

\$2.23
+ HST =
\$2.50

The East Shore Mainstreet

KOOTENAY LAKE BC

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

www.mainstreet.eshore.ca

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

***MS ONLINE**

www.mainstreet.eshore.ca

***GEARING UP**

-Fall Fair: 6

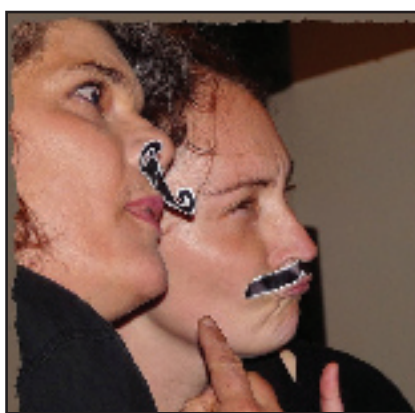
-Starbelly: 11

-ArtWalk: 11

***New Staff at**

The Mainstreet: 2-5

***So Much Food: 8-9**



Hamlet the Dane!

Carol VanR, Lea Belcourt, Kate Page, Jacqueline Wedge, Janet Wallace and Ingrid Baetzel performed Tom Stoppard's *15 Minute*

Hamlet at Junction Creek Hub on May 13. Special thanks to Zoe Baetzel, Morgana Page-Deal, Olivia



Wedge-Darchen and Joli Mwinyi for their part in the play, Sarah and Dustan Green for hosting, and especially Doreen Zaiss for directing the troupe.

strawberry social!
June 25th 1-4pm



Yasodhara Ashram
www.yasodhara.org
227-8224

NewKey's Place
250.227.6911

Robby Roots won a \$100 Gift Certificate!

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

Return undeliverable items to:
The East Shore Mainstreet

Box 140, Crawford Bay, BC,
VOB 1E0

Agreement #:

40718537

ESIS East Shore Internet Society
High-Speed Internet

250-505-4089

info@esis.threastshore.ca
esis.threastshore.ca

Central Kootenay Lake's community non-profit ISP



MS Issues

by Ingrid Baetzel,
Editor

Mainstreet has hired new staff and is excited to introduce Galadriel Rael to the readership as our new freelance correspondent/local reporter.

Many residents will already know Galadriel as a long-time East Shore resident who did her schooling in Crawford Bay and currently lives on Riondel Road. Galadriel owns her own artisan business (La Gala Jewelry) and keeps herself busy and involved with her community. She is an aware and conscience-based woman who has traveled to many destinations, including a recent trip to Uganda to help a village build a birthing facility (a trip she was rewarded for raising \$20,000 in charitable donations).

Galadriel pays attention to the world around her and seems a perfect candidate to ask the hard questions, cover local issues, and also offer a global view on issues that may not be on our front steps, but impact us all. She begins the dialogue this month with a piece ("Our Back Yard") about the many, many global disaster reports that have hit our computer and television screens, but may have missed some of our hearts. I hope her words help us all to stay conscious and empathetic.

Galadriel will also be revitalizing the always-popular "Word on the *Mainstreet*." We are pleased to see this feature column come to life again, as it demonstrates our community's thoughts and opinions and gives voice to those who want to say something. Please, if Gala approaches you on the street to ask a question for the column, consider giving her your best angle and

honest opinion about the question asked.

Finally, Galadriel is available to look for answers to the questions that you've had swirling around your mind about our region and what's happening in our communities. If you'd like to ask her to look into something for you, or have a niggly question you want answered, or a hot tip on a good news story, please contact Galadriel via email at lagala@theeastshore.net or respond to the *Mainstreet* email directly: mainstreet@theeastshore.net. Watch for Gala's articles in this and future issues of the *Mainstreet*, and feel free to send in your feedback!

Welcome, Galadriel. We're so glad to have you on board!

100TH ANNUAL Kootenay Lake FALL FAIR

Saturday September 10, 2011
10 am - 5 pm

Please note that we will be accepting entries on THURSDAY, September 8 with judging on Friday September 9.



The booklets are now out at local stores and the Credit Union. Start planning your entries now.

Mark your calendar & plan to attend... IT'S GOING TO BE A PARTY!!



OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0
Editor: Ingrid Zaiss Baetzel (since 2002)
Retail Distribution, Subscriptions, Advertising, Layout:
 Ingrid Zaiss Baetzel

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

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REPORTING: Galadriel Rael
Email: lagala@theeastshore.net

Proof Editor: Doreen Zaiss

Writers: Community

Article? Letter? Etc? Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0
or Best Yet, Email to: mainstreet@theeastshore.net

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

Copies every issue: 1000

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in July 2011 issue items by:

Next Deadline:
June 22, 2011

LETTERS TO THE EDITOR

SCARY BUT FUNNY GHOST STORY (A story for my future son-in-law)

Dear Editor:

We moved to this area six years ago now and we've heard many ghost stories from residents along the lake. I guess some of the people who lived here just aren't ready to leave yet. I'd like to share one of our stories with you about the lady who is in our store. This story is kind of funny. We all had a good laugh at Chris' (my son-in-law) expense. He didn't find it funny at all.

Chris and Dezirah came up to visit us and were staying for five days. This particular day we had all worked very hard and decided we would just relax and watch a movie. About half way through the movie Chris and Dezirah decided they wanted some pop and chips. Chris volunteered to go down to the store and get the snacks. He knew how to set the alarm, so off he went, flashlight in hand, down to the store. He opened the door and, as he was walking across to the alarm pad to shut it off, he saw something out of the corner of his eye. He glanced over and saw a lady standing at the back of the store. He knew very well what this was.

He was torn. Should he run and let the alarm go off or should he stay and shut off the alarm. He was scared to death but decided to shut off the alarm. Of course, no matter how many times he tried to shut it off, he couldn't. We could hear the alarm up at the house. Dezirah grabbed a flashlight and off down the hill she went.

When she entered the store she saw Chris frantically trying to shut off the alarm. She went to his rescue and turned it off. She enquired, "What's wrong?" Chris, red-faced and sweating replied, "Fix the alarm and let's get out of here."

He went to the door and left. Dezirah quickly grabbed some pop and chips, set the alarm and left. He told her all about his ordeal as they went back up the hill to the house.

We all had already experienced our first encounters

with our ghost and knew very well how he felt. When Chris came in the house, he was still visibly shaken. They explained what happened and I tried to keep a straight face and tell him how sorry I was that this had happened him. But... LOL (laugh out loud).

So now, when they are visiting, if anyone wants anything from the store, we always ask Chris if he'll go down and get it, and he always replies, "Not likely."

Gina Skochylas,

Destiny Bay (Destiny Bay Grocers)

SILVER BOOT GED RESPONDS

Dear John,

I am sorry that it has taken me so long to reply, but my computer and typing skill are somewhat less than nil and this letter is being typed by my friend, Ms Wing Yee.

I was very moved by the article in *Mainstreet* about the growing stature of the silver boot tournament. And the fact that my contribution to it was remembered. It could (as they say in Glasgow) bring a tear to a glass eye. I have very fond memories of the first few kids games, of them running around and playing in their big winter boots, something I always found amusing.

It was amazing how quickly that Sunday soccer became such a popular event in the Kootenays. If I were still there, some of the things that I would like to impress upon the young players of today would be to spend time with a ball and a wall practicing your ball skills and particularly developing your weaker foot. When I was younger, one of the coaches that I had told me an interesting fact - that was that during a ninety minutes game, the average player will only have the ball for three minutes, so it's really important to spend time alone with the ball. You only have two feet (look down and you will see that I am right). To be the best player that you can be, you need to use both.

I hope that ESU goes from strength to strength and has success in the trophy that now bears my name. But I also hope that football in the Kootenays in general continues to develop.

I'd like to thank my friend and erstwhile colleague, Curt for sending the *Mainstreet* article to me. Not having my address, Curt sent this article to Fiona who now lives in deepest darkest Wales. I now live in London and my address is:

63 Pocklington Court, Alton Road, Roehampton, SW15 4NN

Email address: geraldwardkelly@gmail.com

And I will be happy to hear from anyone in the Kootenays, particularly with news of the football tournament. So, be good be kind to each other and don't take any wooden nickels.

*Ged Kelly,
London*

APPRECIATION

Dear Editor:

I had the recent experience of collaborating with local East Shore tradesmen. Those who worked on our new, gorgeous, apartment at The Lakeview include: **Robb Scruton**, - all finishing work including tiled bath, kitchen counters, flooring, mouldings, doors, appliance install, hardware, etc., etc., **Serge Darchen** and **Robb** - hardwood floors, **Klaus Plaumann** - additional custom birch cabinetry enhancement to Home Depot kitchen, **Dave Kelleher**, - stick handling the construction, scheduling, and workers (from empty shell through painting) in our old building with its unexpected and challenging characteristics, **Sean Wiltzen** - expert construction assistance with Dave, **Toby, Richey and Nygel** - various tasks, **Al George** - plumbing, **Wes Shippey** - electrical, and **Jems Gas** from "the other side." Materials - **Home Hardware, Creston.**

Much appreciation for your patience, ingenuity, and a job well done. Many thanks to our Lakeview staff for their understanding. The apartment is now rented!

