on it until it no longer moved.

Provoked attacks such as this, fortunately seldom happen. Birds, for the most part, go through their yearly routine, eat as much as we remember to put in their feeders, and depart.

And to accompany all this activity, the red brilliance of geraniums graces flower pots, along with petunias scarlet, pink and white; and around the garden, climbing any available trellis, the deep purple and magenta clematis. Brilliant yellow pond iris nod to their gold and purple cousins in the flower beds, and in the air, seeded puff balls seek the convenience of a spot of soft soil.

And everywhere, everywhere, buttercups! All this in preparation for the year that is yet to come; this is our July summer, and we're grateful for the colour; glad for the lupines beside the road and pleased with the vibrant glow (even after dusk) of all that Broom.

There is, indeed, wonder here.

GRAY CREEK PASS REPORT

by Tom Lymbery

Please look at [www.graycreekstore.com](http://www.graycreekstore.com) which will tell you when the pass is open to wheeled traffic. We have had many compliments from Kimberley people and travelers for our efforts to keep this updated. We also need info from anyone heading up the hill. If you get through or find problems please phone 250-227-9315 or email [lymbery@netidea.com](mailto:lymbery@netidea.com)

On submission deadline day (June 25) I drove to the summit, finding that the road has wintered well – no slides, washboard, potholes or mud. There is snow in the bush at Oliver Lake, and about 18" of snow on the road just below the summit. There were 13 bear poops on the road above the second crossing of the South Fork - they must be feeding on the lush growth of the roadside alders.

My guess for 2014 opening – July 2 unless ATVs make tracks through the white stuff that speeds up the melt.

Doug Stoddart Set to Join World Council of Credit Unions' Board

NELSON, B.C. — Doug Stoddart, CEO of Nelson & District Credit Union (NDCU), has been elected by Credit Union Central of Canada (CUC) to serve as one of their two representatives to the World Council of Credit Unions' (WOCCU) Board of Directors.

John Edwards, NDCU Board Chair was enthusiastic in stating, "It is a great accomplishment for our Credit Union and communities to have another representative on the world credit union system stage. Doug's appointment shows how the international credit union system is truly co-operative in nature when credit unions of all sizes can participate." He adds, "It was not long ago that Tom Atkins, NDCU's Manager for Marketing & Relationship Development, was recognized with a WOCCU young leader award in 2006."

Stoddart has served as the CEO of NDCU since 1992. He also serves as a board member of Central 1 Credit Union and a delegate to the Canadian Cooperative Association. He was elected to the CUC Board in 2013.

Stoddart will represent Canada on the World Council Board following World Council's 2014 Annual General Meeting in July. He will also serve as a liaison between World Council and Canadian credit union system.

"We look forward to working with Doug and learning from his solid experience with co-operatives," said Brian Branch, World Council president and CEO.

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Next Deadline:

July 23

Did you miss the deadline? Have something to say? Try [www.eshore.ca](http://www.eshore.ca)  
[mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)



## Health & Happiness

by Dr. Sid Kettner

### High Sugars and Your Brain

Most of us desire the best brain power available, but that might mean we need to drastically curb the desire for excessive ingestion of sugars and fats. Both of these promote high blood sugars, which research has now linked to a greater risk of brain deterioration. Over 25 percent of us over the age of 65 have diabetes and about 30 percent of us over 20 have higher than normal blood sugars and are thus pre-diabetics. So we all need to listen up and eat more responsibly.

Research has shown that adults who have developed diabetes by age 51-60 face nearly twice the risk of Alzheimer's Disease (AD) or other dementias compared with similar adults who do not have diabetes. Ouch! But fortunately many people can improve their blood sugar levels with very simple and cost-free measures such as exercise, weight loss, adequate sleep and a healthy low calorie (low fat and sugar) diet. Some may need to manage high sugars with medications under the close supervision of their family physician.

The mechanism for the association between diabetes and brain shrinkage (from recently published research at Massachusetts General Hospital) appears to be chronic inflammation of blood vessels, which in turn decreases the blood flow to the brain. So tissue dies. This is the same process by which high blood sugars contribute to heart disease, stroke and kidney failure and validates the medical concept that "Healthy organs require healthy circulation." The above findings were seen on MRI and other special scans of brains.

What are the risk factors for diabetes? Age above 45, impaired blood glucose tolerance test, family history, being overweight, not exercising regularly, a low HDL, a high triglyceride, high blood pressure and having gestational diabetes while pregnant or having a baby weighing more than 9 pounds at birth. Clearly a diet with excessive sugar and fat is a high risk factor.

What to do? Change the above factors as much as possible. Get regular medical exams to check your blood pressure, glucose tolerance, lipids (LDL and HDL cholesterol, triglycerides) and Hg A1C level. Then manage all the abnormal findings, control your weight, eat a healthy, low calorie, low fat diet (mostly fresh fruits, vegetables, whole grains and legumes), exercise 45 minutes a day five times a week, reduce your stress and get at least seven hours of sleep a night. Your brain will love you, thank you and . . . serve you better.

**Missed the deadline?  
Try: [www.eshore.ca](http://www.eshore.ca)  
Next deadline: July 23**

## Remembrance Garden

by Wendy Scott

We are in the process of planning a proper watering system for the garden. Grant applications have been forwarded – so far without success.

We should know towards the end of July whether or not the current try has been accepted. In the meantime we will continue to drag out hoses and care for the memories so many have entrusted to what has become a very special park. There are six benches now and over sixty little marble plaques.

Come and take a stroll through. Sit for a while. Bring along your own memories.

