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The East Shore Mainstreet

KOOTENAY LAKE BC

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

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

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Photo: Dave Ring

New Soccer Goals for E.S.U

by John Edwards

East Shore Soccer players are smiling with the arrival of a fancy new set of welded aluminum, moveable goal cages at Crawford Bay Park, the result of a couple of years of fund-raising. The main advantage of the new goals is that they can be easily moved by a couple of people so that the length of the playing field can be adjusted to suit the number of players that show up to play or practice, so it's just as much fun to play five-a-side as to play the full field with eleven a side. This is a great feature in a small community where casual, pick-up soccer is the favourite game. They also avoid the worn-out turf that's inevitable in front of the old fixed-position goal-posts, which is hard on the skin of diving goal-keepers and causes unexpected hops in low shots.

The aluminum cages cost over \$4000 and were funded by player's donations, concession sales at our annual soccer tournament, and grants by Recreation Commission #9 and Nelson & District Credit Union. A big thanks to all who chipped in from all of us East Shore Soccer players, and especially to ESU Coach Nick Hodgkinson, who organized the fund-raising!

The game is thriving this year on The Shore, with huge turnouts for the womens' game on Friday evenings at 5:30, as well as for the men's game each Sunday at 1:00.

Everyone is welcome to join!

ESIS East Shore Internet Society
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Central Kootenay Lake's community non-profit ISP

15th annual
Strawberry Social

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Yasodhara Ashram
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MS Issues

by Ingrid Baetzel, Editor

You, Me & the HST Part Deux

How about 12% tax, everyone? There is still a chance that the HST will be defeated in legislature, although the federal government certainly doesn't paint that possibility as part of the picture. If the HST bill gets fully passed, it will be implemented next month, on July 1. This means that *The Mainstreet* will have to make some changes as well.

Starting July 1, the second rate increase in eight years will occur and the paper will cost \$2.50 rather than \$2.00 per month. This increase is to help cover the likely cost of the HST, which must be paid back to the government. It is about a quarter more than is required to cover that cost, but the rising price of printing and distribution call for a nominal increase and it seems wiser to cover both expenses in one small inflationary step.

Advertising rates will also see a small increase in price. The paper will still offer the most competitive rates around for the longest period of exposure for local advertisers. Advertising rates have only increased one time in the past ten years, so it is hoped that this change will be accepted in stride and understood to be a necessary part of maintaining the service provided by this local forum. Please see the ad rates sheet in the

July paper for revised advertising rates. We will also continue to provide excellent advertising specials and offers throughout the year and strive to bring as much coverage to the much appreciated advertisers of *The Mainstreet*.

Watch for the re-birth of the rotating free-advertising lottery. Once per month, one lucky advertiser will have their ad printed at no cost. This month, long-time advertiser, **The Riondel Market**, will enjoy a free month. Thank you to those who have continued to be a part of the system of sustainability on the East Shore. We only work because we support each other.

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OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0
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Article? Letter? Etc? Drop off at Gray Creek Store drop box,
mail to Box 140, Crawford Bay, V0B 1E0

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

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

Copies every issue: 1000

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

Next Deadline:
Wednesday June 23, 2010

LETTERS TO THE EDITOR

BLOOD PRESSURE RISING

Hello all who live on the Mainstreet and beyond:

In the last couple of years I noticed that I am getting more irritated with bureaucratic paranoia that seems to prevail under the banner of "health, safety and work safe." I have nothing against health and safety - just with the implementation of some of the ass-covering rules. There are two examples right here in Gray Creek that got my blood pressure rising.

Apparently the water in our Gray Creek Hall, after the population has drunk the water for almost 100 years, does not seem to be fit to drink anymore, either straight from the lake or, as in the old days, straight from the creek. There is always some kind of stuff present in natural water. There are suggestions from the "health department" that bleaching the water will make it safe to drink. Ho, ho, ho! Bleach is safe to drink!?! Bleach is a very serious toxic substance. It kills everything that is alive (including us). Never ever should we tolerate official abuse like that.

The other suggestion was to buy an expensive water filtration system with U.V filter. This is so the water becomes sterile. They say that kids that have not had their hands in mother earth and then in their mouths develop intolerance for anything living in the water. According to the health officials, dirt has lots of coli forms and other fancy stuff in it, but guess what? It makes you healthy! Sterile is just like the word suggest - void of life.

The Tipi Camp is also being asked to bleach or treat their water. Water that comes from the mountains as pure as can be. For twenty plus years, everyone who has drank from that creek has enjoyed the taste of REAL water. To bleach or treat water like that is pure sacrilege.

There are way more things that bother me, such as farmers not being able to sell milk or meat from the farm to their neighbours. Or how about groups of peo-

ple that are allowed to dump sewage, laced with god knows what kind of cleaning agents and other poisons into our beautiful lake?

It is time that we stand up for what makes our area so special - THE NATURAL BEAUTY OF THE PLACE, INCLUDING NATURAL WATER. We are all under the spell of a water debacle that happened in Walkerton, Ontario, where pig farms polluted the water table.

There are other issues about work safe I will tackle next month if I am allowed to vent some more

Bob Schutter (AKA, Naked Bob),
Gray Creek

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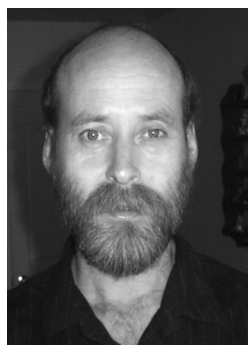
WEDS, June 23/10

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RDCK Area "A" Update

by Garry Jackman, Director, Area "A"

Last month I noted that our snow pillows were in the range of 75% of average. A few weeks ago I attended a timely drought management seminar in Cranbrook (along with a presentation on the Province's Water Act Modernization process) which emphasized the fact that the Kootenay Lake area is actually in pretty good shape compared to many other regions in British Columbia. I note that my colleagues in the East Kootenays are growing more concerned about the lowering of groundwater table levels over past years since so many rural East Kootenay residents rely on wells. Many of the older wells are relatively shallow and are subject to the influence of newer, deeper wells from nearby developments. The Water Act modernization process will likely address the apportionment of groundwater which will be good for some and just add more fees and permits for others. We will be able to see the collection of comments and submissions arising from public hearings on the Water Act in late June. The technical summaries and options from which the provincial government will draft legislative changes are expected to be ready in the fall. Of course since the process of drafting legislation will be initiated through the provincial cabinet the public will not be allowed to see what is on the table for discussion at that time. At least we have the lake as a relatively clean water source, which brings me to my topic this month.

In January of this year the rural RDCK Directors representing residents around Kootenay Lake had a round table discussion with reps from various provincial and federal ministries as well as first nations to discuss common issues

around Kootenay Lake. This meeting led to further meetings and discussions, led by the Nelson rep for Federal Fisheries and Oceans (DFO) to work towards establishing a formal stewardship group for Kootenay Lake. Initial discussions focused on obtaining commitment from various senior government departments that they would provide staff to attend and work on behalf of the group, to identify who would be involved and to list the next steps. So far we have representation from local first nations and have agreed to appoint reps for each of the government entities. I have been appointed as the rep for the RDCK Board along with Ramona Mattix, our Senior Manager of Development Services, as the rep for RDCK staff to provide technical support. Bruce MacDonald is representing DFO and we are awaiting formal notice of who will represent various provincial ministries. Representation for the public, business, major industry and utilities needs to be broadly based to cover several groups. The process of identifying all of the groups and their related issues will be undertaken as part of a preliminary scoping study. This study will bring together previous reports and data (for example the field studies which we are working with to produce habitat mapping), identify information gaps, identify parties with vested interests and outline options for moving forward.

A number of similar studies have been undertaken on smaller lakes in BC which have produced workable formats for stewardship groups. I have looked at a few of the smaller lake plans as well as the stewardship process for Shuswap Lake. I believe the model used for Shuswap may be a reasonable outline for us as it separates issues and initiatives into three main categories depending on where primary responsibility lies. One category is foreshore development, which is largely in the realm of local government. The second area is water quality and waste management where fisheries habitat and general environmental issues largely fall under the domain of federal and provincial ministries. The third area is recreation management. What our stewardship process will look like is of course yet to be determined. I will keep you updated as the public side of the process begins.

Still on the topic of the lake, BC Hydro hosted a presentation on the 2010 Columbia River Basin operation forecast in Creston on May 18th. They were joined by reps from US Corps of Engineers (operators of the Libby Dam) plus US Fish and Wildlife. As we could have all predicted, they showed runoff models projecting relatively low lake levels and low river flows for this summer and fall. In fact, river flows already dropped to such low levels this spring that it was a challenge to maintain suitable minimum lake level (to avoid problems with the ferry) while maintaining mandated fish flows south of Castlegar. I would be interested in getting your feedback through this summer on issues around low water levels, including whether you are experiencing elevated algae growth.

On June 7 the Columbia Basin Trust will be hosting a presentation/workshop on Communities Adapting to Climate Change. The presentation will be at the Crawford Bay Hall and will start at 6:30 pm. Snacks will be provided for those of you like me who do not always stop for supper. I have seen their work on climate adaptation which they have done for a few communities such as Kimberly and Sparwood. Every community is different so priorities will vary accordingly. One community may have water storage issues while another has extreme interface wildfire risks. The presentation we will be getting is only the initial overview but I do expect you will find it quite interesting and hopefully it will spur us to start thinking more seriously about what steps we may want to take in the future.

Once again I want to remind you that the review of a proposed zoning bylaw for portions of the East Shore is well underway. I encourage you to attend one of the APC meetings on the first Wednesday of each month. Contact the APC Chair, Ron Mondor, at ronmondor@theeastshore.net if you need more information or check the web listing below.

As always, e-mail me at gjackman@kootenay.com or call 250-223-8463. Look for the RDCK website for information on meetings and initiatives at rdck.bc.ca.

Starting Soon... The Crawford Bay Sunday Markets

submitted by Liz Donnison

The 2010 season of the Crawford Bay Sunday Markets start on July 4. They will run every Sunday in the beautiful Crawford Bay Park until September 5 (except Starbelly Jam Weekend) from 10am - 2pm, rain or shine! While you're here, stop and watch our local soccer team (Eastshore United) practice. There is still room for more local vendors. Just give us a call or email and we will put you on the list. The markets need the community's support to continue, so come down and check it out.

Remember to tell your friends and family that the markets are the place to be.

RESERVE YOUR SPOT NOW! We look forward to seeing you.

Attention All Business Owners!

We are putting together a small Tourist Booth of local events, sites and businesses to be available during the Sunday Markets. If you would like to have your brochure displayed, please provide us with a copy (two if it is double-sided) and we will put it up on our booth for all to see.

We ask in exchange that you display a small poster for the markets in your location. If you have any questions, just give us a call or email. Please have your information to us prior to July 1 so we can properly label and arrange the display.

Crawford Bay Sunday Markets

Box 133 Crawford Bay, BC

V0B 1E0

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Thursday - Yasodhara Ashram

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Bob's Bar & Grill

June 5 - Holly & Jon, original blues & roots

June 19 - Pre-Fathers Day dinner special

June 21 - First day of summer; join us on the patio for Bob's Burgers and Beer.

June 24 - Many Bays Band - enjoy the sounds of our infamous 16 piece band.

Every Thursday - Girls Night Out. Check local listings for weekly themes.

Riondel, BC 250.225.3511



Bob's Bar & Grill

4th Anniversary Celebration

w/ Mike Stenhouse - July 1

Pub Open Daily 11-11

Restaurant Open on Request

Check out our local TV ad or Facebook page for weekly updates.

Ashram's 15th Annual Strawberry Social

submitted by Sandra Hindson

The Yasodhara Ashram invites the East Shore community to its annual Strawberry Social. Join us Saturday, June 19 from 1-4 p.m. for complimentary strawberries and cream and a host of entertainment and activities. The Strawberry Social is free of charge and open to everyone.

This community event is an opportunity to gather with friends, neighbors and family. Enjoy the sounds of the Community Many Bays Band, browse the popular used book sale and of course savor fresh strawberries and cream. While you're at the Ashram enjoy our beautiful lakeside grounds, sit in the quiet of the Temple and join in a tour of our new development, Yasodhara Heights.

Yasodhara Heights, our latest building project, is a series of three retreat cabins located on Ashram property east of Riondel Road. They extend our spiritual community with an independent living option for members and guests. The first cabin will be ready for occupancy this summer with construction now underway on the second and third. Allan Hughes, our designer-builder, will be on hand to explain the "green" technologies used to reduce the ecological footprint of the project.

The Ashram Society intends to become carbon neutral by 2013, our 50th anniversary. Swami Sivanda, the Ashram treasurer says, "We've done most of the easy parts like installing geothermal heating, solar panels, buying more food locally and incorporating sustainable building practices. Now it's time for the tougher pieces, most of which require changes in expectations and habits of consumption.

Food production is a key ingredient to the Ashram's carbon neutral goal. "Growing our own vegetables, buying locally and in season and preserving food has always been important to the Ashram," says Paris Marshall-Smith, the newly hired garden manager who holds a Masters in Urban Gardening. "In the years ahead we'll be experimenting with different techniques of gardening and food preservation to reduce our carbon footprint." Paris cites examples such as no-till soil preparation and seed saving.

Recently the Ashram has been working with Crawford Bay School to help establish their student-mentoring program to begin in 2011. Shandi Miller, who recently returned to the Kootenays, is coordinating the initial phase of this work. Dan Rude, the school principal, and Shandi will both be at the Social to promote this program in the community. This year, the proceeds of the used book sale will be donated to the school for the mentorship program.

The Ashram is at the north end of Walker's Landing Road, off the Riondel Road, five minutes from the Kootenay Lake Ferry. For information call 250-227-9224 or 800-661-8711 or visit www.yasodhara.org.

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Judy @ 250-223-8664



Laughter Club Season Kick-off

by Lea Rae Belcourt

**Sunday, June 13, 11 am,
Crawford Bay Park**

We will be painting our East Shore Laughter Club banner for all to see and having our first Laughter session of the season. Everyone welcome. No experience necessary. Cost: FREE!

What is a laughter club: A group of people who gather together to practice laughter as a form of exercise to improve their health. And we have a lot of fun doing it!

Key Concept: You don't need to feel good, have any reason, or even have a sense of humour in order to laugh. When you laugh for no reason, soon you do feel good, and it improves your sense of humour!

(PS...Ho-ho ha-ha-ha!)

Riondel Cable Society AGM

by Fran O'Rourke

It has been only seven months since Riondel Cable Society's last AGM, and from installing surge protectors for our broadband customers to delivering a bell to the Kootenay Lake Community Church, it has been a busy seven months. Some projects have been postponed. We investigated extending cable service south along the Riondel Road to bring the community closer together, but there are not yet enough interested customers to warrant the investment. We did expand our channel line-up; we made four streaming audio channels available over cable and added CBC Documentary, National Geography, Space and Mystery to the line-up; we are very proud of the variety and quality viewing available to our cable TV subscribers.

Since last year, our technical crew has been investigating the feasibility and advisability of switching from analogue to digital. If and when we launch digital service, initially our subscribers will not notice a great change. No one will need to purchase a new TV as set-top boxes will be made available through RCS. Our primary aim is a high quality viewing package, very like our current line-up, in digital service at a reasonable price. Unlike profit motivated organizations, we want our subscribers to get most of what they want in our basic package without having to pay for a series of add-on packages. But digital technology does allow a much wider channel selection and is the first step toward HD availability. Soon after the switch, specialty and HD add-on packages will be available as the demand dictates. The time seems right to pursue this project, but it is not without problems. The required equipment replacement represents a considerable investment, a seamless switch-over will take careful planning and execution, and there may be resistance to the expanded remote controls needed for the set top boxes; however, the project is definitely moving closer. We are excited by the possibilities, and converting our TV service to digital makes more efficient use of our cable capacity which should improve our internet service.

The Riondel Cable Society is having this year's **Annual General Meeting on Monday, June 7 at 7:00 pm in the Riondel Community Centre**. All subscribers are members of the society and more than welcome to attend; we are hoping for a good turn out. Volunteers are the backbone of this society and the reason we can deliver our services at such reasonable rates, but people get older, get busier, get burnt out. This year we are losing three valuable volunteers. Sue Miller, a director for seven years, Sherlyne Green, our recording secretary, and Johannes van der Krabben, one of the Channel 6 writers, have all resigned and need to be replaced. Anyone with technical interests would always be welcomed. Consider coming to volunteer for a few hours a month or just to hear what is going on and share your ideas. See you June 7.