*Lois Wakelin,
Gray Creek*

Word on the Mainstreet

by Mainstreet reporter, Galadriel Rael

**QUESTION: How do you feel about the results of the election?
How satisfied are you with the current voting system?**



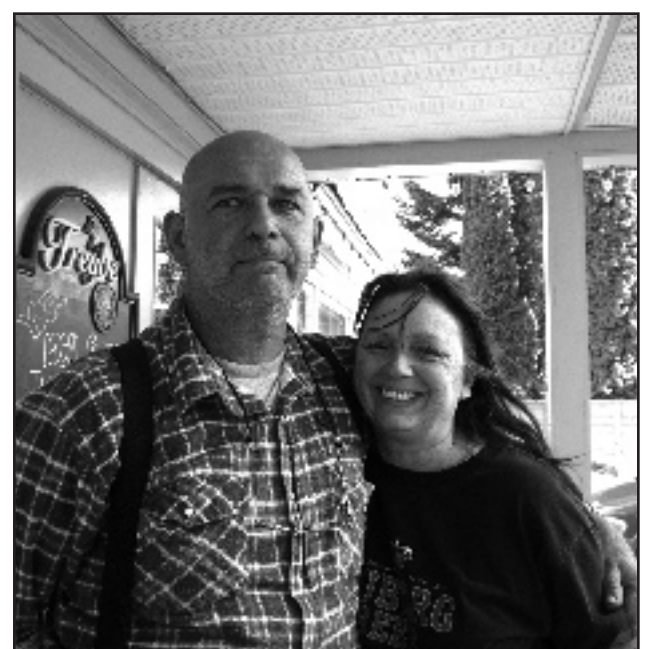
“Disappointed....not too bad, some people around me are more so. I’m more surprised than disappointed. They could do better at making sure all Canadian voices are heard.”

**Martine Masse,
Gray Creek, B.C.**



“The results suck! There should be a shift to proportional representation.-Contempt of parliament-then get elected!-Elizabeth May should have been given a spot on the national leaders debate and call them the Green Party, not “other”. Do away with the senators too.”

Johanna Wedge Fredericton, N.B.



“It’s almost like our vote didn’t count.... We are lumped in with two different regions; Cranbrook, which is federal, and Nelson, which is provincial....that doesn’t work well for representing us. Satisfied? Yes and no. Happy that NDP had a good showing, but what does that mean with a majority government? I’m also frustrated by the poor voter turn out nation wide. If you don’t vote, don’t complain.”

**Don and Donna Sussums,
Crawford Bay, B.C.**

Next Deadline: June 22/11



RDCK Area “A” Update

by Garry Jackman,
Director, Area “A”

Time Zone:

Thanks to those of you who expressed their opinions and concerns. I received input from a few dozen residents of Area A and the vast majority were not in favour of any change. As before, the push to change has died down again but I fully expect a renewal in the fall as we approach the local government elections.

Fire Service Governance:

Discussions with the Town of Creston, our Regional Fire Chief and several of the local fire services continue. There tends to be consensus that there are advantages to combining forces, literally, for the mutual benefit of the volunteers and chiefs which will ultimately benefit the people who want and pay for the service.

The two key points to remember are the volunteers and the paying benefactors. Without volunteers, there is either no service or the service is much more expensive. That said, fire protection is not a mandatory service so residents must ask for the service and agree to pay the tab. On the latter note, one proposal floated for the meeting we had in early May was that all residents from all of Areas A, B, and C plus Creston must vote together for a single service. This is the situation where a few smaller communities would have their wishes dominated by other communities. I was

the spoiler at the meeting and said if the proposal was an ultimatum then the simplistic answer for Area A, as your rep, was no.

I went on to repeat my recommendations from our April meeting that we begin with a core of existing fire services, such as Creston, Canyon, Wynndel/Lakeview and West Creston with the short term option to add other nearby communities. We should also build in the flexibility to add more areas to the joint service and proceed only as communities ask for service. I believe we are back on this path again. I recently received a series of cost breakdowns for the “core” which I hope will be in the public realm soon. I do not have the updated costs for options for the bulk of Area A in the short and long term but I am reassured these are being developed.

In the next weeks I would like to know from residents of Kootenay Bay, Crawford Bay and the northerly portion of Gray Creek how actively they want to pursue short term options. As some may recall, the last taxpayer approval process for the establishment of a ‘Crawford Bay’ fire service was defeated a few years back but the “defeat” could be interpreted a few different ways. The process was through a mail in ballot where ballots which were not returned were counted as voting against the establishment of a service. If there is a high degree of voter complacency or a lack of understanding of the process this approach will favour a negative vote, since one would never expect a 100% voter return. Any future options requiring voter consent could be done by more direct methods such as referendum.

Similarly, residents from the southerly portion of Gray Creek south through to Kuskonook are also encouraged to have discussions amongst their neighbours and give me their thoughts. One proposal for

Yoga w/ Lea:

**Mondays: 8:45am, C Bay Community Corner (ends just in time for Hot Lunch at the school!)
Thursdays: 9:30am, Boswell Hall
Available for booking group
Laughter Yoga sessions for parties
and private functions.
More info, call Lea, 250.227.9030
learae@telus.net**



areas with relatively low population is to establish a delayed response fire service, which would have some hope of containing a fire and prevent greater losses through a neighbourhood. This level of service could also be used to authorize mobilization of volunteers and equipment to address spot fires on private property caused by forest fires. The money we pay to the Provincial Government for forest fire suppression is not used for fires on private land except in exceptional circumstances.

Lake levels:

We all know this is a high runoff year and since there is an exceptionally high snowpack on the US side of the Kootenay River we will see relatively high lake levels for extended periods of time. I encourage all to monitor the bulletins issued by Fortis and Provincial Emergency Preparedness. I am trying to raise awareness at the Provincial and Federal level, as well as with our neighbours in the US, about how one of the weak links in our overall flood control system is the diking along the Creston flats. I hope we will not have problems this year but an extreme flow year is perhaps the best time to highlight potential problems.

As always, contact me by calling 250-223-8463 or at gjackman@kootenay.com.



Our Back Yard

A Global View

by Galadriel Rael,
Mainstreet reporter/
correspondent

My intention with this column is to bring home humanitarian and environmental stories from around

the world, perhaps creating conversations about our global community, and how they may or may not relate to, or affect, what we see in our own neighborhoods.

Have you ever stopped in the past year and asked yourself “whatever happened to Chile?” Remember, shortly following the disastrous earthquake in Haiti there was one of the world’s strongest ever recorded quakes, the sixth largest recorded by a seismograph! What ever happened to the thousands who lost their homes and businesses in Chile? Do you ever wonder how Haiti is holding up? How is the recovery process going? Have all those millions of dollars in aid money gone to the right places?

And what about that little oil spill in the Golf of Mexico? Where did all that oil go? Has it conveniently disappeared as it disappears from our minds? Or has it been eclipsed by the next news story? And where should one even start with Japan? The damages caused by the earthquake barely make headlines with the powerful images from the tsunami and the leaking nuclear reactors. What is going on in Japan? Old news since Osama Bin Laden was killed. **So with our million news flashes per minute are we becoming an attention deficit planet, losing our capacity for compassion**

and an honest sense of the real impact these events are having on our lives and world?

On February 27, 2010 a magnitude 8.8 earthquake shook Chile, and consequently sent three tsunami waves crashing along the coastline and coastlines around the world. Even coastal areas of British Columbia were under a tsunami advisory. Strong ocean currents combined with a wave put low-lying coastal regions at risk of flooding. On March 11, 2011 the 9.0 magnitude quake that hit Japan and ensuing tsunami sent destructive waves as far as California, hitting marinas and harbours, and causing a million dollars worth of damage. Even more concerning is the substantial damage caused to the nuclear power plant in Fukushima. Workers at the plant are engaged in a feed-and-bleed strategy where they flood the reactors and fuel ponds with water and then release the steam the hot fuel rods generate.

Unfortunately, there are cracks between the plant and the ocean, and the feed-and-bleed strategy may be contributing to contaminated water leaking directly into the ocean. There have been several attempts to stop the leaks, and some headlines announced that it had been plugged, but there is still evidence of contamination in the surrounding waters. The contamination levels in the ocean are hard to measure and it still has not been determined whether there is also leakage coming from damaged underground piping.

So the questions must be asked; what does that mean for us? And what does that mean for the ocean? As we all well know, the ocean doesn’t stay still. One oceanographer at the International Pacific Research Center said that current models are not adequate enough in predicting how contaminated debris swept out of the reactor will behave. There have been studies showing a rise in radioisotopes in rainwater and items like milk and leafy greens, yet most claim the numbers are not alarming. There are a lot of facts and numbers out there trying to mark the significance of this disaster,

but the reality is the damage is still going on and the true effects will not be known for many years to come. Not to mention the vast damage cause to the ocean much closer to home. Although the damage from the Deep Horizon spill has been near impossible to measure, the death of thousands of birds, sick sharks and fish suffering from low oxygen and the near death of environmentally delicate marshes leads us to the undeniable conclusion that this, and the above mentioned contributors, have a significant impact on the health of our ocean, the life blood of our planet.

Just because these things are happening out of sight, doesn’t mean that they don’t directly affect us. The health of our planet and its inhabitants is of top priority and every action affects our neighbours right across the world, as in turn, theirs affects ours.



**Come & Join
Barbara Gosney,
Homeopath**

**June 7, 2011
2pm, East Shore Family Place
Crawford Bay**

Learn some of the most common homeopathic remedies people choose for their personal or family first aid kits.

This is a free work shop, but registration is required. You can register at the East Shore Family Place or e-mail <simones@kootenaykids.ca> to confirm your attendance.