Wendy Scott 250-225-3381 - [wmescott@gmail.com](mailto:wmescott@gmail.com)  
Muriel Crowe 250-225-3570 - [mcrowe@bluebell.ca](mailto:mcrowe@bluebell.ca)

## Asana of the Month

by Jayanti Holman

Pincha Mayurasana

Peacock Feather Pose



**\*\* This is an advanced pose, practice with care\*\***

### Benefits

- Tones the abdominal organs and muscles
- Improves digestion
- Prevents accumulation of toxins in the system
- Develops & strengthens the shoulders, fore arms & wrists
- Revitalizes entire body eliminating fatigue
- Alleviates: insomnia, headaches, varicose veins, excess tension and anxiety
- Increases immune function
- Lengthens, stimulates & tones spine & discs
- Enhances all mental faculties including memory, motor skills & concentration

### Doing the pose

**\*practice only if you feel strong - and as a preparation for the pose away from a wall\***

- Start on all fours, small distance from a wall
- Place your forearms and hands on the ground, shoulder-width apart
- Begin with your head placed between your arms on the ground
- Walk your feet toward the wall, till your legs are in a downward dog pose
- Lift your head up and firmly press down thru the forearms and shoulders
- Now, one-leg-at-a-time, kick your feet or heels up against the wall
- Straighten the legs up & together, look between your hands
- Breath deeply and evenly for 3-6 breaths

### Focus while in the pose

- Keep the weight on the forearms
- Keep the head lifted
- Keep the legs lifting through the feet and drawing together
- Stretch the chest region up vertically
- Secure your balance
- Keep the thighs active and lifting
- Deeply press down thru the shoulders and elbows while drawing the tailbone up towards the heels

### To come out of the pose

- Drop one foot then the other to the floor
- Come into a rest pose, kneeling with your chest on your thighs and forehead on the floor

## Riondel Golf

by Glen Kinder

The 50th Anniversary Fathers' Day Men's Tournament was held on May 15. Fifty-eight (58) players completed 18 holes under rough looking skies but managed to finish before the rains came.

A number of golfers came from Creston including **Bob Meredith Sr.** (age 78) who played in the 2nd tournament 48 years ago. Sand greens in those days.

**Bob Meredith Jr.**, as it turns out, was our tournament champion this year, with a gross score of 65. First flight winner with a 69 was 16 year old **Jake Kolodychuk** of Creston. Overall low net winner was **Spud Myer** with a net 55.

Those without a handicap are scored under the mysterious Callaway Scoring system. First place in the Callaway group was **Andy Dejonghe** from Pilot Bay and a member of our Men's club.

Tournament Chair, **Arny Ames**, brought in a lot of great food (and drinks) for breakfast, lunch and dinner. (sausage rolls, bunwiches, steak, salad and cake, lotsa cake) I know he's appreciative of the great volunteers. Special mention should be made of **Lynne Cranna** (Scorer, Rules and Spotter), **Jan Ricker** (clubhouse manager and meat cutter), but there were many more without whom this event couldn't happen.

Most of the prizes were donated by local businesses and golf courses in our region. There were too many to mention here (I think almost everyone got a prize), but, be sure, we are extremely grateful.

The course was in pristine condition, thanks to the hard work of **Lee Martin** and his crew.

Next: the Bluebell Ladies Tournament on August 13.

## Birth Announcement



**Linnea Faye Powell**

Linnea was born May 7, 2014 and she weighed 6lb 11oz. She is welcomed by her proud mama and papa, Jen Newcomen and Linden Powell, and her brother Lathan. She's the perfect addition to our family, our little pink blossom... Grandparents Sheila, Gerry and Pam and Auntie Deed and Uncle Richie along with many cousins and friends welcome our Linnea to the family.

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**Community Connections Annual General Meeting Time**  
by Greg Blackwell

On Monday June 23 we held Community Connections Annual General Meeting at Community Corner in Crawford Bay Park. A special thank you to those who came out to spend some time with us reviewing the past year and discussing potential for the year ahead. It was a popular week for events with two other AGMs running as well as several events during the week and weekend.

I don't know if you find these types of proceedings as interesting as I do but perhaps if nothing else you'll find it informative.

Community Connections was started by a thoughtful group of people on the East Shore in the fall of 2010. The major activities we are involved in today are grant sponsorship and supporting grant related projects and programs with respect to financial and project management.

Since inception we have sponsored approximately 50 grants and managed \$174,000 in grant funding. Volumes over the years continue to increase as we have seen 33 of those grants in only the last 14 months since our last AGM. We'd like to take this opportunity to thank the many funding sources who have supported our community over the years.

- o *Columbia Basin Trust, Regional District of Central Kootenay, Nelson & District Credit Union, Union BC Municipalities, eNP BC, Creston Credit Union, Art Link, Kootenay Boundary Community Service Society, Creston Art Council*

In terms of grant related financial and project management support, there have been approximately 32 projects initiated since inception. Again speaking to increased volumes, 16 of these have started in the last 14 months and there are 13 projects or programs currently open. In the latter part of last year we started looking at programs that were being managed elsewhere that could be managed on the East Shore. Programs can have slightly different dynamics in that they are longer term, often have consistent funding and reporting, can require ongoing coordination, and more. These dynamics can mean different or more flexible management or working arrangements. Projects and programs that have been funded and supported since the last AGM:

- o *Community Directed Youth Funding (Year 3); Medley & Arts Summer Camp 2013/14, Kootenay Lake Art Connections 2013/14, East Shore Alliance Supporting Early Years (organization, programs), East Shore Community Learning Hub (organization, classes), School Garden Expansion 2013/14, Invest Kootenay Promotion Project, East Shore Facilities Committee, East Shore Xmas Food Bank, Youth Drivers Education, Spring Forum 2014, Pickle Ball Court, Kids Summer Arts & Recreational Camp*

There are also a number of other activities Community Connections has engaged in over the year. Naming only a few ...