Next Deadline:

WEDS, June 23/2010

COMMUNITY HEROES

a Mainstreet Feature

Who have you seen doing great things? Who gives back to their community with a full heart? Who deserves a nod? Send the name of the person (people) you'd like to recognize and a brief description of why you think they hold the esteemed title of... Community Hero! Please include your own name in the submission.

This Month:

Janet Fleming and Beth McClellan for, on top of all the wonderful ways they work with children on a daily basis, prepared the children of grades K to 4 to participate in Creston's Focus on Youth in May. The Crawford Bay children recited five poems beautifully, with voices in unison, with spirited action, and all in one voice- from the kindergarten students to the older students. Then the children sang a song called "It's Awesome" that they wrote themselves through a song writing workshop at the school. I felt really proud of the school and the children. I want to recognize Janet and Beth for their marvelous work with the children.

by Laverne Booth



Voracious Vetch Threatens School

by Doreen Zaiss

Six inches of wood chips are losing the war against vetch and its allies clover and grass in the entrance gardens to the Crawford Bay School. Along with a number of staff members I have been fighting the battle armed with trowel in hand in the mornings as I leave the Fitness Place. My focus is on the round garden which traffic loops around. Before sounding the retreat and hanging my head in shame, I hereby call on fresh recruits to help in the battle.

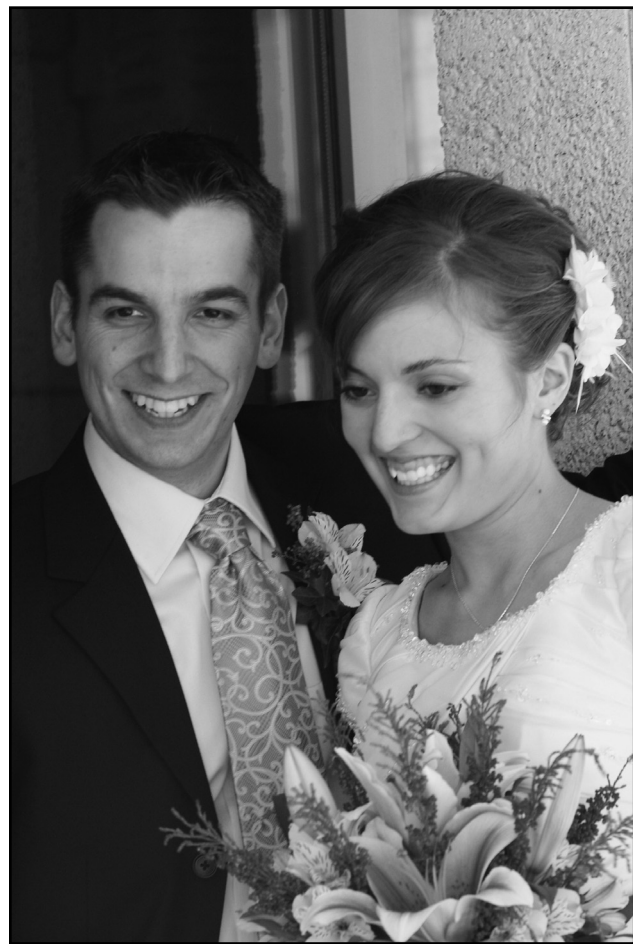
Vetch is a herbaceous twining leguminous plant, quite charming in its early stages with its feathery leaves and purple blossoms. As it grows it wraps itself around your favourite specimens until they disappear in a green and purple mist. However, the monster's greatest weapon is its root system. If you sneak around the garden yanking out the vetch you are only aiding and abetting the enemy. In the dungeons below those wood chips, the roots are giggling insidiously as they branch out into a whole new network of roots. Those roots are spindly but strong. You'll need a trowel, gloves and patience to loosen around the enemy and gently pull at the root trails following their circuitous track.

Sound exciting? Sound like the spring getaway you've been craving?

I'm looking for six to eight combatants each of whom will dedicate him/herself to one of the garden beds around the parking area of the school. I already have dibs on half of the circle garden, but I'm willing to share the territory.

If we allow the vetch to go unchecked, there will be nothing but vetch visible by the end of summer.

Please call your local recruitment officer (Doreen at 227-9526). I'm looking into official uniforms. And please don't suggest chemical warfare. We who hang around the school and Fitness Place subscribe to the Geneva Accords.



Einar and Roswitha Strom together with Jerry and Jeannette Thompson are pleased to announce the marriage of Kevin and Jacquie. The wedding took place on April 24, 2010 at the Cardston Temple. Reception followed in Lethbridge where family and friends joined to wish them a long and happy marriage.

In Response to the Oil Spill in the Gulf Of Mexico

www.thezeitgeistmovement.com

Submitted and introduced by Robert Agnew:

Every now and then, someone finds the words that make sense and provide reason for a call to action. The following is an example of such statements and I felt like sharing this message with you. I hope you don't mind. My hope is that, through various heartfelt means of cooperation, we can face reality and build a future we all will want for ourselves and our children.

(Venus, Florida- May 12, 2010) On the Gulf Coast of the United States the shock is now setting in for millions of American citizens as we now realize the true extent of the damage caused by our desire for obsolete and dangerous fossil fuels, and our perpetuation of an outdated monetary world society, where the bottom line has always been profit at all costs, be it human or environmental. It is time for a viable solution to deal with a system hardwired for self destruction.

It is with that very unfortunate introduction that we, The Zeitgeist Movement, now must enter the international conversation to express the need for true change. That word is not some jingoist slogan devised by a focus group, but the evident desire of the public for a meaningful transition out of the destructive legacy, the burden of our past mistakes as a maturing civilization. **We only have one Earth; there is no reset button here.**

We must break out of our established ideologies that have prevented progress. Ending the political duality, economic stratification and false divisions is key to overcoming our apparent historical bondage that says the future we were promised must remain an elusive dream. We must now rethink our society and outgrow those parts of it that serve to paralyze us.

As of Friday, April 30 it was reported by CBS News (US) that the spill had spread to cover 2,100 square miles and was still spilling at a rate up to 5,000 barrels (210,000 gallons) a day. As of today, there has been no progress in stopping this catastrophe. This did not have to happen. It happened because we continue to use an obsolete technology for the sake of maintaining a profitable establishment. An establishment that perpetuates vast inequality in its wages to its employees versus its core owners, destroys fragile and vital ecosystems, and pollutes our air.

It is time for real change, not empty promises. No amount of socialism or free market ideology will save us from ourselves, there needs to be a fundamental rewrite of what we think we know, to achieve a sustainable human enterprise.

Our generation has stood and watched as our planet has been raped and pillaged, yet we do nothing. Our generation has stood and watched as our government bailed out the very people who created this economic crisis, yet we do nothing. Our generation has stood and watched as our rights have been stripped away from us, and yet we do nothing. Our generation has stood and watched as we have been handed the problems of the countless generations before it, and we are preparing to do the same to the next generation, and we do nothing.

Let us be the first generation to hand solutions to our children and our children's children. But we can't do it alone. Let us break down the barriers we have created amongst ourselves. We need all of you, every last one, to say enough is enough in one voice. Not as Americans or Russians, Christians or Muslims, but as fathers, mothers, brothers and sisters. Let us destroy the lines between us and work to create a world where our children are truly safe and free. Let us create a

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General Maintenance Team Member: Duties to include heavy lifting, maintenance, filling propane tanks, operating the cash register, and customer service.

Summer Store Clerk/Customer Service Representative: Duties to include customer service, operating the cash register, and stocking shelves.

Applications are available at the Gray Creek Store or email resume to graycreekstore@q.com Call Dave Lymbery at 509-499-0007 w/ any questions.

world where we can tell our children that they can be and do whatever their heart desires, and know deep inside us we are telling them the truth. Let our generation be the one.

We have the tools, we have the knowledge, we have the technology. It is time we make the transition to a world, an economy, and a future we all deserve regardless of geographic location or economic disposition. As long as we rely on legacy systems defined in a 19th century mentality all we will do is spin our wheels while a parade of economic and ecologic disasters visits us again and again. It is time to pull the plug on this charade because as you will find out, there is a better way.

We, the Zeitgeist Movement representatives, reach out to you so that we can all work together to do what must be done. Every man, woman and child has a voice, but together we can create one voice so deafening that no one will have a choice but to listen. But it requires you. It requires you put away preconceived notions you have been told about "the way things are" as if it is the only way, because it's not! Our way of thinking will no longer sustain us. We can either remain in the house of cards we have built and watch it collapse all around us, or we can, through the best our society has to offer, begin to construct a stable mature and thriving society so that the Gulf Coast Oil Spill, the Exxon Valdez and many others are nothing more than an embarrassing footnote in history.

The choice is yours. www.thezeitgeistmovement.com

The preceding press release was created by the Comm Team of The Zeitgeist Movement and is encouraged to be spread to anyone and everyone.

Next Deadline: WEDS, June 23/10

Celebrating 23 Years!

**Members & Public
Invited for a Day of Fun!**

Guiding Hands
Recreation
Society's
**OPEN TIPIS
& AGM**
Sunday,
June 27, 2010
At the Tipi Camp
on Pilot Peninsula.

Walk on the trails,
swim at
MacDonald Beach...
Come for the Day!
Potluck lunch
at 12:00 pm.
Bring your instru-
ments and voices!

Water taxis from
Lakeview Store
Marina in Gray Creek:
10 am to 12 noon and
begin returns at 2 pm

Optional AGM
From 1:30 - 2:30 pm
Seeking new board
members... get involved!



**For more information check out the
new website: www.tipicamp.bc.ca**



Tom's Corner

by Tom Lymbery

La France Creek/ Mountain Shores

Boswell Beginnings

tells us that this is named for Elzear N. Lafrance who pre-empted 320 acres here in 1891 and was the first inhabitant, and that he was a prospector who followed the mining boom, but his origin and his whereabouts in his final years are unknown.

Thomas Wall found a rich mine high above the head of the creek and in 1905 the La France Mining Co. was incorporated with US capital. This faded out during the 1914 - 18 war but Wall retained ownership of nearly a mile of lakefront, stretching

from the creek north to the existing site of East Shore Storage. He moved his family of eight daughters to the farm he was developing about 1920, continuing to promote his mineral claims. The girls were sent to boarding school in Nelson - read *Boswell Beginnings* to find out more. Joe Gunther worked for Wall about 1939 and told me that Wall had been banished to a cabin, allowed to the house for meals. As a good Catholic, was this his wife's basic birth control system?

Frank Smuin, a retired steam locomotive engineer from the Kettle Valley Railway farmed for a few years. Frederick and Barb Simpson with their six children owned the farm in the 1950s.

Cycling to the mouth of La France Creek on the gravel highway as youngsters, I often thought of the site as a resort. Oscar and Hazel Hellman knew so as well, and moved here from Kimberley in 1948. They were building Rainbow Park Resort cabins when Storms Contracting paved Highway 3 in 1949. As the plant was at the gravel pit just across the bridge to the south, the smoke and soot covered the new cabins completely. Oscar worked for CM&S at the Bluebell Mine, while Hazel ran the resort, and was also a very active secretary of the Resorts Association.

The major creek flooding of June 1955 created havoc, with the water punching a new path through the highway pavement to the north of the bridge. The surge even washed rental boats, taken into the yard because of high lake water, out into the main lake. Oscar had to retrieve these, after the ferry reported them drifting north.

When Kokanee Springs was developing the Merri-mans of Lethbridge (in the RV construction business) saw the opportunity of the lake, purchasing some of the former Wall acreage above, to develop Mountain Shores Village. The marina, pool, and motel on

the lakefront became popular with serviced RV sites. This was 1971 -72 and guidelines for drain and sewage disposal were not fully developed. They were told by the authorities, "You build it and we will tell you if we approve it," but what was constructed was a substantial system pumping up to a large field above the highway and this sufficed until recent upgrading. The former Hellman House was converted to an office and restaurant with conscientious operators. Kootenay Lake Lions Club met here for several years after Ellard Egeland designed its incorporation.

More recently, new ownership has only retained the name, though almost everything else has changed

(other than the village portion). Ingenious surveying produced 32 lots where the former RV sites and motel were. These were all sold almost as soon as available, as they include pool, boat space, and all services. However, many people who have not looked, have told me that these are too close together. When you walk through the newly constructed homes (not cottages) you find that the layout is comfortable and ingenious. The beach area is spacious and

open, so that all have good lake views. Every lot has spaces above the highway for extra vehicles. Who wants a yard full of these? Behind a screen of trees there are boat sheds and boat trailer spaces, again on the upper side of the highway.

Phase Two has 28 acreage lots on the newly paved road extending north from the village area, and eight of these are apparently already sold. I was most impressed when Patrick Lough showed me the gravity water tank and the stainless steel in the water filtration building. This is of cement block, but in keeping with the look of everything else, this has been neatly wood sided. All gravel banks will be hydro seeded - that green mixture that Highways uses. Will the hiking trail give access to the site of Tom Wall's old mine tunnels?

All told this is a twelve million dollar development, but the design is so good that who would know - usually something this big tends to be intrusive. Major benefits are more local construction employment, and our business appreciates the number of fireplaces needed. There are some small RV sites so that tradesmen from Creston, for instance, can avoid the long trip home. Most of

all, the largest majority of the new homes will be fully occupied, some are already. The Best Shore appreciates residents who will be here all year.

The lakeside will be a gated community, featuring a fountain with interesting stone pillars, and there is a second one further along. Check with Patrick at the sales office, and take your camera.

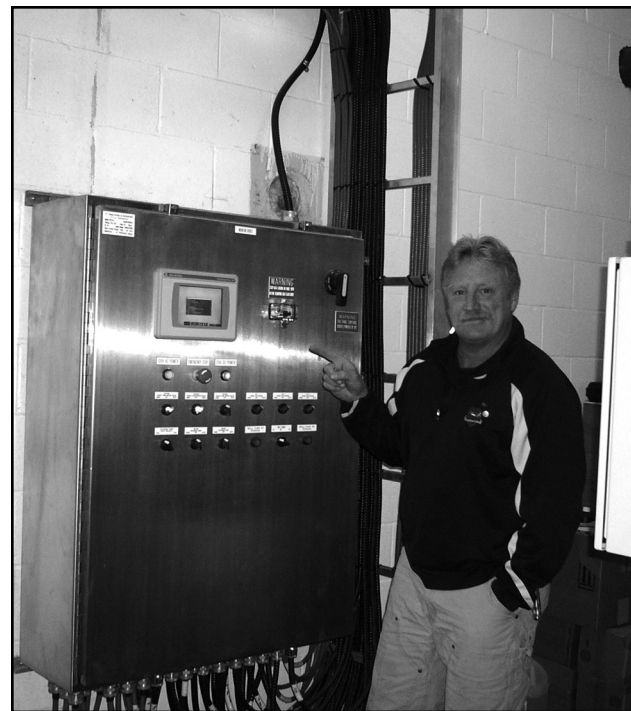


La France Creek rampages through Rainbow Park Resort, June 1955. The sign and cabins are visible in the background, left.

Photo: Mary Carne



Mountain Shore Village today



Patrick Lough at the controls of the potable water system at Mountain Shores.

Big Thank You

by Sandra Bernier

On behalf of Guiding Hands Recreation Society Tipi Camp we would like to express our appreciations and gratitude to all the people, businesses, organization, trusts and foundations that help support the Tipi Camp. The Tipi Camp has been offering kids camps, teen camps and family weekends for many years and continues to help people grow in many ways. The funds that have been given to the camp have been a big help in providing the service that we do.

Thank you to:

- Nelson District Credit Union
- Creston Arts Council
- RDCK #9
- HRDC Hire a student grant
- Nelson Lions Club
- Osprey Foundation
- Wildsight
- Creston Kootenay Foundation
- Community Initiatives CBT
- Lakeview store
- The Mainstreet
- Sunny Woods
- Crawford Bay Store
- Crawford Bay School
- Gray Creek Store
- Jones Boys

We would like all these organizations to be recognized for their generosity and service that they provide for the tipi camp year after year. Thank you!