Kootenay Lake Chamber Of Commerce

Minding Your Business

by Gina Medhurst, KLCC Secretary

The Kootenay Bay Ferry web cam has been online now since early May and what a great addition to the local community! For those of you who aren’t aware of the link, here it is. <http://webcams.theeastshore.ca/kbay/> You can also view the 1 image per minute photo of the ferry landing on the *Mainstreet* Website on the main page at <http://www.mainstreet.eshore.ca> Thanks to the EDC and ESIS there is funding left after the Kootenay Bay Ferry Landing Web Cam that ESIS will also be placing one at the Balfour Ferry Landing and some Wi-Fi hot spots placed along the East Shore.

The Kootenay Lake-East Shore Happenings Facebook page is now up and running. Special thanks to Marion Johnston and Nicole Schreiber for getting the page posted. This Face Book page is for the community businesses to be able to post daily specials, local music, and other happenings around the East Shore. If you have an account with Facebook you are able to make one daily post to let the community know what you are offering that day. This is a public Facebook page so anyone can view it, even if you aren’t a Facebook user.


You can go to <https://www.facebook.com/home.php#!/pages/Kootenay-Lake-East-Shore-Daily-Happenings/119806794763944> to be directly connected to the page.

The new brochure is in its’ final stages of editing and will soon be going to the printers. The new website is being worked on, it will have a Facebook button and a re-organized (by business type) member section.

4 Mainstreet June 2011

**CRESTON
VETERINARY CLINIC**
Dr. Stephanie Rhebergen
Dr. Robert McLeod
1(250)428-9494

Mobile veterinary clinic now available in Crawford Bay.



Please call Creston Veterinary Clinic to book appointment and for more details.

Clinic date: June 14, 2011 at the Crawford Bay Castle.

Bob Carter of Cartergraphics has been chosen by the marketing committee to make these changes.

If you would like to contact the Chamber of Commerce please contact:

Jamie Cox (President), by phone (250) 505-8286 or email [@jcox@theeastshore.net](mailto:jcox@theeastshore.net)

Gina Medhurst (Secretary) by phone (250) 227-9466 or email [@kootenayforge@theeastshore.net](mailto:kootenayforge@theeastshore.net)

The next Chamber meeting is at the school Meeting Room on June 21 at 7:00 pm

The East Shore Mainstreet
Creativity, Community, Conscience

Crawford Bay Sunday Markets

Coming To The Park Near You!

by Kathy and Liz Donnison

The Crawford Bay Sunday Markets return for another amazing season of foods, goods and greatness. The first market is SUNDAY JULY 3 from 10am - 2 pm in the beautiful Crawford Bay Community Park. Come check out the vast array of products from the local area and abroad, there’s something for everyone. We still have some spaces inside the pavilion available as well as lots of room outside. Remember to book your table early.

Also returning this year is our community tourist information board. This space is open to all local businesses, trades people, artisans and the like. Just bring us a poster or business card and we will place it on our board every Sunday for everyone to see. All we ask is that if you have a publicly accessible space, that you return the favour and place one of the Sunday Markets posters there. This is just our way of helping to stimulate business for everyone in our community.

The Crawford Bay Sunday Markets would like to thank the EDC for seeing the benefit that the markets bring to the area financially. They kindly saw fit to allocate funding so that we can continue our advertising campaign that helps brings people to the whole East Shore, not just to the Sunday Markets.

For more information, please contact Kathy & Liz Donnison - 250-227-9205/6806 or email us - cbsundaymarket@live.ca

The Crawford Bay Sunday Markets, a GREAT way to spend the DAY!

Public Notice Water Quality Advisory

press release by RDCK

Issued: May 16, 2011

The Regional District Central Kootenay (RDCK) has issued a WATER QUALITY ADVISORY for water users on the Riondel Water System. The advisory is due to high turbidity (cloudiness) associated with spring runoff.

The RDCK and Interior Health recommend that children, the elderly, people with weakened immune systems, and anyone seeking additional protection drink boiled water or a safe alternative. For these at-risk populations, water intended for drinking, washing fruits and vegetables, making beverages or ice, or brushing teeth should be boiled for one minute. Boiled water should then be refrigerated in a clean, covered container. Customers could also choose to use bottled or distilled water, or water that has been filtered through a well-maintained treatment device.

Representatives of public facilities are requested to post Water Quality Advisories at all sinks or drinking water fountains accessible to the public (alternatively, public fountains and taps may be turned off). As opportunities arise, employees at these facilities must also advise their clientele verbally of the Water Quality Advisory.

The RDCK is taking additional measures to reduce risk. Interior Health has been fully involved, and the public will be notified when conditions change or water quality has improved.

We apologize for any inconvenience this might cause, and appreciate your cooperation and patience during this time. If you have any questions please contact the RDCK at 250-352-6665 or check out our website at www.rdck.bc.ca.

Words to live by:
Together Everyone Achieves More
"Put me in, Coach, I'm ready to play."

New Key's Place
250.227.6911
Home of the Cold Red Jugs.



of the Mainstreet.

He wrote, "The birch bugs are the worst infestation yet this season. Virtually all apple and cherry trees are hit as well. Can nothing be done about this?"

GALA ANSWERZ: Of course it is nearly impossible to know the answer unless a proper diagnosis is made, but the pest that may be infecting our birch, cherry, and apple trees is the Green Fruitworm.



South Kootenay Lake Community Services Society

Community Connections

"Seeding Local Growth"

by Shandi Miller

Your community services society has a new name and is celebrating its first completed project! Please read on to find out more about what we've been up to lately.

New name

We are now operating as *Community Connections - seeding local growth* and hope that this better reflects the spirit of this organisation which is to support local champions and encourage locally led development on the East Shore of Kootenay Lake. (But don't worry - for those of us who just finally got the hang of our clunky acronym, SKLCSS, or South Kootenay Lake Community Services Society - we are still officially registered under this name.)

Local Food Production

Community Connections will be coordinating a conversation on local food production on June 30th - let us know if you or someone you know is interested in attending or receiving a summary of the discussion and we'll keep you posted.

School-Community Greenhouse is UP

Our first project has been built. Through a partnership between Crawford Bay School and Community Connections, and funding from the Union of BC Municipalities, the school-community greenhouse has become a reality. Come by and visit, or contact the school to find out about planned activities.

New subcontracting policy

Become an active member in order to have first dibs at upcoming paid opportunities like administrative tasks, event organization, project development and more. In an effort to create a simple, efficient process to allocate out some funds from existing grants, share some of the learning and work of the Society, and to provide at least some short term local employment, our Board has recently agreed to the following policy, effective June 1, 2011:

Subcontracts valued at \$1500 or less will not be required to go to public tender, and will be offered in priority to active Society members. Membership is open to all (to join just send an email with your residential address - required by BC Societies Registry); and please let us know what your skill and interest areas are

as we'll use this inventory to contact you for upcoming projects. Otherwise, these opportunities will be advertised publicly.

Why the administration fee?

A few people have called this fee into question recently, so we wanted to provide some background. One of the key reasons for creating this Society was the need for an umbrella organisation for Area A to receive and allocate funds on behalf of local groups who would not otherwise qualify as individuals. Common practice in the non profit sector is to charge a 10-15% administration fee on top of any amounts granted, which is meant to cover overhead related to that grant (meetings, grant application process, bank charges, bookkeeping, reporting, etc etc). Community Connections currently applies a 10% admin fee. In most cases it is applied in addition to any amounts a local group is requesting of a granting organisation (like CBT, RDCK etc), so wouldn't impact the funds received. Given our first several months of experience though, this amount does not always cover the actual expenses to the organisation, and will need to be re-evaluated after our first year to determine whether it's financially sustainable. The hope is that this fee is one very important way to ensure the sustainability of this society, which in turn can support various local efforts.

Board Members for 2011-2012

Our super-duper board members for the next year will be: Wayne Dunbar (Wynndel), Galadriel Rael (Kootenay Bay), Janet Wallace (Riondel), Verna Mayers-Mackenzie (Boswell), Muriel Crowe (Riondel), Jamie Cox (Kootenay Bay), Dana Gallinger (Crawford Bay), and Ingrid Zaiss Baetzel (Gray Creek). We are committed to maintaining representation from all communities in Area A and have a spot for one more director, so let us know if you're interested. Our monthly meetings are held on the second Thursday of each month (with a brief summer hiatus), from 3-4:30 at Crawford Bay School and are open to the public.

That's it for now - don't hesitate to get in touch, and thanks for reading.

(Special thanks to RDCK and Columbia Basin Trust for their start up funding making these updates possible.)

skootenaylakeccss@gmail.com
250-227-9218 x5505



Tom Sez, Gala Answerz

by Mainstreet reporter Galadriel Rael

The most notable damage they cause is to the fruit itself. You may notice deep wounds in fruitlets that later turn into deep russeted (scabby) wounds or holes once the fruit has matured.

The worms as young larvae hang from silk threads and the older larvae curl up when disturbed. The young larvae eat flower parts and fresh leaves, while the older larvae go for the fruit.

Once the larvae is mature it will drop off of the tree and enter the soil during pupation. The moths will emerge either in the fall of spring.

The bad news is treating these wiggly little pests involves chemicals such as Diazinon, Guthion, Sniper, Dipel, Bioprotec, and Endosulfan. Dipel, Foray, and Bioprotec may be better in that they are not toxic to bees or insects and mites that are predators of the fruit-worm.