- o April "Alternative Heat & Power Solutions for Small Communities"
- o October "Energy Resiliency - Consultant Report & Community Discussion"
- o March "Energy Resiliency - Climate Change in the Kootenays"
- o May 3 "What's Happening" Spring Community & Business Forum (3<sup>rd</sup> annual)
- o CBT Community Directed Funds Initiative - Yahk-Creston-Riondel Steering Committee
- o Maintain the Community & Business East Shore Online Directory
- o Regular Interlock with KL Chamber of Commerce; East Shore Health Care Society;

- o Economic Development Commission; Regular *Mainstreet* articles
- o Open Office/drop-in Wednesday afternoons 1-4pm
- o Invest Kootenay First-Point-of-Contact for the East Shore/Area A
- o Launch Community Connections Invest Kootenay Promotion Project

Of course no AGM is complete without the nomination and election of directors. For some, this is the most exciting part. We are pleased to have **past board members Janet Wallace, Dana Gallinger, Paris Marshall-Smith, Galadriel Rael, and Palma Wedman** join us again this year. **As well, we are doubly pleased to welcome Gef Tremblay, Ingrid Baetzel, and Farley Cursons as new members to the board.**

For the year ahead we intend to continue strengthening our existing services and operational foundation and have secured funding to do some organizational development and look at where we may be able to provide additional services. Plans also include broadening connectivity and improving communications by engaging with other East Shore communities and groups as well as significant organizations external to our area.

And there you have it ... Along with a huge thank you to many grant writers, project coordinators, volunteers, youth and other participating individuals, who put so much time and effort into making all these activities of interest and value to business and communities on the East Shore.

To contact Community Connections [www.cco-connections.ca](http://www.cco-connections.ca) or please call or email our administrator Greg Blackwell at 250-227-9218x5505 or cell 250-509-0751, at [skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com) or [gblackwell@theeastshore.net](mailto:gblackwell@theeastshore.net), or drop by our office 1-4pm Wednesdays at Crawford Bay School.



**Hidden Taxes**

by David George

It's been a busy June for this writer, so this and next month's columns may look like Hidden Taxes Lite.

The first weekend in June saw the East Shore Ambulance Auxiliary garage sale raise a very encouraging amount of money for training. As we all should know, our glorious government in Victoria will not pay for the training of our ambulance personnel. They figure our tax dollars are better spent elsewhere.


Where is elsewhere? Certainly not our schools, where a long strike by teachers is likely to last into September. Despite the strike, Crawford Bay Elementary-Secondary School had a great grad for the nine leaving us, and I was happy to present Lions scholarship funds, which our club has been able to do for many years.

Just this week I handed over the helm of the Kootenay Lake Lions Club to our new president Mike Jeffery. He is one of the most energetic supposedly retired people I know, and he would love to have some more people join us in the Lions club. Give him a call at 250-227-6807.

Democracy takes time. That is one of its great strengths, and also one of its weaknesses. Last night, June 24, a wonderful example of how local democracy works happened in the Gray Creek Hall at the annual general meeting of the East Shore Internet Society.

Does everyone on the East Shore have internet? Well, almost everyone, and our home-grown society, providing what is now an essential service had a really rousing time with around one hundred people filling the hall. Many concerns were voiced, and there are now ten members on the ESIS board of directors. We expect great things from them in the very near future, including the fulfillment of the promise we heard of upgraded service for almost all member-subscribers by the end of this summer. Their names should appear elsewhere in this *Mainstreet*.

Also appearing on the East Shore on July 8 will be our MLA Michelle Mungall on her Annual Bend the MLA's Ear Tour. In Crawford Bay she will be at the Market at 11am, and in Riondel at the Community Centre at 1pm. Come out and talk with her about anything of concern in our province and on our beautiful East Shore.



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Lorna Robin, EDC Chair 250-225-3333  
[lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca)  
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**Community Connections** (aka South Kootenay Lake Community Services Society, SKLCCS) is a registered society that may be able to sponsor your application.  
email [skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com)

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*New Business Introduction*

# Dirty Beds Produce

submitted by Jessie King

If you've heard a rumour of two dirty women in beds growing...vegetables, you've heard correctly. Elisa Rose and Jessie King have started a new market garden (larger than a home garden, smaller than a farm) business called *Dirty Beds Produce*. You are all invited to attend our grand opening Saturday July 12 at Russ Anderson's place - 16521 Crawford Creek Road. Come at 3pm to help in a work bee, or at 7pm for a potluck. This event will also be a Young Agrarians gathering, which means fresh blood (I mean, farmers and food lovers from all around the greater Kootenay area).

Does it seem like our new little business came out of nowhere? Well, we feel that way too as Dirty Beds Produce is quite a new adventure for us. Sometime

fenced garden sites (Gerald Panio's, Robert Boker's, Lee Reidl's, the Wingers', and the school garden). We were invited to grow a few spuds at Russ Anderson's place, where little did we know what awaited us - a MASSIVE rototilled crop circle. Basically, we could combine all of our other garden spots in this one circle and still have room left over. Mouths agape, we again dove head-first into larger-scale growing. Or you could say we carried forth in blissful naivety.

Since April, we have both been juggling other jobs while planting, transplanting, preparing gardens, watering, weeding, as well as learning how to launch a business (ahh!), connect with buyers, advertise and continue to get to know each other. A big thank you to our homeowners for being so patient with our unusual work hours, Lee for finding so many donated starts, Melissa Flint at COTR for her advice and support, and Russ and Kevin B for an incredible amount of infrastructure. That leads me to the next mouth-agape moment: the greenhouse - a whole *Mainstreet* article in itself. Suffice to say, an enormous 40 foot by 100 foot greenhouse is being constructed at Russ', and will provide greens and other produce to the school's hot lunch program throughout the winter.

Thus, if you'd like to get a taste of Dirty Beds Produce's produce, which will include such things as salad mix, peas, beans, squash, spuds, carrots, beets, zucchini, and piles of tomatoes, you can find us at the outdoor weekend markets in Crawford Bay; taste some of our produce at the Black Salt Cafe, Bocalino, the ashram and the school's hot lunch program; or connect with us on Facebook (search Dirty Beds Produce); or a call 778.962.0311. We hope to see you at our grand opening on July 12 at 16521 Crawford Creek Road anytime after 3pm.



in April, Lee Reidl - CBay lunch chef - introduced two people who had never before met, but had both expressed interest in growing for profit (the legal kind... aka veggies) this summer on the East Shore. In what seemed like a split second, Elisa and Jessie King dove head-first into getting to know each other and a new adventure of starting a new business (something my parents warned me never to pursue, being exhausted entrepreneurs themselves).