We encourage local spending, sustainability, environmental educations, volunteerism, global issues, peace talks, nature walks, full immersion in nature, family gathering, creative expression, team building and the list goes on.

As we enter our twenty-third year we feel valued and encouraged and are honored to provide a much needed service on the East Shore.

We invite any one interested in visiting the camp to come to our AGM Social potluck at the camp on June 27.

For more info and details about the camp and our supporters please visit our new websites at www.tipi-camp.bc.ca. With gratitude.



Next Deadline:

WEDS, June 23/10

Season Kick Off for Endurance Sport Local Athlete Finishes 41st at Vancouver Marathon

A Mainstreet feature interview

More than 14,000 runners took to the streets of Vancouver on May 2, 2010 for the Vancouver Marathon, covering various distances between eight and forty-two kilometres. The weather unfortunately was less than ideal for the competitors.

Cool temperatures with rain and windy conditions were the situation at the start of the race. Some of the runners said that they liked this kind of condition. Certainly it did not stop Thomas Omwenga who won the race with a sizzling time of 2:16:55. One of the 3300 full marathoners was local runner Juergen Baetzel of Gray Creek.

Mainstreet asked: Juergen, how was the run?

"This was the third time that I entered the marathon so I knew the course which is a fun route through downtown and Stanley Park. Whenever I step to the starting line, the main goal is always to finish, but with all the training I have put in there are other personal expectations which I fully met this year.

Mainstreet: What were those expectations?

"I really wanted to run a sub three hour marathon this year and with a finishing time of two hours and fifty-six (2:56) minutes I did that and bettered my time from last year by 10 minutes. I'm really happy with that time which ranked me forty-first (41st) overall and tenth in my age group. It was a good race for me and I hope it is an indicator for the rest of my racing season."

Mainstreet and the community at large wish Juergen continued good luck and a fun racing season for 2010. Watch for more stories about Juergen's race journey in upcoming months, as he strives to qualify for a full Ironman competition in August.

Annual Blossom Run a Success



a Mainstreet press release

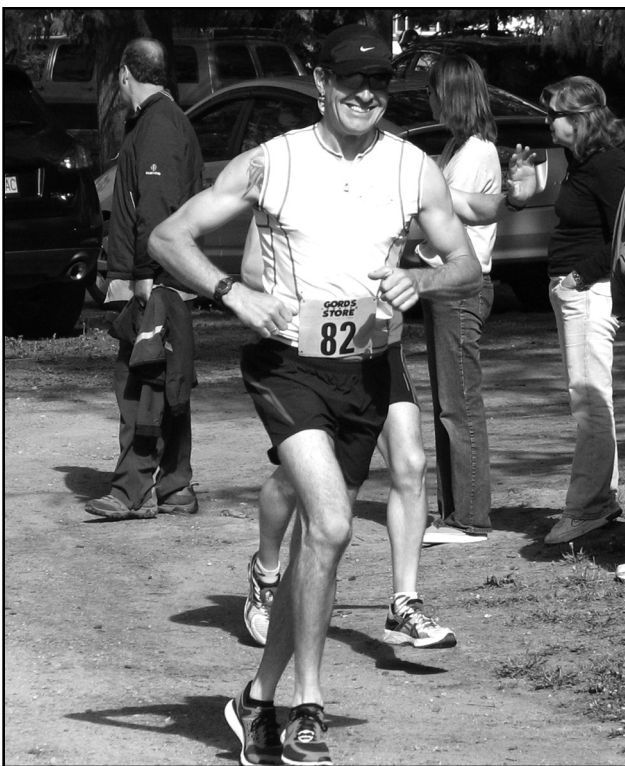
May long weekend - Canyon Park (just outside of Creston) was the gathering place for approximately sixty runners of all ages and levels from around the area.

Under ideal sunny conditions they raced in the annual five and ten kilometer Blossom Run.

According to the organizers this year's turnout may have been the best yet.

Julia Schmidt, Jennifer Pearson-Wenger and Juergen Baetzel represented the East Shore in the ten kilometer division. Juergen finished second overall in a time of 39 minutes, 10 seconds, and Jennifer beat her personal best in a strong finish, supported in the run by Julia.

Congratulations to all runners.



Top: Jennifer Pearson-Wenger and Julia Schmidt.

Bottom: Juergen Baetzel

Boating Safety

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

Boating Safety Week has just passed (May 22-28) so I thought it would be a good time to answer some of the questions we get regarding safe boating. First, I hope everyone knows that as of Sept. 15, 2009, everyone who operates a motorized pleasure craft must carry proof of competency on board at all times. This is not required for pleasure craft without motors. Proof of competency can be one of the following:

- a Pleasure Craft Operator card;
- proof, such as a course certificate, that you have successfully completed a boating safety course in Canada before April 1, 1999; or
- a completed rental boat safety checklist.

Pleasure Craft Operator Cards are good for life. Although the exam for a Pleasure Craft Operator Card may be challenged on line or thru one of the course providers; it is recommended that you take a course. (you will always learn something new) The college puts on excellent courses in Nelson and Kaslo. You can find a complete list of providers at: www.boatingsafety.gc.ca

The safety equipment that you must carry on board is important, as it may save your life. As an added incentive to carry the proper equipment and your Operator card, fines from \$50 to \$250 may be issued for non-compliance. Here is a list of equipment that must be carried on all pleasure craft not over 6M (19'-8"), powered or unpowered. Power boats over 6M require additional equipment.

Personal Protection Equipment

1. One Canadian- approved personal flotation device or lifejacket of appropriate size for each person on board.
2. One buoyant heaving line of not less than 15m (50') in length.

Boat Safety Equipment

1. One manual propelling device (oar) or an anchor with not less than 15m (50') of cable, rope or chain in any combination (on Kootenay lake we would recommend much more depending on boat size)
2. One bailer or one manual water pump

Navigation Equipment

1. A sound signaling device or appliance (pea less whistle or air horn)
2. Navigation lights that meet the applicable standards set out in the Collision Regulations

Distress Equipment

1. A watertight flashlight Or three (3) Canadian approved flares of type A,B, or C

There are some exemptions for paddle boats, sailboards and personal water craft. Generally, if the people on board are wearing a Canadian approved floatation device of appropriate size they are exempt from carrying a heaving line and manual propelling device, but you should check in the Safe Boating Guide. (free in most marine stores or from your CCGA member)

The subject of flares always seems to come up when we talk to boaters and we recommend that most boats carry flares. All boats over 6m (19'-8") must carry the appropriate number of flares when on Kootenay lake. The ruling states that if you can be more than one mile from shore you must carry flares. There are many areas on Kootenay Lake where you can be more than one mile from any shore. We recommend that the under 6m boats also carry at least 3 flares because we don't think that waving a flashlight when a mile out will draw much attention in the case of an emergency.

Unit 104 of the Canadian Coast Guard Auxiliary will do a free safety check of your boat. We try to be at various boat launches throughout the summer boating season doing these checks, but if you would like to arrange one give me a call or email and one of our members will come to your boat and check it out.

I can be reached at: Ph. 250-227-6991, cell: 250-354-2932. Email: jagnorris@gmail.com

We can always use more help and are looking for volunteers for our Boat Check program and also our "Bobbie The Safety Boat" program. Bobbie is an interactive robotic boat that we take to schools, malls and events to teach boating safety to children. Boat safe and have fun on the water.

The Fitness Place

June Hours

Mon - Fri

6:30 am - 10:30 am

Mon-Thurs Nights

6 pm - 8 pm



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

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



Next Deadline:

June 23, 2010

Creativity, Community, Conscience

**Gray Creek Historical Society
Summer Activities**

by Janet Schwieger

Discover Gray Creek

We are starting our weekly guided tours every Monday morning, starting June 21, 10 AM ~ noon. There is no admission, everyone is welcome but please come early so we can start at 10 AM sharp. Here are the first four tours in the line-up:

June 21 - Wirsig Mill site, Gray Creek

Also known as Gray Creek Forest Products, the business ran from 1951 to 1966 and once employed nearly 40 people. The old Mill is presently in very bad shape and likely will be removed this year so an early visit to this site is in order. We will try to have a Wirsig family member in attendance. Narrated by Tom Lymbery. Meeting Place: Mill site: south Gray Creek at 14383 Highway 3A – see the metal sign by the driveway 10AM

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

More currently known as Pennacre Ranch, this manor house is situated on a bench just above Wedgwood Manor, and was built for Anne Gooch and her husband. Anne was daughter to Commander and Lady Harrison. It is a period home with few modern alterations, and is similar to the Wedgwood Manor in style. This is a fascinating opportunity to view a hidden gem in our community, thanks to caretaker Ed Draper and the Pennington family. Narrated by Tom Lymbery. Meeting Place – the bottom of Draper Road on the loop road. 10 AM

July 5th - Golden Pine

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

July 12 - Gray Creek Hall

Our community Hall is rich with colourful stories of school days, creek floods, and the sternwheelers. Come and hear what Tom remembers about those times. What other community had a school house on

a fabulous beach, land which was considered useless by the early day fruit ranchers. Narrated by Tom Lymbery. Meeting Place: Gray Creek Hall 10AM

See the July *Mainstreet* for more Monday tour locations, and watch for posters on the bulletin boards. If you have a site request or need more info call me at 250-227-9201 or email schwig@theeastshore.net

Past tours included John Oliver's farm, the Lymbery homestead, the cemetery, the site of the 1930s relief camp and Columbia Point, the auto camp and wharf, the Croasdaile/Burge (Cairns) property, and a wildflower identification tour. This year we will visit several Crawford Bay and Kootenay Bay sites.

**Gray Creek Historical Society
Museum Days,
July 25-30, 2010
12-6 pm**

by Janet Schwieger

Gray Creek Historical Society has begun preparations for Museum Days, with many new displays drawn from collections and research from 2009/10. The Hall will be jam-packed with these, as well as reworked displays, together with a show of our current mysteries that need solving.

The difference this year, is that instead of our usual two-day display, we will keep the doors open daily from Sunday, July 25, 12-6 pm through to Friday July 30, closing at 5pm on Friday. Six days for you to come to the Hall and take in Gray Creek's Museum Days. Admission is free!

Bayliss Art - We need your help!

This year's new displays include a gathering together of art and objects created by the Bayliss brothers of Crawford Bay. Particularly Will Bayliss, who was a prolific artist of East Shore scenes. If you have any works by Bayliss, please consider loaning them for use in the Bayliss display at Museum Days, or send us a high-resolution digital image. Lenders will be credited, or remain anonymous if you prefer. A digital record of Bayliss work is the goal. Contact gchistory@theeastshore.net or call Frances Roback, Janet Schwieger or Tom Lymbery.

More on Museum Days in the July *Mainstreet*, and in our current newsletter - gchistory@theeastshore.net

New Collections

Society directors Tom Lymbery and Frances Roback have been busier than ever this year delving into and uncovering details about Gray Creek's past. Our scanners have been working overtime, thanks to the many thousands of photos we have received on loan last year. Many thanks to Mary Carne for the use of her remarkable collection of Greyhound material; to Kim and Gillian Deane for donating their Gray Creek Regatta collection; to Susan Hulland for Robin Sturdy and Eastshore Writers' Group material; Lynn Oliver and Beth Richards for the use of Oliver family albums and genealogies; many former Auto Camp regular campers for loans of photo albums; and to Peter Duryea for donating his videos of Gray Creek and Eastshore events, people, and landmark community initiatives – voices from our past. And especially thanks to the Lymbery family contributions. Without Tom and his remarkable memory and family collection our Society would not be what it is.

The Society is in receipt of a Rec 9 grant to help with our summer activities, and a grant from Columbia Basin Trust, Community Initiatives to help transfer some of Peter's community films to a usable and archival DVD format.

Our latest newsletter, available as a PDF copy, provides more details of 2009 happenings, plans for 2010 Museum Days, and exciting future projects. Let us know if you would like one emailed to you - gchistory@theeastshore.net

Columbia Basin Trust Hosts Workshops on Adapting to Climate Change

press release

Columbia Basin Trust (CBT) is hosting a series of free workshops on adapting to climate change in rural communities. The sessions will review the projected changes in climate for the Columbia Basin and discuss how those changes could impact rural communities.

The workshops are part of CBT's Communities Adapting to Climate Change Initiative (CACCI). The workshop team includes climate scientist Dr. Mel Reasoner and community planner Laurie Cordell.

The next free workshop will be in Crawford Bay on Monday, June 7 at the Crawford Bay Community Hall, 16232 Wadds Road. Doors open at 6 pm and the workshop will run from 6:30 pm to 9 pm.

"Demystifying the science and understanding what it means in terms of potential impacts on the ground is helpful so communities can plan for a more resilient future," says Michele Laurie, who coordinates this initiative for CBT and is organizing the workshops.

Free workshops are also planned in June for Montrose, Fruitvale, Regional District of Kootenay Boundary Area A, Fernie and Golden. For more info please contact adaptation@cbt.org.

These workshops are part of CBT's Communities Adapting to Climate Change Initiative that seeks to support communities to increase their resiliency to climate change impacts at a local level. For more information on CBT's climate change work, visit: www.cbt.org/climatechange.



YOU ARE INVITED

Free rural community workshops on adapting to climate change

- Learn about past and projected climate changes in the Columbia Basin
- Discuss potential climate change impacts in your community
- Start thinking about how to adapt to climate change and prepare for the future
- Talk to a climate scientist
- Come to the workshop from 6:30 pm - 9 pm

**Crawford Bay
Monday, June 7
Crawford Bay Community Hall
16232 Wadds Road**

This workshop, hosted in partnership with RDCK Area A, is part of CBT's Communities Adapting to Climate Change Initiative.
More info? adaptation@cbt.org

www.cbt.org • 1.800.505.8998



Second Hand Store

- Tools
- Household Items
- Antiques & Collectibles
- Appliances
- Toys
- New clothes, jackets, t-shirts (for kids & adults)

**Location:
Downtown Crawford Bay,
previously Crawford Bay Video
Phone for open hours.
250-551-2820**

**Next Deadline:
WEDS, June 23/10**



Bible Talk

by Pastor Doug Middlebrook

The desire to do well, I believe, is in each one of us. For the Christian this extends to wanting to please God. I was at a conference in April and the guest speaker shared

on how we are able to do this.

In the following scripture Jesus speaks on how He did it.

John 17:4 I have glorified You on the earth. I have finished the work which You have given Me to do.

We see that He says I have glorified you on the Earth and that He did it by finishing the work He was given.

First, He finished the work that His Father gave Him to do. This is not to say that we don't do other things, but we do that which He gave us to do. We all want to complete the task ahead of us. My dad used to tell me any job worth doing is worth doing well. We see that it glorifies God when we do that. The speaker also shared that he believes, as do I, that at the level we complete or finish our job is in direct proportion as to the level we glorify Him.

It's the difference in hearing good job, or WOW great job from our earthly bosses. Jesus finished the job and He gave it His all. He did the best He could do. God asks no more of us than to do our best. Here's some good news. When God gives us a job, He will also give us the tools we need to complete the work.

In verse 6. Jesus shares another way in which He glorified His Father.

Joh 17:6 "I have manifested Your name to the men whom You have given Me out of the world. They were Yours, You gave them to Me, and they have kept Your word.

He says He manifested God's name. This means that Jesus displayed the character of God. Jesus was a copy, the image of the Father and as we are to be His image. We are to manifest the character of God as well. Often people see others and say they would or would not want to be like him. The Christian is to desire to be like Jesus and in doing that we bring glory to God. As we try to be like Him we show Him to those around us. I believe we do that best by our actions, not so much our words. Jesus did a lot of talking but He did a lot of doing. He tells us to be doers of the word. We also see in this verse that we are to take what God has given us (ex. gifts, talents,) and use it for His purpose. We are to take what God has given us and give it back to Him.

Joh 17:11 Now I am no longer in the world, but these are in the world, and I come to You. Holy Father, keep through Your name those whom You have given Me, that they may be one as We are.

Jesus trusted the Father to keep those things that were given to Him.

I hope that as you have read through this Bible talk that it has been a help to you. I believe that if apply these simple principles to our lives we can expect God's blessing in our lives. May the Lord's blessing be with you all.

Enlightenment in the City

by Elle Tara

You only need to be authentic until you know who you are.