ED: In the November 2010 *Mainstreet*, Sandra Hindson submitted an article about what the Ashram has been doing about the dangling worms. She wrote the following:

"The lab recommended Entrust or GF 120, both sold at Creston Growers Supply as certified organic sprays as the best options. We (Yasodhara Ashram) sprayed Entrust at the end of August to reduce the overwintering population with the hope that beneficial insects will multiply. We plan to use Entrust again next year, starting the spray program earlier persisting through its cycles, until the pest is controlled to the extent natural predators can keep it in balance.

Additionally, this year we used GF-120 to combat an emerging cherry worm population, which may have helped reduce the *Lyonetia Leafminer* and successfully treated the cherry worm. We are pleased to share with you that we had almost no cherry worms this year."

The East Shore Mainstreet

Next Deadline: June 22, 2011

Fall Fair Update

submitted by **Jeanne Lahnemann**

This year marks the 100th anniversary of the fall fair. Our theme for the fair is Centennial Reflections and here is our first look back.

Nelson Daily News - September 26, 1911

FRUIT EXHIBITION AT CRAWFORD BAY

First Fall Fair Proves Remarkable Success - Revelation of Advantages of District.

(Special to the Daily News)

CRAWFORD BAY, B.C., Sept 25 - The first fruit and vegetable show held here last Friday, under the auspices of the Crawford Bay Farmers' Institute, turned out a far greater success than even its most enthusiastic supporters had anticipated. The entries were well filled, and competition keen in practically all the plate fruit events and the vegetables. The box exhibits were naturally more limited, but several of these were as good as could be seen anywhere so far as the apples themselves were concerned. One thing, however, was especially emphasized, and that was the necessity for a packing school in this district during the coming winter.

Amongst the winners the oldest fruit grower, J.R.Houghton, came out best, securing eight firsts and three seconds, while A.Milton, another old timer, came next with five firsts and two seconds, other winners of boxed apples being F.Thornely, O.Burden and Watson. For plates besides the above mentioned, the following were successful: T. Oliver, W. Linton, G.Richson, A.McGregor and J. Derbyshire. In the bottled fruit events, A.Milton, C. Dee, T. Oliver and H.Goodwin secured awards. In the vegetable classes, H. Richardson made the best showing with four

firsts and one second, the other successful exhibitors including George McGregor, J. Peters, H. Goodwin, F. Simpson, A McGregor, S. Birkbech, A. Milton and J.R. Houghton. O.B.Appleton of Proctor, officiated as judge in a most efficient manner, and gave general satisfaction.

The exhibits as a whole, were a revelation to many, and a source of great encouragement to the younger ranchers who have not yet reached the producing stage. One thing is quite certain, our local show has come to stay, and will in future be an annual event. It has been arranged to hold sports during the earlier part of the day, but the weather was so bad that these had to be postponed, and have now been fixed for Saturday next, to be followed by a farmers Institute meeting and dance in the public hall. At the same time the prizes for the show will be distributed.

When O.Appleton and W.F. Mawdsley arrived at the show on Friday morning from Proctor, bringing with them the splendid results of the elections generally and the Kootenay one in particular rejoicing knew no bounds, and for a time the show was forgotten in the excitement, and the desire to learn fuller details from the copy of the *Daily News* which Mr. Mawdsley had brought with him.



* The recipient has his/her eyes tested using an auto refractor. The recipient is fitted with the glasses that were donated. After a few adjustments, he/she is able to read clearly for the first time in years. The glasses will help the recipient maintain employment, allowing him/her to continue to support the family.

* Just a short journey to help some less fortunate than ourselves, but the long-term effect takes on a new journey.

REMEMBER, each pair of glasses that we ship helps bring sight to those in the greatest need throughout the World.

MAY IS "RECYCLE FOR SIGHT MONTH".

The Kootenay Lake Lions Club would like to thank all who donate their old glasses and we also thank the local businesses that allow our Lions Eyeglass Collection Boxes available to the public.



Kootenay Lake Lions Club Report

by (retiring) **Lion Hope Fortune, Secretary**

The Kootenay Lake Lions Club held annual elections in April. Executive for the year June 30, 2011 to June 30, 2012 are as follows: President, Lion David George; 1st Vice-President, Lion Jim Fortune; 2nd Vice-President, Lion Steve Mills; Secretary, Lion Marlene Mills; Membership Chair, Lion Rosemary Hampson; Tail Twister, Lion Chuck Lloyd; Lion Tamer, Lion Jim Fortune

A dinner was held on April 26 to celebrate 32 years of our clubs' charter. Our District Governor, Lion John Bowles from the Nelson Lions Club attended the dinner and installed the new and returning Club Officers.

The members of the Lions Club are busy distributing the Community Spirit Calendars; the sale of which is our main fund raiser for the year. There are a number of extra calendars should anyone wish to support the Lions Club. This year the price is still only \$8.

The picture on the calendar entitled "Sunset On Kootenay Lake In January" was taken and released for publication by Leone Lund. The Lions Club wishes to thank Leone - many have praised the beauty of that scene!

Tana Silverland of SOS Children's Villages paid a visit to Crawford Bay on her trike named Ranger on April 21. Tana spoke to staff and Students at CBESS and received many requests for autographs for which she was really thrilled as that had never happened to her before.

While there Tana and I were treated to lunch at the school, guests of Principal Dan Rude. Thank you Dan. Due to a prior commitment, Lions David and Lea George were unable to host Tana - several members had company or were out of town. Paul Hindson of the Kokanee Chalets stepped in and offered a Chalet to Tana for the night, sharing the expense with the Lions Club. Thank you for your support Paul.

Tana travels alone without the support of a team and does not ask for money for herself. She wants Canadians to become aware of the charity SOS CHILDREN'S VILLAGES. Jim and I were happy to have Tana for dinner - one of the most charming and interesting dinner guests. You may follow Tana's travels on her blog at <http://tanasilverland.wordpress.com>. The website for more info on this charity can be found at www.sos-childrensvillages.org. (Tana and Ranger travelling somewhere eastward out of the Rockies with the wind behind them got up to 74km/hour. It was a wonder they weren't airborne!)

The Lions Club will be catering at the Fall Fair. It has yet to be decided if the Club will do a pancake breakfast or a lunch of our famous fries, hamburgers and hot dogs. The Club has also expressed an interest in catering the dinner for the Saturday during Riondel Daze. We are available for pancake breakfasts so please keep us in mind - funds raised are for your community.

Cops For Kids will be coming through on September 20.

As I sign off for the last time as secretary, I would like to thank all the businesses that have given their support whenever I came calling for donations to a Lions Club fund raiser. I have served some years as secretary, two years as president and again as secretary and I'm tired.

I will always remain a Lion, just going to concentrate my energy elsewhere - at home! My best wishes go out to Lion Marlene Mills as she takes on the secretarial position. I am sure Lion Marlene can count on local support as well.

A Journey of a Pair of Eyeglasses

submitted by **Hope Fortune, Lions Secretary**

(Reprinted with permission from the author, Past District Governor, Lion Carol Simkin. PDG, Lion Carol is the MD19 Eyeglass Chair).

Thousands of pairs of used eyeglasses are donated to Calgary Corrections each year, and each pair has a story. While the outcome of each pair of glasses is not always known, the following ideas could outline the journey of a pair of eyeglasses:

- * A person donates glasses to a local business
- * Glasses are picked up by one of our many volunteers
- * A box of used eyeglasses arrives at the Canadian Lions Eyeglass Recycling Centre
- * Volunteer inmates sort the used eyeglasses, separating sunglasses, broken frames and single lenses from intact pairs. Eyeglasses are sanitized and dried.
- * The prescription of the glasses is determined by a Lensometer and the prescription is then printed
- * Glasses are then packaged according to their prescription. Prepared glasses are stored in the Correction facility until they are requested for an eyeglasses dispensing mission.
- * Glasses are shipped to one of over 40 countries on 5 continents in the World.
- * Hundreds of people wait in line to have their eyes examined and receive a pair of glasses.
- * An eye test is performed on each individual, sometimes with the method as simple as using a spoon to cover one eye and a simple wall eye chart.

TOM SEZ

by Tom Lymbery

The amazing lady, Rita Chretien of Penticton, had to survive 49 days in her van lost on a back road in Nevada because of trusting their GPS, a system that tells you of a road but doesn't mention that it is impassable. This is similar to people believing their GPS about the Gray Creek Pass.

FREE: Smoke detector batteries. Make sure you put new ones in every year – Gray Creek Store

Dolomite Soil Conditioner is essential to most of our Kootenay gardens. This is a slow release lime that cuts back on moss – you can also use it to control that roof moss. Produced by IMASCO at Sirdar from their mine under Kokanee Springs golf course.

If an Iphone can read barcodes, can it also read fingerprints?

Our pink cherry on the corner by the store was out in bloom on May 3, 2011 – compared to April 20, last year.

The actual time of a JIFFY is 100th of a second.

A few days in early May at Powell River attending the BC Historical Federation Conference on the SUNSHINE COAST convinced us that Kootenay Lake has a brighter, warmer climate. Terrific view from the air up the coast from Vancouver, returning to Trail Airport we saw Rossland close-up as the plane dropped in over Trail as well.

Tipi Camp Ruminations

by Melanie Faith Scruton

It's that time of year again when the good folks at Tipi Camp are gearing up for another season of fun, fun, fun. We could never accomplish what we set out to do without the many people who dedicate their time and energy to the various volunteering endeavors that the camp demands during set up, and would like to begin by extending our deepest gratitude for all the efforts put forth by so many people. Thank you, one and all.