The business idea was simple: grow a wide variety of veggies for ourselves, and sell to the school's hot lunch program (to be frozen, dried, or preserved during this summer for winter meals), residents, restaurants, and tourists of the East Shore. As neither Elisa nor I have garden space at our homes, we thought we'd loosely follow the SPIN (small plot intensive market) gardening model of growing on other people's land. Thanks again to Lee, we secured five pre-existing and

# Sacred Journey Expands

by Khyati Holman

Sacred Journey Gallery is very much in the winds and motion of change these days. It is with excitement and great pleasure that we join all the beautiful shops and artists of Crawford Bay this summer, whilst looking forward to bringing a touch of the exotic Sacred Journey energy along. It seems more and more a time for collectively uniting to move forward all the incredible potential of our community. We are now sharing the space of the old Dandelion Market (along with the new Starbelly Jam office). We are definitely feeling all the goodness from past years, the efforts of the entrepreneurs and creative energies that have been flowing there for years making Crawford Bay what it is today.

I am asked a lot these days about what is happening to the Sacred Journey in Gray Creek. We are most definitely still open and moving forward with some wonderful new ideas and additions. This year we will be opening our Tea Garden in the beautiful outdoor space that overlooks exquisite Kootenay Lake. We are creating a space lake-side where people can come to sit and enjoy the beauty of that incredible view and tranquil atmosphere... a place to come relax, write, read, take some moments for oneself, or to have a social outing with friends.

It is a humble beginning this year, an idea that has been growing for a few years now. To create an area where guests can perch themselves up on the cliffs near our yoga deck while enjoying some refreshments and quite moments. We will have some light ready-made snacks and pastries available from July 12 on and hope to have at least one Indian feast this summer with music and dance out on the yoga deck as well. The gift and decor shop and our healing spa services will be happening throughout. We have some wonderful therapists coming in this summer offering an array of treatments. The one I highly recommend is the Warm Oil Indian Head Massage by Vinod Kumar who will be here this August offering an array of services and training for those interested.

The Old Golden Pine residence has been the home to Sacred Journey for ten years now. So many beautiful happenings, classes and events have unfolded there over these years; it has been an honour for me to be the caretaker of that incredible estate that is steeped with the heritage of the east shore. I had a visit from Catherine Clark's daughter-in-law who is now in her late eighties. Catherine Clark was a pioneer in many ways and the woman the house was built for in the early 1900's. She became a respected children's book author while raising her children there. It was fascinating seeing the property through her daughter-in-law's eyes and the memories going back to when there was no road or power. One of the stories I loved the most was how Catherine used to write her stories in the kitchen on her pasty board when she had a moment of inspiration. Her books have become collectables and her daughter-in-law said to me that "Catherine would very much approve of all that has been unfolding in her once home." I have to say, this made me smile. Tom Lymbery will be giving us a guided historical tour of the Sacred Journey property on July 31 for anyone who would like to join us.

There is always so much to offer here on the beautiful East Shore; our community is filled to the brim with talent and wisdom, beauty and spirit. I am looking forward to discovering all the potentials and possibilities, to grow and share together this incredible good fortune and grace of living here. It is important to keep bringing as much energy as possible back here as there is a growing need these days to support and create new means in our community.

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## Hacker's Desk

by Gef Tremblay

The workings of a computer might seem really difficult to grasp but it's actually quite a simple process. I really like to dissect it into its smallest elements in order to clearly paint the bigger picture of how it all

works together.

The most common element on earth is oxygen; the second most common element is silicon. More than a quarter of the mass of planet earth is composed of silicon.

Interestingly silicon is the element that is used in all microprocessors and these 'chips' are the basis of computers. We find microprocessors in pretty much all of our electronics. That's why we talk about *Silicon Valley*, referring directly to the element we use the most in the creation of electronics.

To be used in a micro processor, silicon is actually oxidized, and is then called silica, which is also called quartz, an element that we're all familiar with. The reaction between this crystal and electricity is what enables us to create computers. When you put electricity through a crystal, it vibrates, and creates not only a magnetic field, but also amplifies the vibration of electricity. This is a phenomenon called piezoelectricity. The more the crystals vibrate the faster the computer can go, but that releases a lot of heat. Silica is good under heat, but the heat factor has always been a challenge with computers. That is why there are always a lot of fans and cooling devices within a computer.

The speed at which a microprocessor can vibrate is calculated in megahertz. For instance when you purchase a computer that says 3gigahertz, it means that its processor can amplify electricity vibration to 3,000,000 waves a second. Why is this important? Well, this is important because all of these waves are the basic elements of how a computer talks. So 3,000,000 waves a second is like saying your computer can type 3,000,000 characters a second.

Basically, the computer uses electricity to communicate. It uses the charge of electricity (negative or positive) as the basis of its alphabet. Since you can only have two values, (positive or negative) the code has to be what we call binary. As a comparison, we humans use a decimal system; we count from 1 to 10. In a binary system you would count from 1 to 2, but to keep it simple you can say from 0 to 1. So for a computer to count to 10, it would need to count 0, 1, 10, 11, 100, 101, 110, 111, 1000, 1001, 1010... Hence the joke: "There are only ten types of people on earth, the ones who understand binary code and the ones who don't."

Binary system has been used for a really long time. One of the oldest uses of binary is the Yi King with its dash and line encoding. The basis of Yi King is only one bar or two smaller dashes. From there they created eight trigrams, or eight unique shapes create by three sets of line and dashes. From these eight trigrams, 64 shapes were created formed by merging two trigrams together. So from a simple binary system, a complex set of symbols was created, and was used for divination as well as Chinese medicine and martial arts.