Authenticity seems to be the "in" word for enlightenment and self development. Books abound, some teachers spill it out and the whole world seems caught up in the mantra of "just be yourself". At first glance such a teaching sounds like a fantastic idea! Yet what happens when you really "are" doesn't seem to serve what your life is about? Is it time to follow up new ideas of behaviour that seem to be fake? Or is it better to just keep being real, even when that idea seems to be causing one harm in their life, all around the board?

Here's the thing about being real, vs. the need that some people have to be "fake". The reason that people act differently from who they are is because their actions didn't create the results that they wanted out of life. To turn that around, they ended up acting like someone they weren't out of self protection or they had an idea of the kind of person that they would want to be and carried that thought forward into personality behaviours that would match, what they were hoping to achieve in life. The result was change and a habit or persona that was created in that moment, which while momentarily might have served to have a feeling of moving forward in one's life, didn't end up working as a long term option of behaviour.

For example, take a closer look at some of the men who call their self, "Mr. Nice Guy" or a woman who's the "Supremely Tough Chick" and one can observe many different thinking processes that caused them to end up in that state of mind. The men may have lost lovers due to being a "Macho Jerk" and so became easy going and far more nurturing to make up for their past masculine behaviours that might have been viewed as "selfish", in the belief that this would end up satisfying a mate so she'd stay. Women who've been molested a lot, may end up more aggressive in an effort to protect their self, from any more incoming masculine energy that they still find to be intimidating and threatening. The result is that even if a male child started out life as a highly masculine being—or if he has a very strong masculine core—the man in the end may become more submissive in an effort to keep his partners from leaving. For the Supremely Tough Chick, if she hasn't healed from her past trauma's and doesn't know who to trust, she'll become more hardened as time goes on—for everybody needs protection and many women have adopted that tough, masculine shell in order to help their self feel safe in a world where they may not have felt like that otherwise. It may not be exactly what she was like in her more feminine beginning... in her younger years she may have very well played with all the pixies and the sprites in the forest.

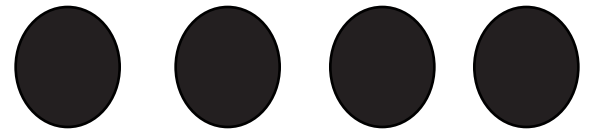
Now these behaviours of "Mr. Nice Guy" and "Tough Chick" may indeed have served both people in the past—for no one would keep a pattern in their life unless it served them well—yet if he finds himself ending up with masculine women who fall more into the "dominant" category while he'd prefer someone

more feminine, and he's tired of being "the friend" in relationships with more feminine women as opposed to being the boyfriend, he may decide that his "authentic nature" in this manner, no longer satisfies him in his life, as it did once upon a time. When she's tired of always having to fight because it seems as if she gets challenged too much from other people when she's in her masculine, she'll look to change her ways as she doesn't want to live her life feeling constantly under attack. While each "Mr. Nice Guy" ended up being so due to reasons of his own that may not match the examples above, and each woman may have become hard for reasons of her own, if these patterns of behaviour stay for long enough in the hopes of surviving life, eventually they'll become so ingrained as to seem like they are "The Authentic Being", even if it is not who they truly are at their core. These beings have acted like this and practised these mannerisms for so long, that they now feel like "the Authentic One of Who They Are", even if that being of "Truth" no longer serves who they are in their life.

It's understandable that these ways of coping—or habits—would become so prevalent in one's life. After all, if we were to trace back in time every way of being that we have to a point in time before any of them happened, we'd be a baby laying on our mother's chest, fresh from the womb moments before. Anything that you know in this life, any habit, or way of being that you know and use, was taught to you somehow, somewhere by someone or you learned it to protect yourself in the moment; regardless of whether it served you long term or not. The end result then, is that if everything in your life that you know is simply an idea that you either learned from someone else or adopted to keep yourself safe, there is no such thing as authenticity as to how society seems to think that it exists. Authenticity in fact goes far beyond ones limited ideas of who that "One" is... and goes into the realms of perfection and pure love. That being with a heart who has a spine and knows how to use both. Everything else is simply a compilation of thoughts and habits that we view as being "our true self". The good news then is if "your authentic self" doesn't serve you, you can learn a new way of being that will and eventually that one day too, will become "Your True Authentic Self". Really good, "just be yourself" work that goes beyond the mere ideas of "Authenticity" can have an amazing impact on one's life, as it appears to "change" who one is at their core. Of course, such a thing is nonsense. You are always who you really are. It just takes a little more self discovery sometimes, to go beyond the former layers of habit that one thought was, "who they are" to find the real divine being, the one that is you who shines.

If something of this nature interests you, more information can be found at www.settingheartsfree.com for programs that are coming to the Nelson area in June.

Blessings and have a fabulous day!



Next Deadline:

June 23/10

mainstreet@theeastshore.net

250.227.9246



CRAWFORD BAY TRANSFER STATION SUMMER OPERATING HOURS

May 1, 2010 to October 31, 2010

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

CLOSED on ALL Statutory Holidays

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

Calling All Cooks and Bakers

by Stephanie Sempf for Crawford Bay School PAC

We are collecting recipes to put into a cookbook for a fundraiser for the Hot Lunch Program. Have you got a jam, BBQ sauce, soup, bread, cookie or dog biscuit recipe that the world needs to know about?

If you or your children have a fave recipe that they love to make or that is the family holiday favourite we would love to be able to share it with the rest of the community. Your name will appear next to the recipe.

We would like to have as many recipes as possible to make this cookbook a reality. If you have any that you would like to share please send them to the school with your child or email them to sagattinger@hotmail.com

Submissions will be accepted until June 11, 2010. All recipes need to include your name and a phone number. Please drop off your recipes to Ms. Watson.

Next Deadline:
WEDS, June 23/10
CBESS

Student of the Month Declan Armstrong



We would like to recognize Declan Armstrong as May's Student of the Month. Declan is a grade one student who gets along well with everyone. He is especially helpful with class responsibilities and he keeps his own things well organized. Declan is a big thinker who shows a concern for our environment and for people who are less fortunate. He is a wonderful role model in the K/1/2 class, as he is sensitive to others and demonstrates strong leadership abilities. Declan performed at Focus on Youth with 'The Pursuits' band and will also be performing at the Co-op Radio live-on-location event on May 28th.

Congratulations Declan!
10 Mainstreet JUNE 2010

From the Principal's Desk

by Dan Rude

I feel very fortunate to work every day with thoughtful people. One of the authors who has influenced many of our staff for years is William Glasser. I have recently been reading his book *The Quality School* and have started to look into training programs offered through 'The Glasser Institute'. Part of what Glasser writes about is how each of us has the basic needs of Love & Belonging, Fun, Freedom, Power, and Survival. He points out that all behaviour makes sense and is purposeful in being our best attempt in any given moment at meeting these needs. At first this can seem like a simple concept. However, when we get together in partnerships and groups it becomes clear that everyone trying to meet their own basic needs at the same time can lead to serious conflict and difficulties in understanding each other.

Another idea that Glasser presents in *The Quality School* is what he calls our individual Quality Worlds. As we grow through our experiences, we gather in our minds and value systems what we believe defines quality. We favour experiences and people that fit our definition of quality, and turn away from – or confront – those that don't. As Glasser writes, "If something is not pictured in this quality world, then we will not expend much effort pursuing it." Of course, then, the opposite is also true. If something is in our quality world, then we will expend effort in pursuing it. This is a fascinating lens for me to consider as we work to develop our community school. For me, as a parent and educator, quality is exposing our children and youth to big ideas presented from many perspectives. **Quality**, to me, involves balancing learning through curriculum with creating opportunities for each individual to explore and develop his/her passions. **Quality**, to me, has students learning in our building and also out in our local communities and beyond. **Quality**, to me, involves experiencing the success that comes from hard work combined with thoughtfulness and reflection. **Quality**, to me, is being able to listen to many perspectives and to take in the ideas of others and consider them before accepting them or letting them go. **Quality**, to me, means being actively involved in academics, physical activity, arts, environment projects, and hands-on learning. **Quality**, to me, means each of us developing our own potentials for being leaders.

I'm also curious about your Quality Worlds. What do you define as a quality education? What experiences do you want for our children and youth? What do you find worth expending effort in pursuing? Please feel free to contact me with your answers, as education presents us with possibilities for great conversations and actions.



Noah Tarrala at Art in the Park in 2009

Sporty Art/Artsy Sport Summer Day Camp In CB

submitted by two of many
Jacquelines (Jacqueline Wedge
and Jackie Friesen)

July 5 - 9 will be dates to mark for potentially bored kids on the East Shore of Kootenay Lake. Prepare yourselves for 30 hours of romping, giggling, mask-making, team-building, beading, sculpting, jumping, painting, throwing things, constructing, and maybe even some creative thinking...



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We are looking for parent volunteers (discounts are a possibility), and donations of craft supplies, paints, balls of any dimension, towels, buckets, netting, used/damaged CDs, fabric, ribbon, beads, scissors, and pretty much anything else gathering dust in your basement. Please call Jacqueline @ 227-6803 (artsy-spice) or Jackie @ 505-8143 (sporty-spice) to register.



Rowan Medhurst and Olivia Wedge-Darchen



Aricia Lee Haywood

Your time with Crawford Bay School/ Area: I've been attending CBay School from kindergarten to the present (if you don't count a short intermission). It's been a blast, spending my time with some of my best friends.

Your plans for the future: In the long run, I plan on going to UVIC to get my bachelors of elementary education and seeing the world.

Message to impart/Quote: "Begin at the beginning and go 'til you reach the end. Then stop." -The King of Hearts



Mathew Bonell

Your time with Crawford Bay School/ Area: I've lived on the East Shore and in Nelson for pretty much all of my life. I've really enjoyed life here and I can't imagine many other places where I would rather grow up.

Your plans for the future: In the Fall I'm starting University at either UBC or UVIC. I plan to study Engineering but I'm unsure of the discipline right now, probably Electrical or Mechanical. My plans are pretty open right now for life after university, but at some point I'll probably pursue further schooling for other areas of interest. I have a feeling that I'll probably end up moving back to the Kootenays later on...

Message to impart/Quote: There are no ordinary moments. Laugh, learn, have fun, create and explore. Enjoy every second of being alive...

GRADS of 2010



Alessandra Legault-Elias

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

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

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



Nick Green

Your time with Crawford Bay School/ Area: I have lived here all my life.

Your plans for the future: I plan to go to the College of the Rockies in Cranbrook. I will be taking the Electrical Apprenticeship Program.



Holly Nicole Kernohan

Your time with Crawford Bay School/ Area: I was born in Calgary and moved to Crawford Bay when I was a baby. I have only ever gone to CBESS and I am super glad I'm done. I am happy I got to spend my last year and half in the new school.

Your plans for the future: In September, I will be moving to Vancouver to attend a one-year Culinary/Pastry course at the Northwest Culinary Academy of Vancouver, and I plan to excel from there.

Message to impart/Quote: The greatest pleasure in life is doing what people say you cannot do.



Kamilah Carter

Your time with Crawford Bay School/ Area: I was born in Crawford Bay and I attended Crawford Bay School from kindergarten to grade 11. I'll never forget growing up here, swimming in the lake, music recitals, and field trips to the wetlands. For my graduating year I attended school in Cranbrook in order to take some classes that aren't available here.

Your plans for the future: I'm planning to go to the University of Waterloo in Ontario next September. I'm enrolled in the Honours Nanotechnology Engineering, Co-op Program. I hope to do my own research once I graduate from University.

Message to impart/Quote: "And those who were seen dancing were thought to be insane by those who could not hear the music." -Friedrich Nietzsche

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The Bailey Bridge at the Akokli Creek/Cummings Corner is operational. The traffic light wasn't ready when the photo was taken. One worker said that they will be there until November. We don't think there will be much delay with a traffic light system – Boswell's first. What's missing? Arnold Cummings to supervise!

Photo: Tom Lymbery

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Tom Sez

by Tom Lymbery

The flashing highway sign at Balfour says “Akokli Bridge” -- if it was a longer name it would only say “bridge”

Have you seen a new lady truck driver? We haven't, but all the playboy type pictures have disappeared from the washroom wall at the warehouse we frequent in Nelson.

Can you name Canada's national bird? There isn't one, you silly goose, but how do you keep those pests off your beach?

Be thankful our sales tax is only 12%, Mexico's is 16%, and UK is considering increasing theirs from the existing 17½%. What country will reach 20% first?

With all the existing rules and regulations to prevent kids from starting smoking, have you heard of any children smoking punk wood, as we used to? Is tobacco just too available – or do those reeds no longer frequent the beach driftwood?

With the missing persons coming up on the TV news, who remembers the time that Ralph Glasier didn't turn up for work at Gray Creek Forest Products? And Horst Wirsig walked the highway between the Bay and Gray Creek to see if he was down the bank?

The lake is so fortunate to have a variety of roadside flowers, from yellow broom to blue chickory. Think of Napa Valley in California where they spend lots to plant and maintain blooms along their highways.

If you see someone throw a lit cigarette from a vehicle phone 1-800-5555 or *5555 on your cell, and follow up with a call to the RCMP – this is a high hazard forest fire year.

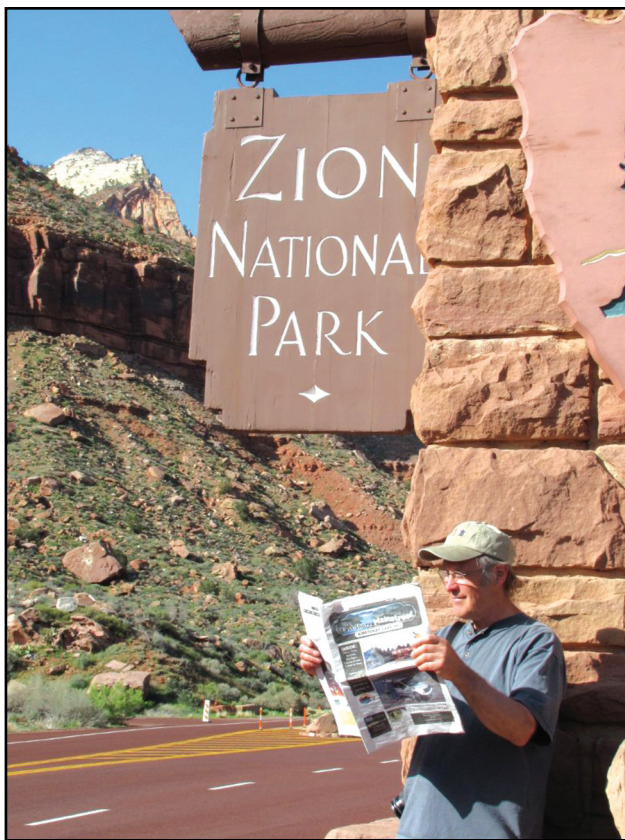
Today's chainsaws have changed in the last few years, cleaner burning (close to EPA), lower noise levels, compression release for easier cord pulling, maybe you should consider trading for a newer unit.

BC Automobile Association magazine *Westworld* has a feature article on fishing our lake with a large photo looking over Pilot Bay towards Gray Creek. It also notes the 35 ¾ lb record rainbow that George and Rhoda Hill caught in January 1976.

Gray Creek Pass Report

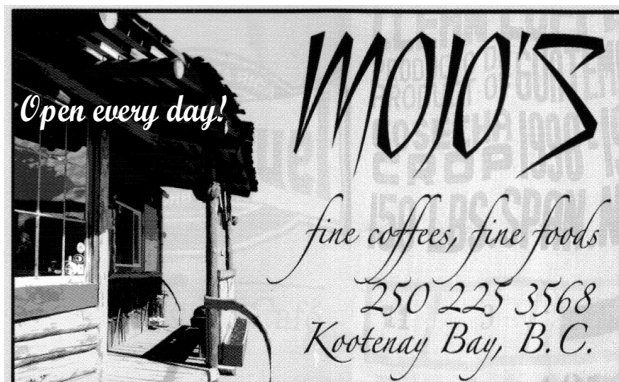
by Tom Lymbery

Late frosts have firmed up the snow melt, so that this year's lower than usual snow pack may last longer, delaying the early road opening that we expect this year. The Mapbook says “open from April to November” which is definitely optimistic. Will the record opening date of June 14 be broken this year?