This year we are celebrating our 24th year in operation, and what an action-packed season it's already turning out to be! It's absolutely incredible that the dream of Tipi Camp is still alive and is as strong as ever, with even more focus on the youth leadership projects. This summer there are 4 weeks dedicated solely for the WISE programs and then a new experience for youth aged 17-21 called YA! This is a workshop designed specifically for young adults to raise confidence, marry the head and heart, and awaken the inner force for leadership in a meaningful life. As well, the Self Design High is moving forward with their Peace Camp initiative offering this particular workshop as training and mentoring experience for youth to bring back to their learning communities in the following school year. For more information on any of these child and youth workshops, visit our website www.tipicamp.bc.ca.

There will be a Tipi Camp fundraiser at the Capitol Theatre on Friday June 17 with acclaimed singer/songwriter Lindsay Ferguson as well as talented, local Ross Steed (www.rosssteed.com), which will prove to be a most enjoyable evening. The proceeds from this incredible performance will go straight to the new YA! Program. See the link on the tipi camp

Smokin', drinkin', littering' – easy to see who is responsible for the resurgence of roadside debris, after the KL Chamber sponsored careful cleanup on Earth Day.

GRAY CREEK PASS REPORT

by Tom Lymbery

It will surely be a late opening this year for the road and the Trans Canada Trail. Heavy snowfall and a cold spring will likely delay the date to about July 12, as opposed to July 1, 2010. Could it rival the latest date ever – July 23?

However, the solidly built road has always been resistant to slides and disruptions, only closed once in mid October because of a plugged culvert.



website for more details and join us in Nelson for an evening of culture and celebration.

Spring cleaning on your list of to-do's? The Tipi Camp is aiming to have a silent auction on June 18 at Shprieland and we're still taking donations. If you have anything of interest you might think would be appropriate, please give Jacki Friesen, our auctioneer and coordinator for this great event a call at 505-8143. Check our website for up-to-date details on this event.

We will be hosting our Annual General Meeting (AGM) and Open Tipi on June 26, so if you're a curious newcomer or a veteran Tipi Camp lover, you're all welcome on this day to reconnect with nature and community in a majestic environment. Water taxis run from the Lakeview Store Marina from 9 am until 12 pm, and taxis returning from the camp will run from 3 - 5 pm. A potluck lunch will be happening at 12:30. This event is free and in the spirit of openness and fun. We look forward to seeing some of you kind folks on this day.

If your family is looking for a mid-summer getaway, perhaps the Family Nature Weekend would be better geared towards you and yours. It is being held July 29-31st and is entitled "We Float on a Cloud of Miracles" which invokes curiosity and wonder at our natural environment. This weekend will be an eclectic mix of science, nature crafts, and unusual stories all tied together in a whimsical way.

In closure, we would like share our deep admiration and gratitude to Peter Duryea for so many years of his spirit and positivity. Without his love and passion, the camp would never have survived and thrived in the manner that it does today and without his vision and inception, Tipi Camp simply would not be. We hope you all can share in this love and extend your prayers to Peter during this time when his health is ailing and a future is uncertain. May you walk with peace in your heart and mind and realize all the lives you have touched in a very tender way, Peter. We love you, forever and always.

Celebrating 24 Years!

Members & Public
Invited for a Day of Fun!

Guiding Hands
Recreation
Society's
**OPEN TIPIS
& AGM**

Sunday,
June 26, 2011
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



Music for Tipi Camp

press release submitted by Guiding Hands Recreation Society

Critically acclaimed singer-songwriter, Lindsay Ferguson, is playing Nelson to raise funds for local youth initiatives

Nelson-based, ROAMedia is pleased to present singer songwriter Lindsay Ferguson at Nelson's Capitol Theatre, Friday June 17 at 8pm. Ferguson's first album "Sound" was voted #2 Canadian Album of 2007. Ferguson is in the process of recording her second full-length album "Monkeys Under Stars" which she will be debuting across Canada in 2011, with Nelson being a key stop between Calgary and Vancouver shows.

Also playing a solo set will be Nelson's own Ross Steed, who is working with Kris Ledrew and others on a new upcoming album "Nothing without Love". Proceeds from the June 17th event will be going to the non-profit Tipi Camp to support their new youth initiative. Please check out the YA! Program for more details at <http://www.tipicamp.bc.ca>

Born in Bermuda, raised in Prince Edward County Ontario, and now based out of Wakefield Quebec, Lindsay Ferguson has been honing her skills and life experience touring and writing music in Switzerland for the past year. Lindsay's music lies somewhere between chaos & calm. She is dialed into an eclectic frequency, touching upon the fever and fury of life itself.

A Canadian independent musician with a rock, pop and soul sound, Lindsay immerses herself into the songs she sings. Lindsay has a voice that can send shivers down your spine and has been compared at times to Joni Mitchell, Sinéad O'Connor, Bjork and Kate Bush. She has shared the stage with the likes of Steve Earle, Kathleen Edwards, Ron Sexsmith, YOAV and The Moody Blues.

Ross Steed is a local artist who is currently producing his first album. Steed's songs are about sharing, inspiration and relationships with a tapestry of Kootenay experience laced into their evolution. This will launch his latest material and preview the forthcoming album.

Tickets are on sale now at The Capitol Theatre and are \$15 for adults and \$10 for students, children or seniors

You can see some of Lindsay's work at:
www.youtube.com/watch?v=zKROvdKfW1Q
www.youtube.com/watch?v=U-SletS0Gv0

June 2011 Mainstreet 7

BLACK · SALT · CAFÉ

Planting the Seeds for a West Kootenay Regional Food Organization

press release submitted by Jon Steinman

[NELSON] – With the West Kootenay having become fertile soil for many innovative food system initiatives, another project is now underway which hopes to build the capacity within the West Kootenay to form a regional food system organization. Often referred to as ‘food councils’, ‘roundtables’, ‘networks’ or ‘coalitions’, hundreds of these types of regional organizations do already exist throughout North America. These groups act to broadly support the interests of those who make a living within the food system and exist to help enhance access to healthy and tasty food for all residents.

For almost five years, Jon Steinman of Kootenay Co-op Radio’s internationally syndicated radio show Deconstructing Dinner has paid careful attention to global and local food systems here and abroad. After hanging up the headphones last year and putting the

radio show on hold, Steinman is now applying his experience on the ground to spearhead this project. For the next couple of months, Steinman will be interviewing members of regional food organizations throughout North America to learn what works and what doesn’t when forming and managing democratic regional food organizations. For the purpose of this proposed regional food organization, the ‘region’ being defined consists of the Creston Valley to the East, Grand Forks to the West, the U.S. border to the South, and Nakusp and the North end of Kootenay Lake to the North.

For Steinman, inspiration to engage in this work has also come from the many public presentations he offers across Canada. “Most often, the core of what I speak about when I’m on the road are the amazing food initiatives happening right here in the West Kootenay,” says Steinman. “It always strikes me when I’m travelling and showcasing the long list of people here working on enhancing our food system, how easily we ourselves take for granted this firmly rooted work already underway. When I step back and observe just how all of these pieces making up the food system come together to support one another, I see tremendous potential to propagate an even more vibrant and resilient food system within our regional community.”

While food councils are often involved with advocating for policies which support more resilient food systems, Steinman says that at this point, policy is not the focus for this work and how a food council (or roundtable) might function in the West Kootenay is the reason for this preliminary research now under-

way. “We have a geographically unique region and there’s likely no cookie-cutter food council model to apply here,” says Steinman. “However, by examining the different roles and functions employed by other regional food organizations abroad, we can avoid having to reinvent the wheel and instead cherry-pick best practices from Canada and the United States and apply those successes to what we believe will work here.”

The intended outcomes of this work will be a draft strategy for forming a democratic regional food organization (‘council’). This strategy will then be submitted to regional stakeholders in June for feedback, and by July, it’s anticipated that a final strategy will be developed alongside a broad coalition of regional support. Despite this preliminary work being more research-based, the most important intention of the work, suggests Steinman, is to “lay down the foundation for the formation of an organization which can act as an ongoing community consultation, one that will constantly evolve with the ever-changing realities and interests among our food community and support our ability to eat really good food!”

The interest to support the idea of a regional food council among food system stakeholders was expressed last summer when Steinman hosted a gathering of over 30 people in Nelson who travelled from Creston, Grand Forks and everywhere in between to learn more about how such an organization might evolve into being. Since that gathering, a strong body of advisory support has been established to support this foundational work with eight experienced individuals lending their wisdom to the project: Corky Evans (former MLA Nelson-Creston), Wayne Harris (Kootenay Alpine Cheese), Jocelyn Carver (Kootenay Co-op), Sheila Dobie (Spencer Hill Orchard), Nadine Reynolds (Redfish School of Change), Aimee Watson (Kaslo Food Security Project), Carolee Colter (CDS Consulting Co-op) and Mike Stolte (Center for Innovative and Entrepreneurial Leadership). The Castlegar-based Kootenay Food Strategy Society is acting as the host for the project and primary funding has been secured from the Columbia Basin Trust, with additional funding from the Nelson & District Credit Union, Heritage Credit Union, the Hume Hotel and the Kootenay Co-op Natural Food Store. Kootenay Co-op Radio is also supporting the work.

Next Deadline: June 22, 2011

It’s almost time for the Strawberry Social

by Brian Bromley

Yasodhara Ashram is holding its annual community event on Saturday, June 25th from 1-4pm.