Like the Yi King, binary code has to be grouped together to create more logical words and terms. One way of decoding the computer binary code is the ascii chart. From binary you can write letters. But even there, binary code would be quite hard to understand for humans. It would be really long to write simple word if we were to write binary code. For instance to write the word 'ponnuki' I would need to write 01110000110111011011100110111001110101011010110110101001.

How does the computer create or use that code?

The silicon chip amplifies but is also used as a logic door, using AND/OR logic, to let electricity in or not, with millions of tiny transistors. Through a very complex array of yes/no logic doors, the computer can actually process all these requests. Since it only has 0 and 1, it can only use really basic logic; for example, you could only say does  $1 = 1$  then do this, or does 1 not equal 0, then do that. By chaining all these very small and simple logic operations, you can end up creating very complex processes and computations.

Now of course we're only clicking and typing, but all of these actions need to be translated in binary code for the computer to understand us, and translated back for us to understand. This process, often called input output or I/O process is the foundation of the relation between the human and the computer. The inputs are keyboards, mouse, microphone, scanners, touch screen and camera, and the output are the printers, screen, headphone, speakers and feedback like we find in some game controllers. That's mainly what we deal with on a day-to day basis, but between the I/O process and what happens within the computer is a whole world of translation and coding and decoding.

It's not a surprise that we don't always get along or understand our computer; the language it speaks is so foreign to us. But I still think it's important to understand these beasts; they have become such an omnipresent and powerful technology, yet the basis is quite simple.



## Tom's Corner

by Tom Lymbery

Electric Power From Wood Pellets Or From Coal?

Wood pellets (Biomass) are one of the cleanest burning fuels and are beginning to take over from coal, which has fearsome emissions. At Atikokan, a city about 160 miles west of Thunder Bay, in 1986 a 205 megawatt peak-output facility opened, burning coal to generate power for Ontario.

Since 2012 this plant has not burned any smoky coal as it is undergoing a \$170 million conversion to 100 per cent biomass consumption. The biomass material is certified wood-fibre pellets harvested from Ontario forests. This is part of Ontario's efforts to banish coal from its energy program before the end of 2014. Two more even larger coal plants are also being phased out.

We supply many tons of wood pellets to homeowners on Kootenay Lake for home heating but few realize the other uses for this sustainable fuel. At present, pellets are mostly made from sawdust that is dried and compressed under at least 20,000 pounds per square inch into pellets with nothing whatsoever added to produce a fuel that can be dropped into a burn pot with precision control – thus giving even more heat control than today's very efficient wood stoves.

Years ago sawdust was popular for home heating – even the change rooms at Ainsworth Hot Springs used this. However it was so bulky that a basement couldn't store enough for more than a couple of months, and mid winter sawdust delivery came too damp from the sawmill to burn well. The first wood pellet production



*Dan the pellet stove specialist at Gray Creek Store holding pellets - the lignin in the wood puts a shine on these.*

## I Remember

by Julia Middlebrook

I remember when I acted without thought in your eyes.

I remember when I danced,  
said and spoke to you about anything.

I remember the faces I made and the stories I told.

Without the meter of control,  
without the trigger telling me to be careful.

I walked with you.

As times passed, the less we spoke,  
the further my heart was looped away.

And now the words I could say  
tingle at the tip of my tongue,  
and thoughts I wish I could say have been  
drowned long ago.

The silence is unnatural.

Not the same.

I can almost see the thoughts  
and the gears gurgling in your head,  
in this silence.

is credited to Idaho but in actual fact the first plant was in Salmo – unsuccessful because of a lack of stoves and market. At Gray Creek we have sold pellet stoves since about 1985 but never dreamed of the world market to day. Almost any wood material can be compressed to make pellets – I have seen them made out of worn out US dollar bills.

Pinnacle Pellet Co in Quesnel, B C started production quite a few years ago, also distributing many pellet furnaces to help build the market needed. Their success is now phenomenal – with three large plants in operation they have built an enormous type of pellet elevator in Prince Rupert Harbour. Thus large ocean freighters can be easily pumped full of bulk product – taken to Europe, primarily for electric power generation with some heating uses as well.

You may ask, "Is wood burning truly sustainable and clean?" Pellets have even less output than the catalytic Blaze King wood stoves whose emissions are lower than two grams per hour. The blue smoke from older units is a thing of the past – white smoke is moisture, as it is with gas or propane systems. Carbon emissions from wood or pellet burning are no more than if the wood is abandoned in the forest – rotting wood generates the same amount.

Wood pellets release negligible amounts of sulphur and most importantly, none of the toxic mercury emissions associated with coal.

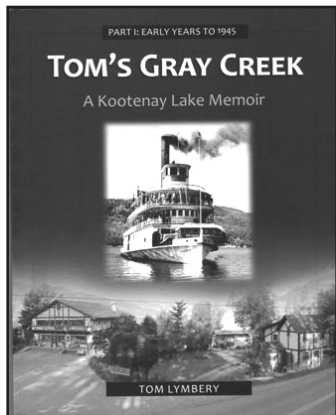
The pellet plant in Creston some years ago was only an adaptation of an alfalfa animal food operation, so didn't have the equipment to compress properly. They also shipped in the same bags used for cow food and

these were too porous to keep the pellets dry. We sold a pellet insert to a Creston homeowner who designed a large chimney chase, intending to fill this with bulk pellets. However by the time he was ready for a fill up the plant had closed so he needed to empty bagfull down his chimney. Using bulk pellets to feed your home furnace may come in time, but the trucks and systems to deliver are in the future.

## Book Review

### *Tom's Gray Creek: A Kootenay Lake Memoir, Part 1: Early Years to 1945*

Review by Sam McBride (author of *The Bravest Canadian, Fritz Peters VC* Reviewed in Oct 2013 *Mainstreet*)



Who knows what is going on in town better than the folks at the general store? That is certainly the case on the East Shore of Kootenay Lake, where the Gray Creek Store established by Arthur Lymbery in 1913 is still going strong. And still the place where customers catch up on

local news, road conditions, weather and events.