The Mainstreet is also read in several places throughout the world... Really it is!

John Smith takes in the some East Shore information with the April issue in Utah.



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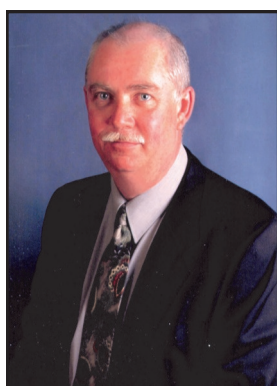
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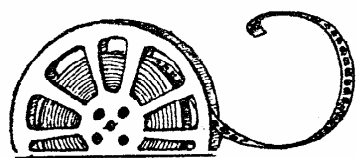
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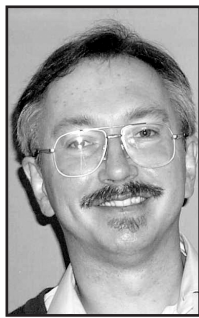


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Seldom Scene

by Gerald Panio



"Everything's going so fast...it's all in such high gear, that sometimes it doesn't feel like me...does that make sense...as if nothing were real anymore?"—Bart Tare, in *Gun Crazy*

Before there was Bonnie and Clyde, there was...*Gun Crazy*! The original title didn't have the exclamation mark, but it should have. The film's alternate title wasn't bad either: *Deadly is the Female*. Joseph H. Lewis's 1949 cult classic is a must-see for fans of film noir. My copy comes as part of a five-film collection from Warner Bros. that also includes *The Asphalt Jungle*, *Out of the Past*, *The Set-Up*, and *Murder, My Sweet*. It's fitting that Warner should be in the forefront of re-releasing these movies, as the studio's reputation in the 1930's was for hard-edged gangster pictures and doses of Depression-era grittiness. The Warner noir re-

issues are now up to four volumes and some twenty films. Dive in anywhere. You're not likely to be disappointed. It's like wandering around in a big creepy attic in some cool abandoned house on the edge of a graveyard.

What is film noir? I recently drew up a list of classic noir "ingredients" for use with my history of film class at school. It's a fun list: a private eye, multiple beatings of the private eye, a femme fatale, sexual tension, fugitives, criminals, racketeers, pathological killers, cops on the take, punks, madmen/madwomen, down-and-outers, cynical disillusioned loners, night scenes, neon, rain, a society rife with callousness & disorder, a mood of doom-laden fatalism, corruption, decadence, cheap hotel room ambiance, cigarette smoke, chiaroscuro lighting, urban rot & urban angst, German Expressionist & Italian Neo-Realist influences, and last but not least a cheesy theatrical poster with a dame, a gun, high heels, slit skirt, tight sweater and a cigarette. How does *Gun Crazy* match up? A solidly disreputable 50% of the list. Including the poster.

The opening scene of *Gun Crazy* says it all: a guilt-ridden flashback to a crime on a rainy night with deep shadows and hard edges of artificial lamplight. It just gets better from there. The opening makes it clear that style is going to be one of the film's strong points, but equally impressive are the performances of the two lead actors. Both were relative unknowns when the movie was made, and largely remain so to this day. *Gun Crazy* is their one moment of glory. John Dall plays Bart Tare, a young man whose first toy gun turns into a lifelong obsession. That obsession early on lands him five years in reform school. After getting out, and serving a stint in the military, Bart is looking for a way of combining his passion with making a living. The only avenue he can see is working for a company like Remington—selling and testing guns, maybe even designing them. It's not a future he waxes rhapsodic over; if he had any real money he'd likely be gun collector with a house filled

with deadly, often-fondled chrome-plated beauties.

John never gets the chance to join the rat race. A carnival comes into town, and one of its attractions is a spitfire Annie Oakley-style sharpshooter named Annie Laurie Starr (Peggy Cummins). It's love at first sight, even before Annie sees how John can handle a gun. For John, the future suddenly looks exciting instead of merely inevitable. Annie sees John as a new cheap thrill, and a way out her current abusive relationship. John hides his reform school past; Annie hides the fact that she's killed a man.

She's also hides a lot more.

Annie Laurie Starr is as obsessive about guns as John; unfortunately, she's also obsessive about killing people with them. And she's addicted to risk. The incident in her past wasn't an aberration, it was the first expression of a incipient madness. At first, Annie's fling with John is excitement enough. But the thrill is soon gone. Then the money runs out. John talks about working for Remington. Annie makes the fatal suggestion that they can beat the rat race by taking money rather than working for it. John's not really outraged.

You get the sense that although he's the kind of guy you might expect to find working at the local hardware store, life on a payroll strikes him as an dreary extension of his reform school years.

Not that John's not nervous about a life of crime. He loves guns, is a hunter, but is repelled by the thought of any kind of gratuitous killing. From the time he was a teen, he seems to feel that if once he ever starts on that path of killing without cause he'll never be able to stop himself. He doesn't recognize that his partner in crime has long ago passed that point of no return.

At first, the heists go smoothly. They're carefully planned; no one is hurt. Eventually, however, John's guilty conscience starts to get the better of him. He talks of getting out of the country, starting a new life. Annie's willing to play along, but suggests one last big job to set themselves up for good. She also suggests splitting up after the robbery, until the heat is off. What she's really thinking is that this relationship is over and she's got a chance to get away clean.

The robbery goes off like clockwork, but at the last minute Annie impulsively kills a bank clerk and a guard. John witnesses

neither of the deaths. As they're about to drive away in separate cars to lie low for a while, Annie and John both turn around and realize that the only future they have is together. Peggy Cummins does a superb job in making us believe that she's not just another femme fatale who uses men and discards them. *Gun Crazy* is as much about doomed lovers as Romeo and Juliet. Except that instead of Romeo's "But, soft! what light through yonder window breaks? / It is the east, and Juliet is the sun!" we get Bart's "We go together, Annie. I don't know why. Maybe like guns and ammunition go together."

Anyone watching *Gun Crazy* to see a smug moral commentary on the wages of sin is going to be very, very disappointed. We all know that John and Annie aren't going to get out of this thing alive; what is unexpected is how much we end up caring about them when



it all falls down.

A great deal of credit for the success of *Gun Crazy* also goes to director Joseph Lewis, cinematographer Russel Harlan, and screenwriter Dalton Trumbo (working under the cover name of Millar Kaufman because he'd been blacklisted as a Communist sympathizer). Trumbo reduced the original 320-page script by author MacKinlay Kantor down to 200 pages. Lewis then made some last-minute, crucial changes to Trumbo's script. Working closely with Harlan, the director maximized the effectiveness of the black & white photography through lighting

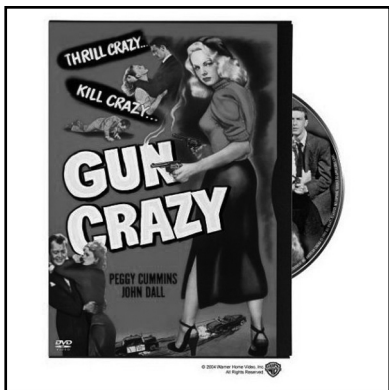
set-ups, extreme close-ups, interesting compositions, and reliance on on-location shooting rather than process shots created on soundstages and in film labs. We get a thrilling hood ornament's view of cars racing through town and along winding mountain roads. A key bank theft scene was shot as one continuous take, with the camera mounted in the back of the getaway car from the moment the car drives up to the bank to the moment it roars off after the robbery.

Lewis and Harlan generate empathy for the main characters by shooting most of the dialogue with the lead actors in the same frame. A sense of intimacy was created that would have been difficult to achieve had the camera been cutting back and forth between speakers. The final robbery takes place at an abattoir, with dangling carcasses providing visual counterpoint. The climax is in a mist-shrouded swamp—effective not just for the ghostly images, but because the pursuers are heard but not seen. The focus remains on Annie and John to the bitter end.

Gun Crazy influenced the directors of the French New Wave, as well as movies such as Arthur Penn's *Bonnie and Clyde*. A good source of information on film noir is www.filmnoirstudies.com. Also available on-line is Paul Schrader's groundbreaking essay "Notes on Film Noir." A Google image search of noir titles brings up all of those seductively lurid theatre posters.

What's life at the movies without a little lurid seduction?

(*Gun Crazy* is available from Reo's Videos in Nelson, along with most other noir classics.)



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Creston Opening:

June 18, 7-9 pm at Coffee Creek Café.
(1127 A Canyon St, Creston)
Light refreshments and music by Peter Bodly.

Eastshore Opening:

June 20, 2-4 pm at
Bob's Bar and Grill.
(319 Fowler Street,
Riondel)
Light refreshments
and music by the East
Winds.



Fanfare of Brass

by Wendy Scott

Riondel Church played the Majors out in style on Sunday, May 23. Edith and David Dean of the Nelson Salvation Army are off to a new posting in Calgary. Their visits to Riondel Church have always been inspiring, up-lifting, and energetic and we thought they deserved a good rousing send-off.

As we all know, the Eastshore has just the band to accomplish this and the Brass – complete with Donnie Clarke – were more than up to the job. They booked themselves in for a 45 minute concert before the Sunday service, which included “Xerxes Largo”, two of Donnie Clarke’s arrangements, “Just a Closer Walk”, several fourteenth and fifteenth Century chorales, “The Pilgrims Chorus” from Tannhauser, and Pachelbel’s “Canon”. But they didn’t stop there. During the service we heard, “Sheep May Safely Graze”, and after a break for tea, coffee and cookies, two brilliant and exciting compositions by Donnie Clarke.

The church truly rang with music and we sincerely hope Majors Edith and David Dean will carry the memory of this music-filled afternoon all the way to Calgary. With the memory, we send our most sincere wishes for a fruitful posting.

And to the Eastshore Brass – our many, many thanks. Your music rang and echoed in our little church and will remain in our hearts for a long time.

Thank you -- to the Deans and to our wonderful brass band.



**Edith & David Dean:
Salvation Army Majors**

Boswell Fibre Arts Show a Resounding Success

by Jan Brooks

If you didn’t make it to the Boswell Hall on Saturday, May 15, you missed a fantastic art show. The Boswell Nifty Needlers Quilt Guild had a wonderful display of fabric arts, including sixteen quilts of various sizes, wall hangings, table runners and decorative plates that beautifully adorned the entire Hall. At least eighty people browsed the display and enjoyed light refreshments provided by the quilters. The Nifty Needlers would like to thank the East Shore residents and those from the Creston Valley who attended and encouraged them in their first Fibre Arts Show. Attendees included representatives from the Columbia Kootenay Cultural Alliance who provided funding for the Guild allowing them to bring in guest instructors this past year. As well there were members of the Creston Fabric Arts group who gave the show extremely high praise for the calibre of projects on display. Congratulations to the Boswell Nifty Needlers for a first rate event.



15th Annual Creston Valley & Eastshore ArtWalk Openings in Creston & Riondel

by Nora McDowell

The Creston Valley & Eastshore ArtWalk returns for its fifteenth year on June 18, launching a summer celebrating the work of local artists and artisans in venues from Yahk through the Creston Valley, and along Kootenay Lake to Kootenay Bay and Riondel.

Join us for the **Creston Opening of ArtWalk on Friday, June 18, from 7:00 to 9:00 pm** at the Coffee Creek Café for an evening of live music by Peter Bodley and refreshments provided by Amanda of the Coffee Creek Café, or enjoy a sunny Sunday drive along Kootenay Lake for the **June 20 Eastshore Opening of ArtWalk from 2:00 to 4:00 pm at Bob’s Bar and Grill** (in Riondel) with live music by the East Winds and refreshments provided Bob’s Bar and Grill

ArtWalk supports professional, established artists working in their own studios and galleries, as well as linking emerging artists and those artists not having their own venues with businesses interested in promoting and supporting local art. It receives support from the Nelson and District Credit Union, Eastshore branch, Creston and District Credit Union, the Town of Creston, the RDCK, and the Community Arts Council of Creston.

This year’s organizers are so thankful for our faithful returning artists and venues and are excited to see new participants in this summer long show.

Whether you are checking out the work of the Riondel Art Club at the Riondel Market or Bob’s Bar and Grill, watching the wonder of blown glass at the Kootenay Forge and Fireworks Copper & Glass, touring Kootenay Candles with their fragrant bees wax candles, enjoying a meal at the Coffee Creek Café with paintings by James McDowell, or shopping the Painted Turtle Gallery in downtown Creston, you will find lots to see this summer on our tour.

The Creston Public Library will again host a summer long show of work by ArtWalk participants. The library show will run from July 6 to August 31.

A full colour brochure detailing artist and venue information with a map of the entire route will help art lovers follow this pleasant drive from Yahk through



Thank you to the **Columbia Kootenay Cultural Alliance (CKCA)** for grant monies used by the **Boswell Nifty Needlers**.

We learned much in the workshops and had great fun while doing so.

the beautiful Creston Valley and along Kootenay Lake to Kootenay Bay and Riondel.

Additional summer art related events scheduled in the area are listed in the brochure. For ArtWalk brochures, stop by the new Visitor Info Centre in Creston, the Chamber of Commerce and/or participating venues.

This summer we are pleased to see a number of ArtWalk artists teaching classes at the Creston campus of the College of the Rockies’ “Summer of Super Stuff” held on weekends in July. Carol Schloss is offering a class on plein air sketching, James McDowell will be teaching experimental approaches to acrylic painting, Eileen Hirota will teach mixed media painting, and Elaine Alföldy is offering a class on batik on fabric. As well there are classes in clay, the wheel, water colour painting and creative writing. More information can be obtained by contacting the college at creston@cotr.bc.ca or by contacting the artists.

CONTACT INFORMATION:

For information about ArtLink and the ArtWalk, contact artlink@kootenay.com.

For artists and venues requiring additional brochures or art cards, please call Nora McDowell at 250-428-9391, Harry Miller at 250-428-2527, or Dena Kubota at 250-227-9441.

Next Deadline:

WEDS, June 23/10

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Answers from the Physio

by Anna Rose, Physiotherapist

Q. I have been told I have whiplash from a minor car accident. What exactly is that and how long will it last?

A. "Whiplash" is the back and forth action of the head. Technically, the soft tissue damage that results is called "Whiplash Associated Disorder" or WAD. It can take one to four weeks to recover from the mildest whiplash, such as might happen in a non-motorized sport. Motor vehicle accidents usually involve far more force, so recovery times range from about three months to a year. Some people have residual problems even after that.

What soft tissues are damaged?

Soft tissue means anything other than bone. I sometimes hear "oh, it's just a soft tissue injury" implying it is trivial. Soft tissues damaged by whiplash include muscles, ligaments, nerves and joints. Are torn Achilles tendons, cruciate ligament tears in the knee, sciatic nerve pain or hip joints with worn out cartilage considered trivial? No. Damage caused by whiplash is harder to pinpoint than these other conditions because there are usually a lot of structures affected at the same time.

1. Muscle damage is the easiest to understand. Your head goes forward if your car stops suddenly, overstretching the muscles at the back of your neck. Reaching the limit of forward flexion, your head then rebounds backwards, overstretching the muscles at the front. There are many layers of muscles, all of which can be affected.

2. Ligamentous tissue in the neck includes long bands connecting all the vertebrae of your spine together. It also includes joint capsules around each small "facet joint", which is where spur-like projections at the back of each vertebra meet the projections of the vertebra below. If you get pain when you try to turn your head, it is probably the facet joints telling you they have been aggravated.

3. Nerves run from the spinal cord through small openings between the vertebrae of the neck, then down the arm and hand. Some fibres within the nerves carry messages to the muscles to contract. Other fibres carry messages of pain or sensation to the central nervous system (spinal cord and brain). Compression of the nerves in whiplash can therefore show up in the arm or hand as muscle weakness, pain, numbness or tingling.

4. Joints that can be affected by whiplash include the facet joints mentioned above, and the larger joints between vertebral bodies, that are well known because they contain the discs. Joints can have their capsules overstretched or their "innards" compressed.

Physiotherapy is able to assess all of the above structures and provide treatment, advice and home programs from the earliest stage onwards.