For the last 15 years the Strawberry Social has marked the start of summer with live local music, complimentary strawberries and cream, a great used book sale, tours of the Ashram’s beautiful grounds and buildings, and activities and fun for all ages.

The Strawberry Social began in 1996 with the opening of Mandala House. The building, which houses the bookstore and dining room, as well as some of the Ashram’s classrooms and offices, was built with the indispensable support of many local trades and craftspeople. The first Strawberry Social was held in celebration of the completion of the project and in gratitude for all the community support that the project received.

The event has since become a local tradition, growing in popularity year-to-year. Last year’s Strawberry Social welcomed an estimated 450 people from all over the Kootenays. The Social is a unique opportunity for the local community to gather in celebration, catch up with old friends, and to meet new ones.

Yasodhara Ashram was founded in 1963 by Swami Sivananda Radha, one of the pioneers of yoga in the West. Almost fifty years later the Ashram is one of the most well respected yoga centers in North America. In 2009 it was selected by Reader’s Digest as Canada’s best yoga retreat. People come from all over Canada and the world to live and learn in the Ashram’s peaceful setting.

8 Mainstreet June 2011

Swami Radhananda, the Ashram’s current spiritual director, is the author of two books and has recently returned from a North American book tour. The tour promoted the release of her first book, Carried by a Promise, while her second, Living the Practice, will be released next year. Swami Radhananda will be leading a 5-day intensive retreat this July.

The Ashram has recently expanded with the construction of three cabins above Riondel road. Called Yasodhara Heights, these cabins are available for rental to families and others who wish to participate in the community but with a little more space and independence. The cabins have been built to the highest environmental standards and include many innovative features that reduce both heating costs and the Ashram’s carbon footprint. A tour of Yasodhara Heights will be offered as part of the Strawberry Social’s festivities.

If you have not visited the Ashram before, be sure to check out the Temple of Divine Light- the white domed structure dedicated to the light in all religions, the Barn and the Coop- which from humbler beginnings have become attractive and environmentally friendly residences, the beautiful pebble beach, and of course the Ashram’s all-organic garden and orchard.

Musical entertainment will be provided by the ever-popular Many Bays Band with a set by local barbershop quartet The Okee Dokee Four. Everyone is welcome and can come expecting a great atmosphere, delicious strawberries and cream, and fun for the whole family. See you there!

Yasodhara Ashram is located at the end of Walkers Landing Road, just off Riondel Road. It’s a 5-minute drive from the Kootenay Bay ferry landing. For more information or directions call 227-9224 or 1-800-661-8711



KLEECA’s 2011 Annual General Meeting

will be held on Saturday, June 11 in the Crawford Bay School from 2 – 4pm

Refreshments will be served

Everyone welcome

Information: 250-227-9387



Thought For Food

by Farley Curzons

The North American love affair with fast food is almost incomprehensible considering the variety of fresh vegetables available year round in every supermarket in every town. Relatively few take advantage of this bounty. Most North Americans eat vegetables rarely, and when they do their choices are confined to a few favorites—carrots, peas, tomatoes and potatoes. This does not have to be the case. Fresh vegetable can be the highlight of every meal. Few of them require much time to prepare, and most need little time to cook. Furthermore, almost every vegetable that has been studied has been found to contain substances that benefit the heart and blood or counteract the formation of tumors.

There are several broad categories of vegetables. First are the dark green, leafy vegetables, such as spinach, chard and kale. These contain abundant vitamins and minerals. Particularly B vitamins, calcium and trace minerals, and should be included in the diet on a regular basis. Next are the cruciferous vegetables such as cabbage, Brussels sprouts, cauliflower and broccoli.

These vegetables contain a natural chemical shown to block the formation of tumors in the digestive tract. Then there are tubers (potatoes and sweet potatoes), root vegetables (carrots, turnips, parsnips and beets), the squash family (including zucchini), the lily family (onions, leeks and garlic) and the nightshade family (tomatoes, eggplant, peppers).

While all vegetables contain good things, we must once again caution that our choice of vegetables must take into account individual food sensitivities. Vegetables from the nightshade family can cause arthritis and painful joints in sensitive individuals. The cruciferous vegetables are high in sulfur and cause digestive problems for some. Vegetables from the onion family tend to stimulate the glands and therefore be avoided by those suffering from fatigue or weak adrenal function. Almost any vegetable can cause adverse and allergic reactions if eaten to excess, which is why variety is so important.

Dark green, leafy vegetables tend to concentrate nitrates when commercially grown with high-nitrogen fertilizer. In the intestinal tract these nitrates may be transformed into powerful carcinogens. Nitrates also tend to form in cooked vegetables during storage and so it is advisable to not reheat your vegetables, particularly green vegetables. Do put butter on your fresh steamed vegetables. The fat-soluble vitamins are just what your body needs to fully utilize minerals in plant foods.

Before the advent of agriculture, our ancestors obtained nutrients from several thousand different types of plants. Now, only thirty crops account for at least 95% of everything humanity eats, and just three (rice, corn and wheat) represent 80% of our food. Modern agriculture goes against the grain of nature by

discouraging diversity, concentrating instead on only a few plant varieties. The varieties are selected for their suitability to mechanized harvesters and transport (tomatoes that survive crash tests), plus their cosmetic qualities. These traits usually have an inverse correlation to nutrient content.

Methods of farming greatly affect the nutritional value of plants. Studies show that organic produce can have several times the total nutritional content of chemically grown vegetables. Healthy soil is the key, but topsoil is being depleted several times faster than it can be replenished. The enzymes and minerals that we expect our vegetables to provide have been compromised. It's a tricky world for the vegetarian who chooses commercially grown and chemically treated vegetables. They would have to eat a lot of them to obtain the same nutrients available in a smaller amount of organic vegetables. Our bodies are literally starving for nutrients from a long forgotten past. Animals raised for milk, eggs and flesh are also being shorted on their nutritional needs as most of the minerals, enzymes and vitamins have been washed out to sea. So eat your sea greens. Try to obtain sea greens from the least polluted source you can, but even then those oceans are being pushed to their limits.

There have been a lot of books written in recent years about the value of raw versus cooked vegetables in the diet. The simplest rules to remember are that man and herbivorous animals must cook their vegetables in order to break down the cellulose in which the vegetable cell is stored. Man uses heat and herbivorous animals use fermentation (for which they have separate stomachs). But to man, raw vegetables are also of great value, mainly for bulk and roughage as well as to keep the intestinal content from becoming too dry. The human intestinal tract is so constructed that roughage is needed for rapid elimination of waste products and, equally important, for keeping the muscles strong. It must be remembered, of course, that when the intestinal lining is catarrhal or inflamed, rough textured food often irritates or may even cause bleeding so great discretion must be used with raw vegetables and fruits.

Modern science has figured out a use for the toxic radioactive wastes being produced by nuclear reactors. Foods can be exposed to radiation and thus be preserved for longer shelf life while at the same time bacteria, fungus, molds and parasites can be controlled. Consequently, rather than having to store deadly radiation in toxic waste

sites, the radiation can be used on our food and spread out all over the country. We should be concerned with what happens to the nutritional value of irradiated foods. The simplest answer is that the nutritional value is ruined because radiation renders the food sterile or dead.

We need to oppose irradiation because it kills the life force in our foods. Irradiation kills the enzymes and alters molecules into new chemicals. We all know that radiation affects cells resulting in mutations. If new molecules are created or altered by the irradiation process, they will be extremely foreign to the body and present new problems

for the immune system. Scientists opposing irradiation of foods are concerned that such new molecules may cause cancer. They are also concerned about alteration of the foods inherent molecular structure making it unable to function as food in the body.

Scientists employing Kirlian photography (a method to photograph the energetic patterns of a substance), are concerned about the major differences between a fresh strawberry and one that has been irradiated. The fresh strawberry shines with vital energy, radiating out an inch or more in an aura with vibrant patterns. In contrast the irradiated food has virtually no aura, is flat, dull and the patterns which can be seen are significantly altered.

The choice is simple. We can go with commercial fruits and vegetables imported from all over the world by monoculture conglomerates who are given massive subsidies by their governments if they agree to use genetically altered seed and fertilizers from Monsanto, or we can promote locally grown foods that are ethically produced in an observable journey from seed to supper table. Support your local farmers and ranchers for they may well save us from starvation should the shipping and transport companies no longer find it economical to bring us those strawberries in January.



While all vegetables contain good things, we must once again caution that our choice of vegetables must take into account individual food sensitivities.

Now, only thirty crops account for at least 95% of everything humanity eats, and just three (rice, corn and wheat) represent 80% of our food.

Thought for the day: Sometimes we find ourselves walking through our lives blindfolded and we try to deny that we're the ones who securely tied the knot.

"Sarc is skiving. The weather is sweet."

New Key's Place
250.227.6911

Home of the Veggie Burger.