No one has witnessed the history of the area as closely and attentively as Arthur's son Tom, a life-long resident of the area and a keen history buff who has done extensive volunteer work through the years with the Gray Creek Historical Society and the B.C. Historical Society.

He also knows a good story when he sees one, and he knows how to tell it. This is amply demonstrated in his wonderful new book on Gray Creek's history up to 1945. As Greg Nesteroff says in the Foreword, "Every small community should be so lucky to have a Tom Lymbery".

Tom's memories of the ups and downs of the community and its quirks and characters go back to the early 1930s when he was a toddler. And he is able to cover the quarter century before that from stories told to him by his parents. These stories, and the ones in his own vivid memory, are reinforced and brought to life in the book by remarkably good photographs, documents and memorabilia that his family collected and kept safely preserved for more than a century. Historians of today and the future will appreciate the efforts made in the book to identify people and situations in the photos and interpret the maps, drawings and other memorabilia so their full value in revealing the local history is achieved.

An image I found of particular interest is the Honourary Exclusion badge issued in 1917 to young men who tried to enlist in the armed forces but were deemed medically unfit to serve. This was the first I heard of such badges. My grandmother's brother Noel Peters in Prince Rupert repeatedly tried to enlist, but was rejected because he had a moderate, but noticeable, mental disability. Not being in uniform made Noel a target for merciless harassment by bullies in the community, causing him to suffer a serious nervous breakdown in the spring of 1915. He was finally accepted for service in the Canadian Forestry Corps in May 1917 - ironically, about the same time that the badges came out that might have helped him avoid persecution a couple of years earlier.

While much of the book is about how the Lymberys and other families enjoyed life at Gray Creek before the conveniences of modern life were available, there was no way around some of the limitations. For instance, Tom notes that in that era before refrigeration - requiring electricity, which was not even on the horizon for folks on the East Shore - the store did not even try to sell meat to customers. (only heavily salted bacon and ham) Keeping fires going to heat the home and for the cooking stove was an everyday concern for the families. And Tom talks of the orchard business of that era with the authority of someone with personal memories of the drudgery of picking huge quantities of fruit and boxing it to meet

commercial standards.

While the book naturally focuses on Gray Creek, the story will also appeal to the larger Kootenay region as well as folks living elsewhere who have experienced the area in their travels.

From today's perspective, it is amazing to think that there was a time when the only way you could drive a car from B.C. to Alberta was to cross Kootenay Lake on the magnificent sternwheeler SS Nasookin which docked at Gray Creek and has a central role in Tom's story. Nowhere else in the world did a sternwheeler balance a daily Greyhound across her bow.

When I heard Tom's book was coming out I expected good stories, but the quality of editing, illustrations and design is really quite impressive. Tom is quick to direct credit in this regard to the contributions of Frances Roback the primary editor, Janet Schwieger, who designed the maps. As well as Book designer Warren Clark, editor Doreen Zaiss and proof-reader Betsy Brierley.

Congratulations, Tom and Gray Creek Publishing for producing a treasure of local history. Readers will be looking forward with great anticipation to the post-1945 sequel scheduled to come out later this year.

This book is available from Gray Creek Store, Otter Books, Nelson, Figments in Kaslo, Balfour Superette, Creston Black Bear Books, Cranbrook Lotus Books and Munro Books in Victoria. By mail [www.graycreekstore.com](http://www.graycreekstore.com)

## Crawford Bay Reading Centre

by Cathy Poch

Well it certainly seems to be the season of AGM's, not quite one a week, but getting close. It's nice to know that there are so many worthwhile organizations here on the East Shore. Did you go to any? Did you volunteer for any position at any of the meetings? Most of our organizations rely on a core group of people and are very thankful for those. But, there comes a time in any group when the old faithfuls get sick, move or need a break. The East Shore Reading Center is at such a time and is in need of a few persons willing to learn a new skill, donate some time to their community and meet new people. Are you home-schooling? Do your children need volunteer time for their curriculum? Volunteer your time and have your children help, or help under the guidance of one of our other adult volunteers. IF WE DON'T RECEIVE MORE SUPPORT FROM THE COMMUNITY, THE READING CENTER MAY HAVE TO CONSIDER OPERATING UNDER SHORTER HOURS. You can make a difference.

We would like to take this opportunity to thank the Kootenay Lake Lions for their generous donation, used to purchase a year of subscription for our cloud based operating system. The Nelson and District Credit Union - East Shore Branch has donated toward our internet fees and TELUS matched retired workers time with a cash donation. Crawford Bay Sunday market makes a space available and David and Lea George sell surplus books to our growing number of summer visitors. A big thank you goes to all WHO DO volunteer, not only to our Reading Center, but to any other worthwhile organizations here on the East Shore.

So do come out and see the new items that have been added to our collection over the past while. New books, audio books and DVD's are available for borrowing over the summer. Our personnel will be willing to help with inter-library loans of items, older than one year, that interest you, but are not available locally. Do check out our surplus items for reading at the beach, or for your visitors. Have a great summer and happy reading.

## Riondel Community Library

by Muriel Crowe

Summer - it's time to hang the hammock and post those big "gone fishing - back in October" signs for unwanted guests. It's also time to borrow books and find a cool, quiet spot to relax and read. With many brand new books and magazines on the shelves we are primed for lots of reading and for those rainy afternoons or evenings we have some new DVD's. We are attempting to fill out our young juvenile readers section with a list of authors from one of our readers. Please check this section and let us know of any other authors we should consider.

It is a treat to see so many of our summer residents back once again. We hope you enjoy the items we have added over the winter and hope to see you all at Community Power Open House on July 5 from 2 to 4:30.

Please plan to attend our Riondel Days Book Sale August 2 and 3. We have a very large stock and will be offering some ridiculously good deals. I noticed that we also have a large number of jigsaw puzzles to sell. There may be a second book sale on the August 23 weekend in conjunction with the J C Cochran School reunion.

Regardless of all your other summer plans please plan to relax with a good book or twenty and enjoy yourself.