East Shore Physiotherapy

New Health Centre, Crawford Bay



Anna Rose BScPT

Full Assessments and Explanations,
Gentle Treatments, Home Programs

227-9155



East Shore Hospice News:

by Alexis Phillips, Coordinator East Shore Hospice

The 2010 Hike for Hospice was a tremendous success. This year we were blessed with a glorious sunny spring day and were joined by almost thirty East Shore residents for our walk around Riondel. Many participants brought their children along which made for a wonderful joyous atmosphere and it was a real treat to enjoy the lovely gardens of the Riondel residents. East Shore Hospice raised a total of \$1339 in pledges, donations and memberships.

I want to send out a heartfelt Thank you to all who participated in this year's Hike for Hospice by joining us on the walk, gathering pledges, volunteering, and donating. In particular I would like to thank the following Hospice volunteers: Ken Meaton, Lynda Leduc and Victoria Henrikson who organized the registration table, Bev Howie who helped out in the kitchen and with clean up, and Wai Yin Fung who photographed the hike.

Hikers were treated to a fabulous lunch fol-

lowing the hike, prepared by Yoan Benoit of MoJos in Kootenay Bay. Yoan generously created the lunch for the hike as a donation to East Shore Hospice. Thank you to the following businesses who contributed food donations to the hospice luncheon; the Crawford Bay Store, the Lakeview Store, the Riondel Market, the Old World Bakery, Oso Negro, Save On Foods and Safeway. Jacqueline Wedge and Victoria Henriksen donated prizes for the two hikers who gathered the most pledges. This year's prizes were awarded to Nicole Plouffe who raised a total of \$520 in memory of Bob Faust and Victoria Henriksen who raised \$164 in memory of Jerry and Denise Kozak. Thanks also go to The Applesauce Fiddlers who provided the entertainment and created just the ambiance we were looking for!

The money raised from this year's Hike for Hospice will go towards education, advocacy and outreach on the East Shore.



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The Mainstreet: Creativity, Community, Conscience

Phone: 250.227.9246

Email: mainstreet@theeastshore.net

Next Deadline: June 23, 2010

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

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

Enjoy your day here!

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Dog Patch Pottery 227.6886

Kootenay Forge 227.9467

La Gala Jewelry 227.6828

The Purple Door 227.6995



pebbles
by Wendy Scott
Point No
Point

The pebble is smooth, warm from the sun and still smells faintly of the sea. It's roundness in my hand, holds reminders not only of this

warm spring day in May and the serenity of a deserted west coast beach, but this solid piece of stone evokes memories of a more dramatic visit complete with orcas off shore, seals and two bald eagles riding the up-drafts of summer.

On that day of wandering, when Bruce and I found Point-No-Point, it was the tea room we came to discover: a tea house perched like a private loge on the southwest edge of this country of ours. The view – across Juan de Fuca Straits to Port Angeles with Cape Flattery in the wings of the open Pacific demands our attention to realize its distance; we no longer watch the forest beside the highway, or the road in front of us, our focus must stretch across the sea and into the sky – helped along a bit by the binoculars on every table. The name – appropriately ambiguous on this most southerly curve of BC coastline, could be a typical Canadian compromise settled upon by early map-makers while viewing headlands from different directions. Their state of confusion has traveled well and is re-invented by every new visitor to Point-No-Point.

Glaucous-winged gulls, herons, bald eagles play above sea lions, seals and visiting whales, but for Steller's jays the ocean is as vast and impassable as the Sahara. The Vancouver Island variety of our vociferous backyard visitor can't make it across that stretch of ocean, so they spend the winter in Victoria – as do many of their human counterparts.

Later that year, we decided to follow the example of the jays and spend New Year's Eve right here in one of the several Point-No-Point cabins. The late afternoon was warm enough to climb from the beach over huge boulders to bare

winter cliffs jutting into the Pacific – a furious Pacific, flinging all its energies into the last day of a dwindling year. The sea rushed to escape its edges, crashed across the shore, then like a shuddering intake of breath, dragged the detritus of December from the beach.

We were two puny creatures trusting the permanence of a rock cliff against the sea. We stood on that wet rock, suspended in our own silences – getting quite wet – until the evening cooled and the comfort of our cabin fireplace drew us back.

The sky darkened and the moon's bright sickle caught in the nakedness of a winter birch. Night began sewing glitter into the blackness and opened heaven's windows to stars that stream into the realm of space, forever reaching for the beginning of time.

These memories came with us today as we followed the trail to the beach. It's wide and steep, this pathway, a corridor walled with larch, salmon berries and tall sword fern. The ground is spaced with a series of steps and tangles of surface roots. Sweet smells of tiny, white blossoms amongst the glossy leaves blend with the acrid scent of spores, and as we near the beach, the damp veil of salt settles on face and arms and all around there's the aroma of cedar.

The beach is crowded with rocks and boulders and strewn with cedar logs the length of telephone poles – escapees from booms and barges, peeled hairy by the sea to retire as driftwood on west coast beaches. The sea, dark blue today, rolls gently from the shores of the Olympic Peninsula to toss incidental sprays against the flat black rocks that stretch like a theatre stage across the beach. Tidal pools in each rock face hold their individual worlds: a small forest of sea grass; a gathering of tiny shells like miniature Mexican hats; mussels standing straight and tall enough to keep their noses above the water. One pool holds only the silence of round, flat stones, another a collection of clams that move in minimal increments from sun to shade. Above all this, cumulous clouds tower into a sky so blue I want to catch a piece and save it for a rainy day.

It's time to return to Victoria and a birthday supper for a soon-to-be eleven year old granddaughter. I carry a warm pebble for her. She can hold it in her hand. She can share the

warmth of the afternoon, the smell of the sea and maybe, sometime in her long future, she might be able seek and embrace both the serenity and the wildness at this most southerly tip of her Vancouver Island world. Her Victoria is close by, but very far away.

**Annual General Meeting
10am to Noon June 19
Eastshore
Community Library/
Reading Centre
News**

by David George

The Annual General Meeting of the library will take place in the library on Saturday, June 19th, from 10AM to Noon. Anyone in the community, which includes all of our Main Street along the East Shore of Kootenay Lake is welcome. You do not have to be a library card holder to attend. If you don't have a library card, we will be happy to sign you up with one after the meeting. Just in case you do not know where we are, we are upstairs in Crawford Bay Castle, at 16234 King Road, across from the old Crawford Bay School and the Community Hall.

After the meeting, take a look around the library at some of the new books and audio CDs which are continuing to arrive. Ask us to order an Inter-Library Loan for a book you would like to read which we don't have.

Donations of good, clean used books and audio-book fiction are welcome, but please do not donate Readers Digest condensed books, magazines, or very old non-fiction cassette tapes.

was salvaged by a cowboy to help make his hay, but it was too far from gasoline.

GRAVITY, STEAM AND STEEL: an Illustrated Railway History of Rogers Pass, by Graeme Pole, publisher Fifth House, 132 pages, \$16.95.

Many previously unpublished photos, and many more details of the original rail line construction make this a very interesting and readable book. Starting with Walter Moberly, the under acknowledged surveyor who found Eagle Pass west of Revelstoke, but failed in his ambition to design the rail route through the Rockies and Selkirks, the story carries on with Major Rogers who found the pass that has given the CPR a multitude of problems.

Construction details make this book a reference we haven't seen before, how loops to gain elevation were built, as well as the bridges. Then comes the date of January 28, 1929, when the 453 feet long and 180 feet high Surprise Creek bridge fell in, taking two men on their locomotive to their death. "So the CPR committed to the longest voluntary closure in its history" 28 days, while a new bridge replaced the fallen.

The book doesn't explain that the Trans Canada rail traffic was diverted through the Coquihalla and Kettle Valley to Kootenay lake, with every available sternwheeler, tug and barge struggling for more than 28 days to fill the gap between Procter and Kootenay Landing, as described in last month's *Mainstreet*. This also triggered the Company's decision to fill that pathless 30 mile route with steel rails, along the rugged west shore of our lake, though 1929 and 1930. When the new line opened on January 1st, 1931, the CPR tied up most of its no longer needed sternwheeler fleet, leaving the SS Nasookin available to be chartered for the Gray Creek to Fraser's Landing (Balfour) ferry service in May 1931.

This book received an award from the BC Historical Society's 2010 book competition.

Book Reviews

by Tom Lymbery

BANNOCK AND BEANS: a Cowboy's account of the Bedaux Expedition, by Bob White, publisher Royal BC Museum, 239 pages, \$18.95

In 1934, French millionaire Charles Bedaux spent \$250,000 trying to cross northern BC using five Citroen half track vehicles. He planned to go from Fort St. John to Telegraph Creek, and then go by boat down the Stikine River to the coast. He had crossed the Sahara Desert successfully with these, and felt they could tackle the wilds of BC.

Horses were most necessary, to blaze the trail, to move the supplies ahead, and also to pull the vehicles in tough places and river crossings. Bob White was in charge of a pack train of almost a hundred animals, taking food and champagne ahead of the crew with the trucks. Bob White has left us a detailed story of riding herd on the pack ponies, trying to keep the awkward packs on, especially those with gasoline, and the troublesome trail they were supposed to be following.

In fact they had to make their own trail, for the surveyor, Frank Swannell, was attempting a passable route for the Citroens, and somehow the horsemen were on their own. River crossings were a problem with high water, and recalcitrant animals.

Bedaux found that the trucks should have had bulldozers ahead of them, as the country and rivers were just too much. As well, he had a photographer to make movies, his wife, mistress, and a maid, so the party size was ponderous. When they at last gave up on the motorized equipment they tried to carry on with the horses. Then, when they did decide to quit, most of the supplies and equipment had to be packed back over the route – in snow by then.

There is one of the Citroens in the motor museum in Wetaskiwin – I haven't seen it yet. One of the others

**Next Deadline:
WEDS, June 23/10**

Riondel Community Library

by Muriel Crowe

The roof is patched successfully and all is dry once again. Our thanks to the Riondel Commission of Management and Don Horvath who did the patching and checked to make sure it was working. We all know that this is a temporary measure and that a new roof is needed for the building. About ten days ago I created a collection jar that will sit on the library desk and will receive all of the overdue fines. If you should happen to have a pocketful of change feel free to donate that too or any amount you want to donate. Larger donations can be made to the Roof Fund through the Commission Office and you will receive a tax receipt.

We will be doing a wee book shuffle in the next few weeks. More of the older fiction will be moved into the second room where the juvenile books have been rearranged. There will be some other minor changes too so please ask if you can't find something. Also, we are now cataloguing and bar-coding our paperback books and eventually they will be subject to overdue fines like the hardcovers. We will give you lots of warning before imposing that change.

If there is anyone out there who can explain to me how to file the changes to the building code in the building code book I would appreciate the help.

We have been sorting and storing books for the annual book sale which will be on July 31 this year. It promises to be even bigger and better than previous years. In the meantime we have a great selection of new fiction, lots of books about golf and even a few barbecue cookbooks to help you swing into summer.

“Wild Voices for Kids” Now Basin-wide Environmental and heritage education program avail- able in Arrow Lakes District

press release

(Kimberley) - The Columbia Basin Environmental Education Network (CBEEN) is pleased to be launching its Wild Voices for Kids program in School District #10 (Arrow Lakes), which completes CBEEN's two-year mission to expand the program to six school districts across the Basin.

Wild Voices for Kids (WVFK) provides schools with free, curriculum-linked environmental and heritage presentations and field-trips by Community Educators willing to share their knowledge and passion for the land, history and culture of the Columbia Basin region.

“We are immensely proud to have expanded this program Basin-wide in under two years,” says CBEEN's executive director, Eli Baker. “In the thirteen years since the program began, in the Rocky Mountain School District #6, over 30,000 students have benefited from hearing a ‘Wild Voice’. Now we have the potential to provide that opportunity to over 20,000 students in grades K-12 each and every year. That's really positive, and I believe it will create a whole generation of stewards for this incredible region.”

Wild Voices for Kids programs are designed to match teachers' curriculum goals, provide engaging learning opportunities for students in all grades and subject areas, and appeal to cash-strapped school districts by providing trained presenters and field-trip bussing costs at no expense to schools. Presentation options are diverse, allowing teachers to choose from over 50 presenters and 122 different programs. Examples of programs include: It Makes Scents: Discovering the Amazing World of Animal Senses; The True Survival Experts: Animals in Winter – Tracks, Habits and Homes; Nature's Wild Food and Medicine; and Winter Safety and Survival Skills.

Wild Voices for Kids provides essential experiences students need to instill responsible environmental values and yet it is often a challenge for school districts to provide these opportunities without outside assistance.

In a further effort to support outdoor learning, WVFK is also donating educational resource kits to all school districts. SD10 is now the proud owner of a Field Trip kit which contains 30 binoculars, several laminated field guides and 30 magnifying glasses. This kit and five others like it have been provided for each of the school districts in the Columbia Basin through support from Environment Canada's EcoAction Community Funding Program.

“CBEEN is proud to be a regional partner for environmental and heritage education and would like to thank all of our partners that make this opportunity a reality,” adds Baker.

Partners in the program include, Columbia Basin Trust, a long-time supporter of the Wild Voices for Kids program, the Regional Districts of East Kootenay, Central Kootenay and Kootenay Boundary, and Environment Canada's EcoAction Community Funding Program. The Southeast Kootenay (#5), Rocky Mountain (#6), Revelstoke (#19), Kootenay Lake (#8), Arrow Lakes (#10) and Kootenay-Columbia (#20) school districts also deserve recognition for their enormous in-kind contributions.

Wild Voices is recruiting additional Community Educators in school districts 5, 6, 8, 10, 19 and 20. If you are interested in casual paid employment to share your passion/expertise in environmental or heritage topics, or would like further information please contact the program coordinator at wildvoices@cbeen.org.

CBEEN is a network for environmental education professionals that encourages environmental stewardship and sustainability in the Canadian Columbia Basin by supporting environmental education initiatives. Through an active network of environmental educators and a collaborative relationship with community groups and educational organizations, CBEEN strives to promote respect for the natural environment and engagement in sustainable human activities. For more information, or to join, visit www.cbeen.org

The East Shore

Mainstreet: Creativity, Community, Conscience

mainstreet

@theeastshore.net

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzell

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YOUR AREA "A" EDC Economic Development Commission

\$17,500 available for 2010:

There is \$17,500 now available for grants or projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. You do not need to be a society to apply. Examples of recent funding approved include: high-speed internet; community signage; pilot peninsula walking trails; a course on social networking for business promotion. Bring your ideas!

**Application deadlines: June 7, 2010 -
October 7, 2010 - February 7, 2011**
Approval/funding lag time 6 to 8 weeks

An application form can be printed from the RDCK website following this path:

<http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html>

Email <lornarobin@bluebell.ca> for meeting dates, times, and locations.

250.223.3333

The PAC Box

Your Parent Advisory Council is working hard as a liaison between school and families and would like to take a moment to let you know about what's going on...

HOT LUNCH PROGRAM: *The organic, vegetarian lunch program is finished for the school year.* PARENTS: Please remember to pack a lunch for your children. Thanks to Ingrid Schultz & Liz Donnison for stepping in for May - you were great!

PLAYGROUND: The PAC Playground Committee is nearly done with the final phase of the play structure installation at the school. After years of work, this committee has followed through with an amazing playground valued at approximately \$80,000 and huge volunteer labour hours.

COME TO A MEETING: The next (and last for this school year) PAC meeting is on June 7 at 7 pm in the school library. If you have a child in school, please join us, or call Gina at 250.227.6896 to be put on the agenda.

Job Opportunity

Eastshore Alliance

Supporting the Early Years

(EASEY) Coordinator

The Eastshore Alliance Supporting the Early Years (EASEY) is seeking to hire an individual to coordinate the work of and provide support to the Eastshore Family Place. The successful applicant will keep office hours one or two days a week, have experience coordinating events, be a people person and be able to support young families. You should have good communication, organizational and time management skills and proficiency with computers. You should be confident and self-motivated, be able to follow tasks through to completion and work independently under the direction of a multi-sectoral Council. 15 hours/month (more hours pending funding), \$20/hour; June 15, 2010 to December 2010. For a detailed job description or to apply:

Email resumes with cover letter

& references by June 8 to:

stephanief@kootenaykids.ca



Credit Union Com- mits up to \$100,000 to CT Campaign

press release

After 12 months of fundraising, the Kootenay Lake Hospital Foundation is steadily approaching the \$1.5 million goal in their major campaign to purchase a CT Scanner for the Nelson hospital. Today the Foundation announces their largest corporate donation to date taking the campaign above the crucial \$1 million milestone.