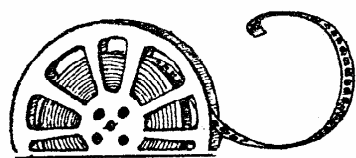


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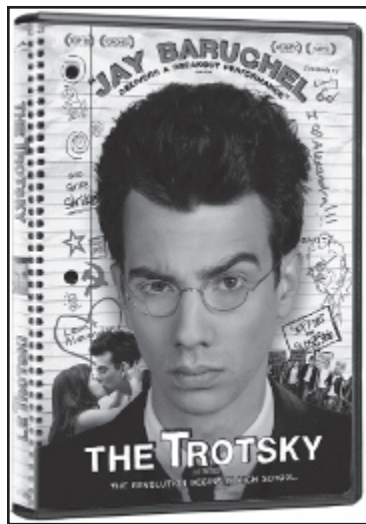


Seldom Scene
by Gerald Panio



"...if the left had been this funny, who knows, maybe we would still have one."—from a review of *The Trotsky*

"I'm afraid of who will play me in the TV movie about us."—Leon's dad



Of late, comedies about young people that have aimed at something higher than *Porky's* or *American Pie* have been leaning heavily on literary antecedents—Shakespeare (*Ten Things I Hate About You*, *She's the Man*), Jane Austen (*Sense and Sensibility*, *Pride and Prejudice*), and the Bronte sisters (*Jayne Eyre*, *Wuthering Heights*).

Trust it to a Canadian crew to have wandered somewhat farther afield. I'm trying to imagine how director Jacob Tierney pitched *The Trotsky* to *The People With the Money*:

TPWM: A classy romantic teen comedy? Hey, great idea! Box office gold! Another Shakespeare knock-off? Some kinda *Romeo & Juliet* thing? We were kinda thinking *A Midsummer Night's Dream* with Justin Bieber and Lady Gaga.

D: How about Leon Trotsky!

TPWM: Leon who?

D: Leon Trotsky! You know, one of the big idea guys behind the Russian Revolution. Lenin's right hand man.

TPWM: You wanna make a teen comedy about the Russian Revolution?

D: No, man, it's about this guy in a high school in Montreal who thinks he's the reincarnation of Leon Trotsky and keeps trying to unionize everybody and marry this older chick and find Lenin!

TPWM: You wanna make a teen comedy about a dead Communist?

D: Yea, well, sort of. But it's more about fighting apathy and inspiring people and falling in love. And we've got these cool Russian agitprop songs and Malajube for the soundtrack!

TPWM: Ah, geez, tough break, kid. We just forked out all our dough for a North Korean remake of *Moulin Rouge*. Don't call us, we'll call you.

The fact that director/writer Jacob Tierney actually succeeded in getting his movie made, and in signing on actors such as Geneviève Bujoult, Colm Feore, and Saul Rubinek, is a tribute to how far one can go with some creative chutzpah. The first we see of Leon Bronstein (Jay Baruchel) is his

"to-do" list in the form of numbered red file cards with notes such as GET EXILED and MARRY OLDER WOMAN (HOPEFULLY NAMED ALEXANDRA). His bookshelves are filled with Trotsky's collective works, and his walls covered with Revolutionary posters. Leon himself, all bespectacled awkward adolescent geekiness, is out trying to unionize his Jewish



father's factory by staging a farcically ineffective hunger strike. When David Bronstein (Rubinek) gets called a fascist, "the face of oppression," and a Nazi one time too many, he has Leon arrested, pulls him out of his elite private school and sends him off to a public school (Montreal West High School) that's under the thumb of a cynical new principal (Colm Feore, looking suspiciously like Lenin) and a martinet teacher (Domini Blythe). Dad hopes that a dose of proletarian apathy and boredom will bring Leon to his senses. That and, as his mother adds, "sleeping in a shelter with homeless people peeing on you."



Needless to say, it doesn't work. Leon does have repeated nightmares plagiarized from the Odessa Steps sequence of Sergei Eisenstein's *Battleship Potemkin*, but he doesn't up on his ideals. The administrative tag team of Berkhoff and Danvers are perfect foils for his naïve idealism. Principal Berkhoff, however, isn't too worried that Leon poses any kind of real threat because he's sure the only forces that drive most of his students are apathy and boredom.

Leon, naturally, heads straight for the local Student Union office. He doesn't realize that this particular "union" consists of a few slackers who cop cigarette breaks while stressing over the choice of themes for the next dance. Not prime Bolshevik material. Leon's not easily discouraged, however, and when he suggests Social Justice as a dance theme the idea flies because no one can be bothered to think of anything else. Out of solidarity, he also joins students in Mrs. Danvers' detention room and recruits them to the cause. The costume dance is surprisingly successful (the gym is filled with Maoist Red Guards, Mexican Zapatista guerillas, and characters from *Animal Farm*). Students are encouraged to sign a petition to officially unionize the high school. Plans are made for protests and a major walkout. Leon and his student council fellow travelers even agitate their way into a local school board meeting.

The revolution appears to be firing on all cylinders, but Principal Berkhoff remains sanguine. He's confident that "teenage activist" is an oxymoron. When push comes to shove, it'll be more *Animal House* than *Animal Farm*.

The school board chair (Bujoult) stonewalls Leon's demands. She's a "serious" leftist who volunteers for the Stephen Lewis Foundation in her free time and has no patience for wanna-be juvenile communists. Her ex-husband, civil liberties lawyer and ex-Communist Party head Frank McGovern (Michael Murphy), dismisses Leon's pleas for legal support because he'd rather take up with his lover than chase after the ideals he's given up on a long time ago. The law student that Leon falls in love with, Alexandra (Emily Hampshire), is creeped out by the attentions of a geeky politico nine years her junior. When a student council member turns on him, Leon counters with the immortal line, "Are you my Stalin, Dwight?" The only person on whom Leon can really count is his younger sister Sara (Tommie-Amber Pirie), whose idea of a fun time is going to a Ken Loach movie.

If this were an Atom Egoyan film, things would

end very badly indeed. It's not. Love will triumph, the Movement will score a victory, idealism will trump cynicism and apathy, and our unlikely hero will suffer probably non-lethal exile in the wilds of Ontario ("Don't worry about Ontario. They're not all Alice Munroe and Toronto Maple Leaf fans. There are some fun people there..."). Jay Baruchel and Colm Feore are wonderful throughout, and the supporting cast is fine.

The Trotsky asks the serious question: What kind of people does it take to change the world? I liked the answer. Passion's no guarantee of success, but it is an absolute guarantee of change. The movie is in the finest tradition of quirky Canadian cinema—clever, heart-on-the-sleeve, funny, generous. How many other movies do you know with a good Ayn Rand joke? For a very good interview with Jacob Tierney on the genesis of *The Trotsky*, check out the Montreal Mirror article at <http://www.montrealmirror.com/2010/050610/film1.html>. Not surprisingly, the reviewers for *The New York Times* and the *World Socialist Web Site* were unimpressed. Fuddy-duddies, I say.

Go, Canucks, go!

(*The Trotsky* is currently available for rent at the Riodel Market.)

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The East Shore Mainstreet
Next Deadline: June 22, 2011



June 8: East Shore Jazz Combo

June 12 & 26: Nine and Dine

June 19: ArtWalk Grand Opening, 2-4 pm with music by Jenna Schell & Father's Day Dinner Special.

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Sit Long, Talk Much, Laugh Often, Eat Well

ART WALK 2011

press release by ArtLink

Live music, a feast of color, and a sampling of snacks – you're invited to experience it all at the opening event of the 16th Annual Art Walk in Riondel, Sunday Jun 19 from 2:00 pm 'til 4:00 pm at Bob's Bar and Grill. The music will be provided by Jenna Schell, the feast of color by the Riondel Art Club and the snacks will be provided by Bob's Bar and Grill. This event is proving to be a very popular social event for artists of the East Shore. A similar opening event will take place in Creston, Friday June 17 at Coffee Creek Café from 7:00 'til 9:00 pm.

While at the opening event, grab a colorful brochure, with map included, and spend your summer exploring the Art Walk venues from Riondel, along Kootenay Lake to the Creston Valley, and then on to Yahk – to see what local artists, galleries and small business are showcasing.

From June 17 thru to September 5, art and events will be presented in several galleries as well as many non-art related businesses. Art Walk supports professional artists and artisans working in their own studios and galleries, and links emerging artists who do not have their own venues with businesses interested in promoting local artistic talent and through their support these businesses all receive publicity. Organizers are excited to welcome several new artists for the 2011 Art Walk as well as many returning participants and venues.

The Creston Valley and East Shore Art Walk is a not-for-profit event organized solely by volunteers and produced by Art Link. Through the continued generous support of the Nelson and District Credit Union and the Creston and District Credit Union the summer long event is able to produce a colorful brochure listing all the artists and their venues as well

as a map which locates all the studios, galleries and supporting businesses. These brochures are available all venues as well as the Chambers of Commerce in Creston. The brochure and map will allow art-lovers to navigate one of the geographically longest exhibitions they may ever encounter.

Additional support is received from the Town of Creston, The Community of Creston Arts Council, CKCA, the BC Arts Council and from participating artists and venues. This allows Art Walk to print posters, cover administration costs and to advertise in local newspapers. Art Walk is also thankful for the continued support of *East Shore Mainstreet* and the *Creston Valley Advance*.

Whether you are just beginning your art journey, learning and appreciating art, or a seasoned art connoisseur, you will find plenty for your individual tastes in Art Walk 2011. Without realizing it you'll be adding to your personal art collection. Remember: "Buy what you like ... like what you buy."



ART Link

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Giant Puppets

by Leah Wilson

What can you make with long pieces of wood, hours and hours of holding glue guns, cutting fabric, cleaning out pop bottles and taping them together, gluing till tape on giant balloons forever and ever? What do you get when you put it all together in a science room at Crawford Bay School with eight high school students for a few days? Giant Puppets!