## The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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

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

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

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**MATTHEW SMITH BUILDER** - Trained/Certified Heritage Restoration and Conservation. Carpentry and woodworking services. matthew.smith.builder@gmail.com or 250-505-2305.  
**STEEL WHEELS** - Septic systems planned & installed. We dig too, mini hoes for you. Dave or Donovan. 250-227-9646.  
**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**

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

**CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING** - available for community events, wedding receptions, workshops etc. Non-smoking facilities. Call Kathy, 227-9205.  
**MAXX AND NAMBI'S FAMILY RESTAURANT:** Open 7 days a week. Sunday Breakfast 8 till noon. (located beside Newkey's)  
**NEWKEY'S PLACE** - Hwy 3A in Crawford Bay, licensed area. Open 10 am til close Monday to Sunday. Food Specials all day. 227-6911.  
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**CLASSIFIED SECTION**

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**BIZ ANNOUNCEMENTS**

**Sirdar General Store:** A unique place to shop on Duck Lake. Fishing & Hunting Licenses, Tags & Tackle, CVWMA Fishing & Hunting Permits. Groceries, Island Farms Dairy Products, Ice Cream, Magnum Klondike Ice Cream Treats, Popsicles, Yogurt Cones. Chips, Nuts, Chocolate & Energy Bars, Soft Drinks, Water Juices, Ice Tea. Mosquito spray, Hats, Crafts, Souvenirs, Sun Screen, Straw Hats. Children's PJ's, & Dress Sets, Baby Bonnet's, socks. Post Office, Post Cards, Greeting Cards. 8050 Hwy 3A, Phone 250-866-5570, Fax 250-866-6811. Happy Canada Day, drive with care and watch for wildlife, cyclists, & pedestrians.  
**Insurance Certification** requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

**BUSINESS SERVICES**

**Fax service,** photocopies, (withnoPST/GST) Tom Lymbery - Notary Public, 250-227-9315, fax 227-9449, 250.227.9448 for Notary Public.

**NOTICES**

**OPPORTUNITIES**

**INSTRUCTOR NEEDED** for a project management course to be offered in the fall. Practical, community level approach to project development (planning, executing, evaluating projects and grant proposals). Deadline July 15, 2014. Email resume to eslearningplace@gmail.com. 250-551-5827 for info.

**IT'S NOT TOO LATE** if you wanted to take the Community Instructors Skills Shop. Join Gregg Neelin on Thursday, July 3 at 6 pm for part two: developing a course proposal. Please pre-register \$20 and receive course booklets to review "teaching adults" sections before this class. Email: laverne@theeastshore.net

**WHY VOLUNTEER AT THE SUMMER CAMPS** at Crawford Bay school? • Get reduced rates on Medley, Shokunin or Kids Smart (science, movements, art) Camp, or youth courses (creative writing and robotics) • Get a free lunch for every five hours you volunteer • Earn \$10/hour to put towards these or other

courses for you or your children. Volunteer positions available: poster, child care supervision, registration, beautifying, cleaning. Call 250-551-5827 or email laverne@theeastshore.net



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**KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE**

Mountain Standard Time - Winter Schedule in effect until weekend of June 14, 2014

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

Summer schedule in effect weekend of June 14, when MV Balfour begins.

## BULLETIN BOARD

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

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

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

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

\*See calendar for doctor days\* - Doctor hours are from  
9:30am to 4:30 pm. Please call 227-9006.  
Interior Health Authority, Community Care Nursing  
and Home Support Services - 250-352-1433.

#### PHYSICIAN COVERAGE FOR July 2013

**Note: 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: Dr. Grymonpre	July 3: Dr. Lee
July 8: Dr. Grymonpre	July 9: Dr. Moulson
July 10: No Doctor	July 15: Dr. Grymonpre
July 16: Dr. Moulson	July 17: Dr. Lee
July 22: No Doctor	July 23: Dr. Moulson
July 24: Dr. Lee	July 29: No Doctor
July 30: Dr. Moulson	July 31: Dr. Lee

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

#### BOSWELL HALL HAPPENINGS

**Yoga:** Thursdays, 9:30-11:00 am.

Merilyn Arms 250-223-8058

**Tone & Trim Fitness:** Mondays & Fridays 9am

Darlene Knudson 250-223-8005

#### Discover your community... Learn about societies that provide your services.

#### Connect with clubs & organizations COMMUNITY POWER OPEN HOUSE

Saturday, July 5, 2-4:30pm, Riondel Community Centre. Free  
Admission/Free Coffee/Demonstrations/Raffles/Draws  
Sponsored by Riondel Commission of Management

#### CAR WASH FUNDRAISER SUCCESS

Despite the overcast skies, the sun made multiple appearances and our car wash fundraiser was a success: \$256.65. Thank-you to the many volunteers who washed cars, trucks and motorcycles. Thanks to the customers who brought in their vehicles, many washed their own vehicles and gave money! High Five! A special thanks to Zoe and Luka who were the youth that held car wash signs, washed cars and happily ate hotdogs, juice and candy. Thanks to the Kinders that brought us Pickleball to the Crawford Bay Courts. Both the Great Canadian Superstore and Save-On donated money for the hotdogs, beverages and candy. Thank-you Nelson! All money raised is for providing snacks during swimming lessons scheduled Sept 8-12 at the Gray Creek Beach. To learn more or donate please call 250-225-3388.