"In recognition of the Credit Union's 60th Anniversary, NDCU is pleased to contribute \$60,000 to this initiative that will benefit our membership and our communities at large," stated Christine McCandlish, Nelson and District Credit Union board member.

Foundation Chair Roger Higgins noted that "This is a cornerstone contribution for the entire campaign. The economy was tough when we started this program but we knew the Credit Union, with their tremendous history of generosity and community support, would step forward in an important way when and if they could."

McCandlish agreed. "Our board held lengthy meetings to determine our level of support towards the KLHF CT campaign. The delicate balance between helping our communities today and ensuring financial viability for our Credit Union tomorrow is not taken lightly. After much discussion, we are proud to announce that we're in a financial position to assist in this worthwhile cause with a contribution of this size."

Summing up the importance of the Credit Union donation to the KLHF campaign, Higgins added, "We can see that our CT efforts should be successful in a few months time but it was very important to have a major partner join us as we start into the summer. The Credit Union has been a big supporter of the Foundation in the past, and with their help we can already look toward the future."

The continued commitment is demonstrated by a second aspect to the generous donation. Senior Operations Manager for the Credit Union, Tom Murray, explained. "In addition, for every transferred mortgage brought to Nelson & District Credit Union, until November 16th, 2010, we'll contribute \$2,000 to the Foundation." He added, "We hope that with help from local people seeking mortgages, we'll be able to contribute another \$40,000! By bringing your mortgage to us, you'll strengthen your local community Credit Union and help make the CT Scanner a reality."

With the immediate \$60,000 donation, the Foundation has now raised \$1,045,000. The NDCU mortgage program will help complete the CT project as well as support the continued need to provide updated equipment to other departments at Kootenay Lake Hospital.

The Foundation's Brian May concluded, "This entire campaign has been an amazing community driven effort and this gesture is an enormous commitment to this community and to the future of local health care. Our local Board really appreciates what their local Board has brought to this major project. Thank you to all the members."

Correction and Apology

Last month, Mainstreet printed two notices of passing for Annie Marie Sillers and Palmyra Mary Williams. It is with deep regret that we apologize for having placed Ms. Sillers' photo in Ms. Williams' notice. The two notices are run here again and sincere apologies to both families go out from the Mainstreet desk.

Notice of Passing

Williams, Palmyra Mary

Palmyra Mary Williams, 1937 – 2010 at Surrey Memorial Hospital after a courageous battle with cancer, Mother of Vivienne (Andre), Phillip, (Toby) and Christopher (Manuela) She was predeceased by son Wayde, Grandmother of [Micheal] (Vivienne, Andre), Tessa, Jesse (Phillip, Toby) Palmyra obtained her SRN and State Certified Midwifery in the United Kingdom, and worked in Canada, United Kingdom and USA. She studied music at the Conservatory of Music and McMaster University, Hamilton, Ontario. She was the Choir Director at St Gabriel's Church and Knox Presbyterian Church in Burlington, Ontario.

She became interested in the sport of synchronized swimming and mastered the art at the age of 50 when she was elected to judge junior meets as well as a trainer for competitive diver. Palmyra also studied architecture and carpentry, her refurbished home displayed detailed art work on furniture as well as many sculptured wildlife birds.

A published author and music composer (CBC 2) she wrote profusely on her life achievements. Palmyra drove from Burlington, Ontario to Crawford Bay in 1994, a year later she moved to White Rock and finally settled in Surrey, BC.

Remembrance Garden

by Wendy Scott

Tiny yellow flowers have opened on the Oregon Grape; a few narcissus still bloom; ferns unfold their bright green fronds and the ground everywhere is covering its barren winter state. The garden is getting ready for summer, but it still holds the gentle colours of spring and the fresh scent that comes after spring rain.

Come in and enjoy it before the benches are hidden again behind tall ferns.

Inquiries: plaques – Wendy Scott – 250-225-3381;
plants – Muriel Crowe – 250-225-3570

SUNSET SEED COMPANY



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

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

Notice of Passing

Annie Marie Sillers

1925 - 2010



It is with great sorrow that the family of Annie Marie Sillers announces her passing on Monday, March 29, 2010 in Cranbrook, British Columbia at 84 years of age.

Annie was born on May 3, 1925 in Trail, British Columbia. She leaves to mourn her passing, her son Edwin (Maureen) Draper of Crawford Bay, British Columbia; her daughter Jean (Perry) Bridden of Fernie, British Columbia; her son-in-law Walter Campbell of Cranbrook; her brother Lyle Sillers of Cranbrook; 12 grandchildren and 18 great grandchildren; as well as many nieces and nephews.

A private family gathering will be held in memory of Annie at a later date. Those wishing to make a memorial contribution in honour of Annie may do so to their charity of choice.

Arrangements entrusted to McPherson Funeral Service.

Condolences for the family can be offered at:
www.mcphersonfh.com

YOUR HALL IS AVAILABLE...

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

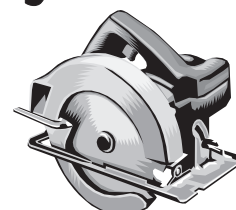
Booking info, Kathy Donnison @ 227- 9205

CRAWFORD BAY HALL

"your community hall"

A non-smoking facility.

Thinking of Renovating?



We can review your house
insurance policy with you.
Be sure to keep it up-to-date!

Our Hours:

Tuesday - Friday 9 am - 5 pm
Closed from 1 - 2 pm
Saturday 8:30 - 12:30

Kootenay Insurance Services Ltd.

#16030 Hwy 3A, Crawford Bay
Phone: 227-9698



"Well Done Casual"

Breakfast ~ Lunch ~ Dinner

Fri night: Steak BBQ Sat: Prime Rib

Exciting new menus and culinary talent.
Boutique wines and more...

Reservations:
250.227.9393

Linking Our Communities New Steering Committee

by Steering Committee for proposed
South Kootenay Lake Community
Services Society

Earlier this spring over forty East Shore community residents met to discuss how to link the unique treasures and assets we hold as East Shore residents on south shore of Kootenay Lake (Area A).

A steering committee has been formed representing the communities from Riondel to Wynndel.

The first steps are to create a society with future charitable status that can hire a part-time coordinator, apply for funds, set up an office. We are considering the name of South Kootenay Lake Community Services Society to incorporate as a society due to the tie in with the North Kootenay Lake Community Services Society.

Initial ideas include:

- Strengthen the exchange of information including virtual connections. For example a web based calendar of events that also could include ride sharing, job finding, buy and sell and other school and community links.
- Support the Kootenay Lake Stewardship project begun by the RDCK.
- Address public transportation, affordable housing and food production issues.
- Work with service partners to identify gaps in essential community services and assist with the implementation of new programs.
- Assist with the school/community connections including helping to attract students.
- Coordinate and assist in securing funding for various services and projects.

There are a number of ad hoc committees set up. If you would like to know more or to get involved on a committee please contact: colearning @theeastshore.net or talk to any of the following people: **Muriel Crowe, Janet Wallace, Don Gamble, Laverne Booth, Jamie Cox, Jacqueline Wedge, Robert Agnew, Verna Myers-Mackenzie or Wayne Dunbar.**



Gray Creek Planning Meeting a Success

Thanks to great participation from around 45 East Shore Residents! Special thanks to Andrew Jarrett of Kootenay Boundary Community Services Cooperative for facilitating the meeting, Sandra Bernier for animating, Johanne Bedard, Jamie Cox, Sandra Bernier, Laverne Booth and Robert Agnew for being table hosts, Ingrid Baetzel for doing registration and special thanks to Farley Curzon for cooking!

CBT Partners with Province to Provide Affordable Seniors' Housing

(Columbia Basin) - Columbia Basin Trust (CBT) is partnering with the Province of British Columbia to construct 114 affordable housing units for seniors and persons with disabilities in eight communities throughout the Basin; Cranbrook, Kimberley, Creston, Baynes Lake, Golden, Revelstoke, New Denver and Valemount will each see projects built as a result of the partnership.

"One of our goals is to assist communities in dealing with affordable housing issues, and in particular to explore opportunities to support new housing initiatives. Partnering with BC Housing to develop these new units is a great chance for us to fulfill that goal while meeting a clear need in communities," said Garry Merkel, CBT Board Chair. "This is a unique opportunity for CBT to be involved in the creation of a significant number of housing units, particularly in rural locations within the Basin."

This partnership between CBT and the Province will contribute to the overall capital costs of nine sites and 114 units under the Seniors'

Rental Housing (SRH) initiative. CBT has committed \$425,000 to be allocated towards the 114 units, and the Province, under the SRH initiative, will provide approximately \$8,550,000 in cash equity for these units.

"It's important we offer seniors and people with disabilities affordable housing options that meet their needs and allow them to stay in their communities," said Rich Coleman, Minister of Housing and Social Development. "The Province is proud to partner with Columbia Basin Trust to create affordable seniors housing options in eight Basin communities."

"Our government is committed to creating more affordable housing options in the Columbia Basin region and across the province," said The Honourable

Bill Bennett, Minister of Community and Rural Development and MLA for Kootenay East. "This is a very innovative development as it will provide affordable rental housing for low-income seniors and people with disabilities. Once again, the Columbia Basin Trust has shown their commitment as a great community partner in the Kootenay region."

The SRH initiative is a \$365-million joint investment under an amendment to the Canada-British Columbia Affordable Housing Agreement, which includes funding through Canada's Economic Action Plan and by the Government of British Columbia. This initiative will provide \$123.5 million, including \$104 million for seniors and \$19.5 million for persons with disabilities, to develop up to 1,000 new affordable rental housing units, which will help to stimulate local economies in smaller communities across B.C. Under terms of the agreement, the provincial and federal governments will provide matching contributions of \$61.79 million.

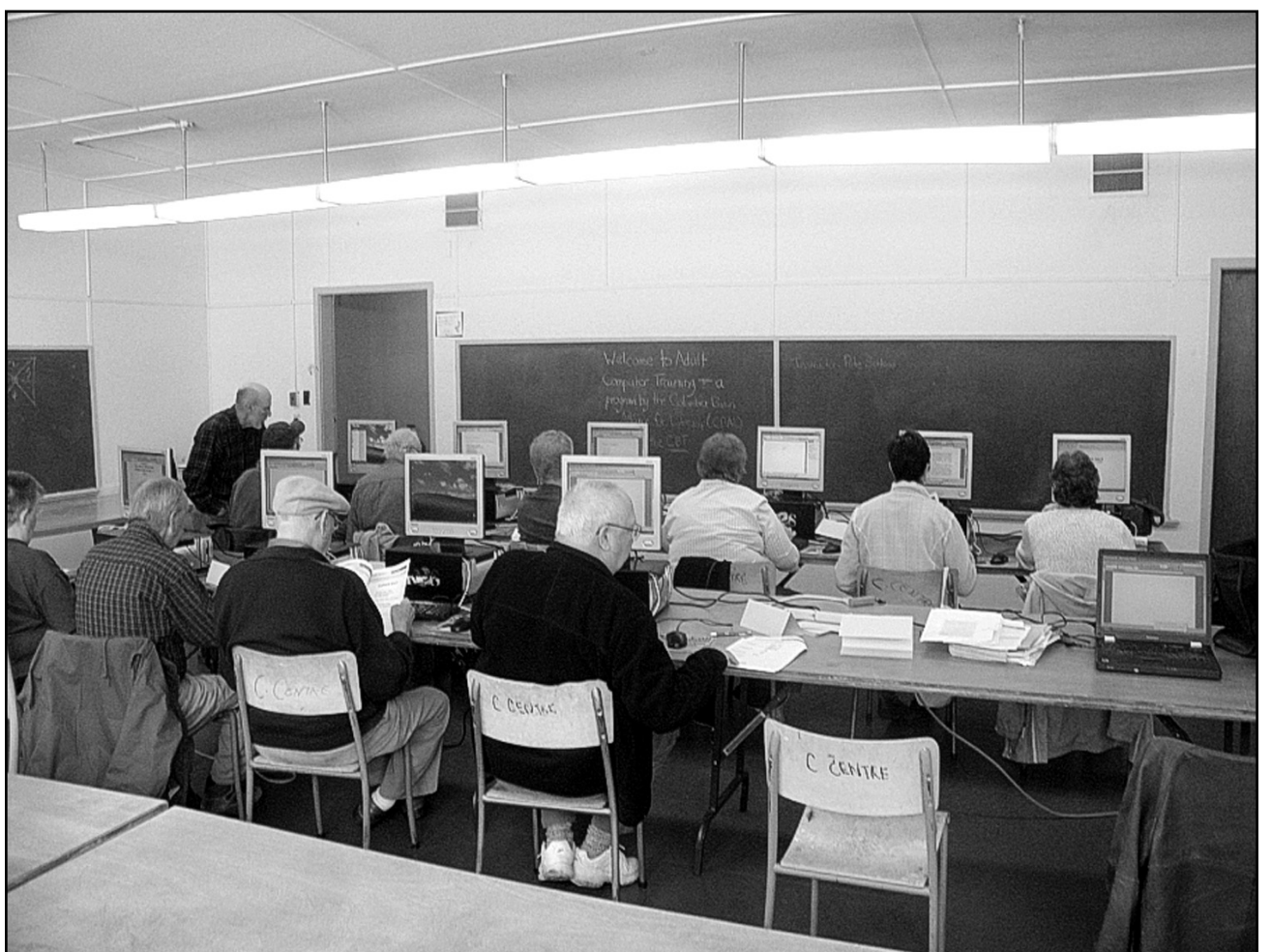
Property for the housing projects will be managed by local non-profit societies. Some developments will be co-located with existing housing projects in the communities, as is the case with Golden, Kimberley and Revelstoke.

Learn more about CBT's other housing initiatives and the Social Strategic Plan at www.cbt.org/social.

CBT delivers economic, social, and environmental benefits to the residents of the Columbia Basin. To learn more about CBT programs and initiatives, visit www.cbt.org or call 1-800-505-8998.

The Province of British Columbia's \$14-billion capital infrastructure program is creating up to 88,000 jobs, helping to build vital public infrastructure in every region of the province and stimulating local economies across B.C.

Through Housing Matters BC, the Province is addressing a range of housing needs, from homelessness to affordable rental housing and homeownership. In 2010/11, the Province will invest over \$562 million to provide affordable housing and fight homelessness - more than four times as much as in 2001. To find out more about affordable housing in B.C., visit www.bchousing.org.



Twelve people in Riondel were recently treated to a free six hour computer class spread over three afternoons. This class was taught by Pete Schloss of Creston and was provided and funded by the Columbia Basin Alliance for Literacy. Unfortunately there wasn't room for all who wished to take the course but we can hope that it will be offered again.

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

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

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

BUSINESS SERVICES

LIGHT MOUNTAIN PHOTOGRAPHY - custom film processing, enlargements, studio photography, quality portrait photography, artist portfolios, product photography. Call 227-8908 Gabriel Dinim.

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

CONSTRUCTION/CONTRACTORS/TRADES

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

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

PIETE CONTRACTING LTD - Road Construction, Land Clearing, Excavating Basements, Certified Septic System Installation, Belly Dump, B-Train, Lowbed, 200 Hoe, Cat, Sand and Gravel, No Post Dividers. 250.227.9051 or 250.505.9915.

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

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

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

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

PERSONAL CARE/HEALTH

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

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

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

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

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

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

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

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

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

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

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

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

RESTAURANTS

BOCCALINO RESTAURANT, MOTEL & CABINS - We are excited to open for dinner from 5-10 pm (Thursday closed as well as June 21 & 25 closed for wedding and graduation celebrations). Come and enjoy our fine food and wines.

BUNKERS GRILL AT KOKANEE SPRING - Open for the season and serving breakfast, lunch and dinner. Call 227-9393 to reserve.

CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING - available for community events, wedding receptions, workshops etc. Non-smoking facilities. Call Kathy, 227-9205.