#### The Task Force for the Riondel Community Centre, the Regional District of Central Kootenay and the Riondel Commission of Management announces:

Public Meeting, Saturday, July 5, 4:30 pm at the Riondel Community Centre auditorium. Display of information at the Riondel Community Centre "Community Power Open House" 2 - 4:30. Facilitator: Brian Carruthers, Chief Administrative Officer, Regional District of Central Kootenay. Agenda: Overview of process of Needs Assessment and Feasibility Study, Update on status of the Riondel Community Centre, Presentation of three options/possibilities for the Riondel Community Centre, Public questions and comments, Public decision to present an option in a referendum at the November elections. For information contact: Shirley Wyngaard (250) 225-3535

## CHURCH CALENDAR

#### RIONDEL COMMUNITY CHURCH

##### July 2014 SCHEDULE

**July 6:** Shelley Stickle-Miles, 3pm

music - Marie Gale

**July 13:** Jeff Zak, 11am

music - Marie Gale

**July 20:** Brenda Panio, 11am

music - Marie Gale

**July 27:** Jim Hearne, 11am

music - Marie Gale

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

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

For information call Christ Church Creston 428-4248

**July 6: 1:30pm - Rev Robin Ruder Celiz**

**Aug 3: 1:30 - Rev. Derrick Smith**

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

Crawford Creek Rd., Crawford Bay Everyone Welcome!

**FRIDAY July 11 - 7pm: Concert by donation**

Kootenay Brass Quintet

**July 20: 1pm, Morning Prayer Service**

For information call Karen Gilbert: 227-8914

#### KOOTENAY LAKE COMMUNITY CHURCH

*A Lighthouse on the East Shore*

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

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 2:00 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 23, 2014

## MEETING PLACES

**LIONS CLUB** - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For More info call Lion Mike Jeffery - 250-227-6807 or Lion David

George at 250-227-9550 or Lion Jim at 250-227-9622.

**TOPS** - Take Off Pounds Sensibly: meets every Thursday morn-

ing at 8:30 am in the Kootenay Lake Community Church base-

ment. 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

**Nov PAC Meeting: No more meetings until Sept 2014**

All parents/guardians welcome!

Kootenay Lake  
**Art**  
Connection

## KOOTENAY LAKE ART CONNECTION

### ENJOY THIS SUMMER'S GREATEST CULTURAL EVENT!

You can pick up your brochure at the **Creston Chamber of Commerce** or the **Kootenay Lake ferry** and all the **venues and galleries** along the way.

**Head down the lake** and enjoy this year's Art Connection happening from **Wynndel to Kootenay Bay** and then to **Riondel** taking in the communities of **Bos-**

**well, Gray Creek,, Crawford Bay, & Pilot Bay.** With twenty six venues and over fifty artist and artisans affiliated, there is much to see.

**Gather 12 initials** and **enter to win one of two \$200 gift vouchers** to be used to buy your favourite piece of art created by any of our many members. Watch for the road signs along the way!

**A special thanks to Greg Blackwell at Community Connections** for his support and for our sponsors: **CBT, RDCK, Nelson and District Credit Union - East Shore Branch, and Creston Arts Council.**

## 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 23, 9AM to 2PM

Donations can be dropped off at Schutter's garage (15150 Oliver Rd, Gray Creek) anytime between now & then.

*Proceeds go to help the Gray Creek Hall!*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Sunday Market, 10-2, CB Park	Yoga w/ Lea, 8:30am, Comm. Corner		Dr. Grymonpre	Yoga w/ Lea, 8:30am, Comm. Corner Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Fit Club, CB Hall, 6pm	Rio Comm Power Open House, Rio Comm. Centre, 2pm Public Meeting: 4:30
6	7	8	9	10	11	12
Sunday Market, 10-2, CB Park	Bend MLA's Ear Yoga w/ Lea, 8:30am, Comm. Corner	Bend MLA's Ear Lions Mtng, 7 pm Dr. Grymonpre	Bend MLA's Ear Dr. Moulson	Yoga w/ Lea, 8:30am, Comm. Corner Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am No Doctor	Kootenay Brass Quintet, Harrison Church, 7pm KGB Comedy Contest, Kokanee Springs, 8pm Fit Club, CB Hall, 6pm	
13	14	15	16	17	18	19
Sunday Market, 10-2, CB Park	Yoga w/ Lea, 8:30am, Comm. Corner	Dr. Grymonpre	Dr. Moulson	Yoga w/ Lea, 8:30am, Comm. Corner Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Starbelly Jam, CB Park Fit Club, CB Hall, 6pm	Starbelly Jam, CB Park
20	21	22	23	24	25	26
Starbelly Jam, CB Park Sunday Market, 10-2, CB Park	Yoga w/ Lea, 8:30am, Comm. Corner	Kids SMArt, CBESS 10-2 Master Classes, CBESS Lions Mtng, 7 pm No Doctor	Kids SMArt, CBESS 10-2 Master Classes, CBESS Mainstreet Deadline Dr. Moulson	Kids SMArt, CBESS 10-2 Master Classes, CBESS Yoga w/ Lea, 8:30am, Comm. Corner Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Kids SMArt, CBESS 10-2 Master Classes, CBESS KGB Comedy Festival, CB Park Fit Club, CB Hall, 6pm	Pilot Bay Park Party 50 Year Celebration, Lighthouse 1pm KGB Comedy Festival, CB Park
27	28	29	30	31		
Sunday Market, 10-2, CB Park	Yoga w/ Lea, 8:30am, Comm. Corner	No Doctor	Dr. Moulson	Yoga w/ Lea, 8:30am, Comm. Corner Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee		



### Kids Golf

**Kids (14 & under) play free with a paying adult!**

Also, we have a summer golf camp Jul 14-Aug 15, Mon-Fri, 1-2:30pm  
Fun contests, games & a 9-hole tourney!

Supervised & super safe!  
**\$125 for the week**

Book tee times by calling the resort at 250.227.9226 or the Pro Shop, 250.227.2005.

*Reconnecting with the East Shore - one meal, one stroke, & one smile at a time...*

**WOODS'**  
*pumphouse grill*  
Try our all new menu today!

Open every day, 6:30am - 10pm

**2014 LOCAL'S GREEN FEE RATE...**

**\$59 + tax**  
**18 Holes Golf w/ Cart!**

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**Transfer Station Hours**

**CRAWFORD BAY:**  
Sun, Tues, Thurs  
9 am - 3 pm

**BOSWELL:**  
Weds/Sat:  
11 - 3 pm

**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

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