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

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

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

YARD/LANDSCAPING/SITE PREP

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

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

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

Next Deadline: June 23

mainstreet@theeastshore.net

CLASSIFIED SECTION

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

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

Sirdar General Store - A unique place to shop on Duck Lake. Fishing & Hunting Licences, Tags and Tackle. Groceries, Souvenirs, Ice Cream, Soft Drinks, Juice, Bottled Water, Energy Drinks & Bars, Chocolate Bars, Chips & Nuts. Locally made Bird Houses, Cribbage & Cutting Boards. Just in time for Father's Day, Wicker Fishing Creels, Gold Pans & 'Back Road Map Books'. 8050 Hwy 3A, 250-866-5570 or Fax 250-866-6811. On June 1st, 2010 the Post Office will be celebrating 110 years in Sirdar, B.C. Happy Father's Day!

Insurance certification requires professional chimney installation - we are the Professionals - Gray Creek Store

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

preregistration is strongly recommended: call Jacqueline @ 227-6803 or Jackie @ 505-8143.

BUSINESS SERVICES

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

EMPLOYMENT OPPS

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

HOME/BUILDING

Super Special Vermont Castings Barbecue Model 3517. REG: \$1399, SPECIAL: \$899 (including a \$49 cover free) - Gray Creek Store

Tarps don't have to be obtrusive, see our camouflage ones - Gray Creek Store

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

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

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

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

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

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

MISC FOR SALE

For Sale: Birch lumber dry 1 1/4" and 2 1/4" (several different widths), #1 + # 2 (\$ 2.00/sq ft) and clear (\$ 4.00/sq ft). Also available Acacia wood slabs. Phone James 250.227.6849/Crawford Bay

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

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

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

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

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

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

NOTICES

2010 KLEECA AGM: Saturday, June 5, from 2-4 pm. Crawford Bay School. Everyone Welcome

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

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

OUTDOORS/REC

Our Lake level hits its low point March 31st - plan your beach and dock repair now - galvanized chain, timber washers, long nails, winches, chain saw chains, peaveys, and more - Gray Creek Store

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

RENTALS/ REAL ESTATE

Professional, respectful, and responsible woman would like to rent a cabin on Kootenay Lake in the Kootenay Bay area for 2 weeks during July/August. Excellent references available. Please respond by email to discuss further: karynhall@shaw.ca

List your property on the Kootenay Lake Real Estate web site. Realtors, as you know it is almost impossible to find Kootenay Lake properties on the MLS system. This focused site gets excellent traffic from potential buyers and rates are very affordable. Also a great site for Sale By Owner listings. Visit www.kootenaylakerealestate.com for more information.

Waters Edge B&B taking bookings for this coming season. Check out the web site. watersedgebb.ca. Inquires - 250-225-3492.

House for Rent. Newly renovated small private house on the Riondel Road. Government subsidized program must rent to a senior or person with a disability of modest income. \$593/mo includes all utilities, new appliances including washer/dryer 250 225 3484

YARD & GARDEN

A deer fence that really works - steel fence posts with 54" Stucco wire, then two strands of berry wire with bright flagging tape. For 8' steel posts, stand on the tailgate of your pickup to sledge hammer these in - Gray Creek Store

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

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

A Reel Lawn Mower - no motor noise, pushes much more easily than older models. REG: \$295, SPECIAL: \$265 - Gray Creek Store

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

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

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

Handles And Tools - How many types and shapes of garden hoe do we have? - Gray Creek Store

Corona Garden Tools - Pruners, pole pruners, shovels as well - Gray Creek Store

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

Kootenay Produced Seeds from Balfour - Gray Creek Store

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

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

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

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

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

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

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

PHYSICIAN COVERAGE FOR JUNE 2010

June 1- Tuesday- Dr Grymonpre

June 2 -Wednesday- Dr Moulson

June 8 - Tuesday- Dr Grymonpre

June 9 - Wednesday-NO DOCTOR

June 10 - Thursday Dr Grymonpre

June 15 - Tuesday - NO DOCTOR

June 16 - Wednesday - Dr Moulson

June 22 - Tuesday - Dr Grymonpre

June 23 - Wednesday - Dr Moulson

June 24 - Thursday Dr Grymonpre

June 29 - Tuesday - Dr Grymonpre

June 30 - Wednesday - Dr Moulson

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

BOSWELL HALL GOINGS-ON

- 1) Yoga with Lea continues all summer, on Thursdays at 9:30 - 11 am. Contact Marilyn Arms 250-223-8058
- 2) St. Anselm's Church Services with Rev. Robin Celiz on the 1st Sunday of the month at 1:30pm
- 3) June 20: Father's Day Breakfast at the Hall at 8:30 - 11 am.
- 4) Boswell Hikers - Upcoming hikes for June: June 2 - Cactus Walk - Judy Bounds; June 9 - Ladyslipper Trail - Barb Petersen; June 16 - Six Mile - Barb Petersen; June 23 Cedar Creek /Ainsworth Cemetery - Melody Farmer; June 30 - no hike For further information re summer hikes, call Melody Farmer at 250-223-8443.
- 5) July 1: Annual Flower Show at the Boswell Hall, sponsored by the Boswell Farmers' Institute is open to all residents of the greater Boswell area. Bring entries in various categories to the Hall from 1 to 3 pm. For further information call Tina Jackman at 250-223-8466. Prizes will be awarded at the Canada Day Dinner.
- 6) July 1: Canada Day Dinner at the Hall at 6pm. Tickets available at Destiny Bay Grocers.

RIONDEL SENIOR'S ASSOCIATION GOINGS-ON

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

PICNIC IN THE PARK

Riondel Senior's Association is having their annual Picnic in the Park (Riondel Campground) on June 15 at 2:00. Please wear purple for the awareness of Elder Abuse Day. Don't forget to bring your own chair. Food, entertainment and good conversation supplied

CHURCH CELEBRATION

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

MAMMOGRAPHY SCREENING

The SCREENING MAMMOGRAPHY PROGRAM mobile service will be in the Crawford Bay area providing FREE screening mammograms to BC women ages 40 to 79. Age is the highest risk factor for breast cancer. You do not need a doctor's referral. Call 1- 800-663-9203 to book an appointment. For more information

visit: www.smpbc.ca. Date: August 16, 2010. Location: HEALTH & WELLNESS CENTRE - 15985 Hwy 3A.

GRAY CREEK HALL EVENTS

1) Gray Creek Hall Spring Work Bee: Brings your rakes, and elbow grease. The Hall and grounds need spring cleaning - Sunday, June 6 2010 at 10 AM. See you there!

2) Gray Creek Hall Meeting and AGM Tuesday, June 15 at 7 pm at the Hall. Everyone welcome

3) Gray Creek Historical Meeting and AGM - Thursday June 17, 7 pm at the Gray Creek Hall

BIBLIOBUS

The Francophone Association's Traveling library (Bibliobus) will be in Gray Creek on Wednesday, June 9th at Yvon's place, 15154 Hwy 3A, from 5:30 to 8:00 P.M.(Pot Luck). Come borrow books, videos, cds, visits with friends, replenish your stash of maple syrup. Welcome everyone!

Le bibliobus sera à Gray Creek mercredi le 9 juin 2010 de 17h 30 à 20 heures, chez Yvon au 15154 HWY 3A. Venez participer au Pot Luck, emprunter des livres, vidéos, cds et faire le plein de sirop d'érable. Bienvenue à tous! Info: 250-352-3516. Association des francophones des Kootenays Ouest

Rockwood Cafe

AUTHENTIC CHINESE CUISINE
DINE IN & TAKE OUT

Open 12 pm to 9 pm,
Tuesday - Sunday

Offering Pad Thai
and other specialty Asian dishes.
Starting Father's Day:
Smorgasbord Every Sunday!

Hwy 3A, Gray Creek

250-227-6840

Closed on Mondays

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time - Winter Schedule in effect until June 16, 2011				
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 June 17,
when MV Balfour begins.**

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

June SCHEDULE

June 6 - Fr. John Ruder, Anglican, 1pm
Music: Fiona McLaren

June 13 - Pastor Doug Middlebrook, KLC, 3pm
Music: Cheryl Middlebrook

June 20 - Rev. Robin Ruder Celiz, Anglican, 3pm.
Music: The Woodwinds

June 27 - Brenda Panio, Anglican, 11 am
Music - Anne Rokeby-Thomas

**Please see website for changes: www.riondel.ca
Info at 250-225-3381**

CHRIST CHURCH & EAST SHORE CONGREGATIONS

ST. ANSELM'S CHURCH BOSWELL (Anglican)

For information call Christ Church Creston 428-4248

**June 6: Rev Robin Ruder Celiz, 1:30pm
July 4: Rev. Robin Ruder Celiz, 1:30 pm**

HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

Church Schedule:

Church Services are held on the third
Sunday of the month.

**June 20 - Rev Robin Ruder Celiz, 1pm
Saturday, June 26, 90th Anniversary Celebration with
the Most Reverend John Privett presiding,
luncheon to follow, 11:30**

*For information call Karen Gilbert: 227-8914
or Sue Philp: 227- 9140*

email: harrisonmemorialchurch@gmail.com

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us for a time of Praise, Worship & then the Word
Sunday Service 10am -11:30am

Youth Meetings (CBYG) weekly. Call for info.
Pastor Doug & Cheryl Middlebrook 250-227-9444/250-505-7659

TEMPLE OF DIVINE LIGHT

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Rev. Francis de la Cruz

Phone: 428-2300 Fax: 428-4811

Sunday Mass at 2 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

Next Deadline: June 23

MEETING PLACES

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

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For more information call Jim at 227-9622 or Ken at 227-9492.

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

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

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

JUNE Meeting: June 7, 2010

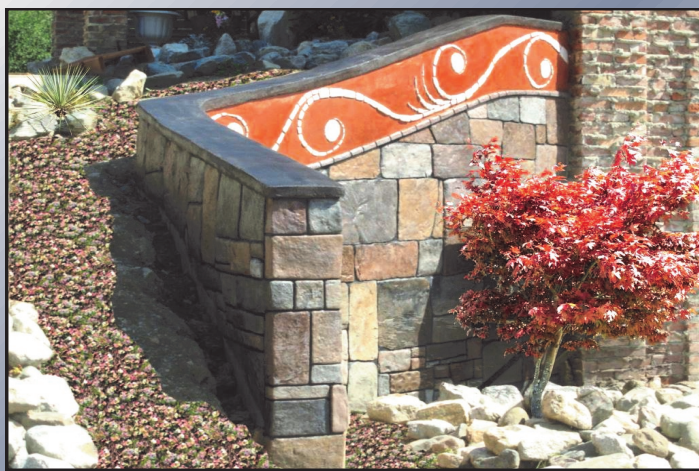
Call Gina at 250.227.6896 to be put on the agenda...

JUNE 2010 Mainstreet 23

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Yoga w/ Lea, Tara Shanti, 7 pm Youth Group, Comm Corner Dr. Grymonpre	2 16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson, Lab 7:30-10:30	3 Yoga w/ Lea, Boswell Hall, 9:30 am Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	4 Women's Soccer, CB Field, 5:30 pm	5 KLEECA AGM
6 Gray Creek Hall Work Bee, 10am ESU Soccer, CB Field, 1pm Bottle Depot, 10-2	7 CBT Clim. Change Workshop, CB Hall Rio Cable AGM, 7pm PAC Meeting, CBESS 7pm Yoga w/ Lea, Com. Corner, 8:45am	8 Yoga w/ Lea, Tara Shanti, 7 pm Youth Group, Comm Corner Lions Mtng, 7 pm Dr. Grymonpre	9 16+ Volleyball, CB Sch, 6:30 pm NO DOCTOR	10 Yoga w/ Lea, Boswell Hall, 9:30 am Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	11 Women's Soccer, CB Field, 5:30 pm	12
13 Laughter Club, CB Park, 11am ESU Soccer, CB Field, 1pm Bottle Depot, 10-2	14 Yoga w/ Lea, Com. Corner, 8:45am	15 Senior's Picnic in Park Gray Creek Hall AGM, 7 pm Yoga w/ Lea, Tara Shanti, 7 pm Youth Group, Comm Corner NO DOCTOR	16 Dr. Moulson Lab 7:30-10:30	17 GC Historical AGM, 7 pm Yoga w/ Lea, Boswell Hall, 9:30 am Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	18 Graduation, CBESS Women's Soccer, CB Field, 5:30 pm	19 CB Library AGM Strawberry Social, Ashram, 1-4pm
20 Father's Day Laughter Club, CB Park, 11am ESU Soccer, CB Field, 1pm Bottle Depot, 10-2	21 Yoga w/ Lea, Com. Corner, 8:45am	22 Yoga w/ Lea, Tara Shanti, 7 pm Youth Group, Comm Corner Lions Mtng, 7 pm Dr. Grymonpre	23 Mainstreet Deadline Dr. Moulson, Lab 7:30-10:30	24 Yoga w/ Lea, Boswell Hall, 9:30 am Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	25 Women's Soccer, CB Field, 5:30 pm	26 Harrison Church 90th Anniversary Celebration
27 Open Tipis and AGM Laughter Club, CB Park, 11am ESU Soccer, CB Field, 1pm Bottle Depot, 10-2	28 Yoga w/ Lea, Com. Corner, 8:45am	29 Yoga w/ Lea, Tara Shanti, 7 pm Youth Group, Comm Corner Dr. Grymonpre	30 Dr. Moulson, Lab 7:30-10:30			

Kootenay Decorative Rock Overlay

decorativerockoverlay@telus.net



- interior/ exterior
- spalding concrete repairs
- concrete forming/stamping
- concrete overlay/ refacing
- any rock/ stone/ tile/ pattern
 - colouring and sealing
 - balusters and columns
 - cultured stone
 - sidewalks/ patios
 - fireplaces/ chimneys
 - retaining walls
- outdoor barbeque/ kitchens

Call Darren for free estimate: 250-428-0333 Cell 250-254-1258



ADVERTISER	PAGE		
Lattaco (Mr. Moo)	14		
Angus McDonald	3	New-2-U	8
Art&Sport Summer Camp	10	Newkeys	12
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Barefoot Handweaving	7	RDCK EDC	19
Bat-hen Tiv Photography	11	RDCK Transfer Station Hours	9
Black Salt	14	RDCK Canada Day TS Hours	12
Bob's Bar and Grill	3	Riondel Market	13
Boccalino	12	Rockwood	23
Boswell Hall	4	Sacred Journey	13
CBA 24 Hour Towing	13	Starbelly Jam Music Festival	14
CBT Climate Control Wrkshop	8	Strawberry Social	1
CBT Grads	11	Sunnywoods Farm	12
Cedar Moon Spa	2	Sunset Seed	20
Community Futures	16	The Green Machine	13
Crawford Bay Hall & Parks	20	Tile With Style	14
Crawford Bay Store	12	Tipi Camp AGM	5
Credit Union	13	Treehouse Bakery	4
Creston Valley Realty	14	Turlock Electrical	12
Dan Miller Law	13	TWS Chimney Sweeps	11
Dan's Ground Disturbances	13	Will Chapman	14
EASEY Coordinator	9		
Elegant Chairs - Marilyn Grahn	2		
ESIS	1		
East Side Mojo's	13		
Eastshore Physiotherapy	7		
East Shore Towing	11		
Fitness Place	7		
Flickering Goddess	2		
Gray Creek Store	5,22		
G.R.S. Contracting	14		
Harreson Tanner	3		
Hulland and Larsen	12		
KLEECA	4		
Kokanee Springs/Bunkers	20		
Kootenay Decorative Rock	24		
Kootenay Kids	3,19		
Kootenay Lake Rock and Soil	12		
Kootenay Springs Softub	17		
Kootenay Insurance Services	20		
Lakeview	1		

Transfer Station Hours
Crawford Bay:
Sun, Tues & Thurs:
9 am - 3 pm
Boswell:
Weds/Sat, 12-4

Library Hours:
ES Reading Centre:
Tues & Sat: 12-3
Thurs: 7-9 pm
Riondel Library:
Weds: 6-8 pm
Tues & Thurs:
10am-12pm
Sat: 10:30am - 12:30pm

East Shore Health Centre
227-9006
COUNSELLORS
Drug & Alcohol: 353-7691
Child & Youth: 353-7691
Public Health Dental Screening/Counseling: 428-3876
Community Nursing: 227-9019
Hospice: 227-9006
Mammography Screening: 354-6721
Baby Clinics: 428-3873 Physiotherapy: 227-9155 Massage Therapy: 227-6877
For more on this facility, call Kathy Smith, 227-9006