On Monday May 9, I stood in the middle of the Crawford Bay School Science Class (an interesting room if you ever get the chance to check it out). In the room with me were the brave Giant Puppet Makers (they did not know until now that I call them this): Irie Belcourt-Marcheterre, Sunny Gardner, Quinn Hielema-Masse, Jazz Brunton, Phynn Page-Deal, Jasper Tarala, Hazel Bernhart and Chris Bonell.

For three days we dedicated our creative cooperative efforts in constructing from scratch what will from here on be known as the Starbelly Giant Puppets of 2011, a legacy for these youth who contributed their energy and spirit in the making. Thanks to everyone who helped make this years Giant Parade (July 17 in Crawford Bay Park) just a bit brighter and more exciting, including Alvin Dunic and Nicole Plouffe. Special thanks go to Principal Dan Rude of Crawford Bay School for the innovative learning environment that made this project possible.



Art & Sport Summer Day Camp

July 18-29, 2011
10 am to 3 pm
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Starbelly Jam 2011

by Todd Halfknight,
SBJ Society Chair

The Starbelly Jam gang has been planning another great event for 2011 - this year the date of the festival is July 15 -17. Please volunteer some of your time to help make it real. You'll earn the respect and appreciation of everyone involved in both producing and enjoying the festivities, not to mention a free pass to some amazing happenings.

Out of the blocks, Friday evening will offer three examples of innovative, successful home-grown talent. **We Are The City** is a trio originally from Kelowna who's atmospheric progressive-pop sound has been getting much attention, both from fans and the critics (winning a \$150,000 'battle of the bands' contest in Vancouver).

Then, local electronica wizards **Kashoo** will engage with their innovative dub effects & beats, leading up to an **Adham Shaikh** extravaganza in the form of the new **Outworld Orchestra**, featuring brilliant world fusion & treatments supporting a variety of live local talent, including **Ben Johnson, Slava Doval, Boris Sichon, and Shine**.

Saturday and Sunday feature the usual Starbelly eclecticism, starting with the deep groove zones of Reggae headliner **Midnite**, all the way from St. Croix (US Virgin Is), master song-smith **Ron Sexsmith** (and band), funky hip hoppers **the Coup** from San Francisco and those hip hucksters of French gypsy 'hot jazz', **Lost Fingers**, as well as **Gadji Gadjo**.

For soulful heart ballads of love, loss and life, **Fraze Ford** (from the **Be Good Tanya's**) and American **Nathaniel Rateliff** will reveal their mighty inner selves within truly great song-writing.

If it's some jammin' you're pining for, **Cast of Clowns** will deliver, with their stellar musicianship featuring guitarist **Jeff Pevar** (top session and tour axeman for acts like David Crosby, Ray Charles, & Dr John), drummer **Greg Anton** (from Zero with Steve Kimock), and keyboardist **Melvin Seals** (from the Jerry Garcia Band).

Portland stars **Shook Twins** (originally from Sandpoint) and the **Scott Law/Tye North/Luke Price Bluegrass Trio** will represent for the US NW folkways faction.

Of course, SBJ must have some interesting world music, and aside from Adham's Outworld Orchestra, both the Russian/Chinese quintet **Namgar**, and the South Saharan Tuareg artist **Bombino**, will totally rock out while maintaining very conspicuous roots in their ethnic inspirational sources.

OMG, I forgot to mention **Rick Scott & Tippy Agogo** for the kids... wowiee zowiee!

As usual, Starbelly will offer something familiar, something thrilling, with plenty of extras in the grounds and workshop tents. Be sure to attend – you don't want to miss this one!



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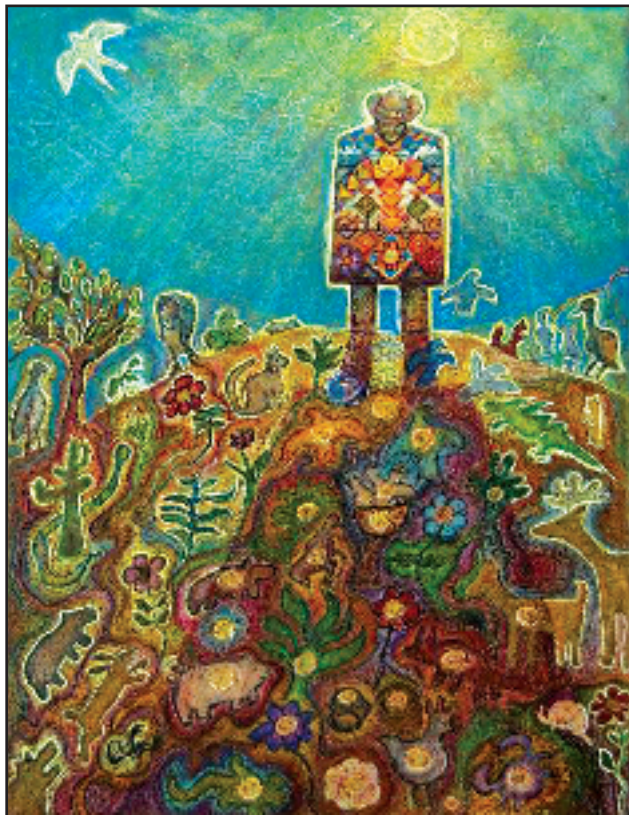
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 - Marma Massage Therapies (July 8-11)
- She will also be available for consultations & treatments. Watch for posters and dates for Ayurvedic Vegetarian Cooking Class.
- For more info: call Sacred Journey Gallery - 250.227.6865 or 250.354.4116.
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From the Principal's Desk

by Dan Rude

Last week our secondary timetable was put on hold, while students were involved in our 'Spring Project Week'. Through the dedicated work of our teachers alongside community volunteers, this week came to include a trip to the Summerland Shakespeare Drama Festival, the construction of an on-site greenhouse, various outdoor building projects (such as picnic tables, a shed, and sandboxes), landscaping and design, and construction of giant puppets for Starbelly Jam. All of these projects are credited within the British Columbia Graduation Program through 'Independent Directed Studies'.

I would like to give huge thanks to: Alvin Dunic, Larry Keraiff, Lori O'Neill, Gerald Panio, Leah Wilson, Dana Gallinger, Shandi Miller, Mike O'Neill, Al George, Everlast Greenhouses, the Union of British Columbia Municipalities, BC Hydro, Howard Sempf, Robert Agnew and Sam Anderson for their support of these projects through their physical work, planning and organizing, funding, and lending of tools.

Our elementary teachers have also been collaborating on a number of outdoor learning projects for students around our school and at various locations on the East Shore. Our incredible surroundings offer us so many opportunities to explore with our children and youth, particularly with the recent return of the sun.

All of these projects and adventures come from the big questions we continually ask around the development of our school. Some of these big questions, for me, include:

- "What happens if we emphasize connecting our students with learning out in our community and region?"
- "What happens if part of the teacher's role is clearly about connecting with others who love to work with children and youth in projects and presentations that allow them to share their passions?"
- "What should the focus of our school be – and become?"
- "What is brilliant about living here and how can we enhance this brilliance?"

Each year toward the end of May we have the opportunity to participate in a 'School Planning Day' with the intention of reflecting on the current year and setting intentions that will guide our work for next year and beyond. This year we invited all of our parents to join us for the morning of Monday, May 30, as I believe it is essential to involve as many committed people as possible in order to get to know each other's questions and to commit together to actions.

For upcoming event dates, please see our website at www.crawfordbayschool.ca.

CBESS Featured Students

1-2-3 Students & You!



For May we would like to recognize some students who have stood out in the past month as leaders in some of our outings and projects.

Our grades 4-5-6 students have had many opportunities to develop as leaders throughout the year as buddies with our primary students.

We would like to recognize Javin Lauritzen, Omi Bloom-Wolstencroft, Daelin Peel-Smith, and Iyra Cristofoli-Couling, in particular for their support of our younger ones during the recent K-6 Wednesday water-based activities and boat-building.

Also, our greenhouse project would not have been such a success without the committed work of Sky Gardner, Seth Plishka, Felix Wedge-Darchen, Benny Heinrich, and Phynn Page-Deal.

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Tom's Corner

by Tom Lybery
Joseph Plaskett

Until I found a full page article in Toronto newspaper about Joseph Plaskett I hadn't realized how famous our 9th grade teacher at North Shore College was. We knew he was an artist all those years ago in 1942, but not being connected to the world of art, I hadn't kept up with his fame. Although long gone, North Shore College (boarding school for boys) still has an annual get together for "old boys," and a few years ago I suggested that possibly Joe could be invited, thinking he might perhaps still be in the Vancouver area.

School strictness required that we always addressed him as Sir. He was in his early twenties, and was the junior teacher in our small private boarding school. He did mention his great interest in painting, but I can't remember that he showed us any of his work, and art was not a subject on the curriculum. With all the changes that came with the 1939 - 45 war he told us of a new manmade material called plastic (prior to this the only available plastic was Bakelite), so some of the boys called him Mr. Plastic.

At the age of 92 and still painting in oils and pastels, Joe Plaskett is considered to be one of Canada's most significant living artists. If you Google "Joseph Plaskett artist" you will see some of his portraits, landscapes, interiors and still life in colour, which are priced from \$2500 to \$20,000. His paintings are representational, nothing modernistic or futuristic, so if you agree with what I like to call Real Paintings you will enjoy those that you can view on the Internet.

Born in New Westminster in 1918, Joe taught school while continuing to study art after graduating from UBC. He received the first Emily Carr Scholarship in 1946, and this enabled him to travel to broaden his studies. In 1947 he became the principal of the Winnipeg School of Art.

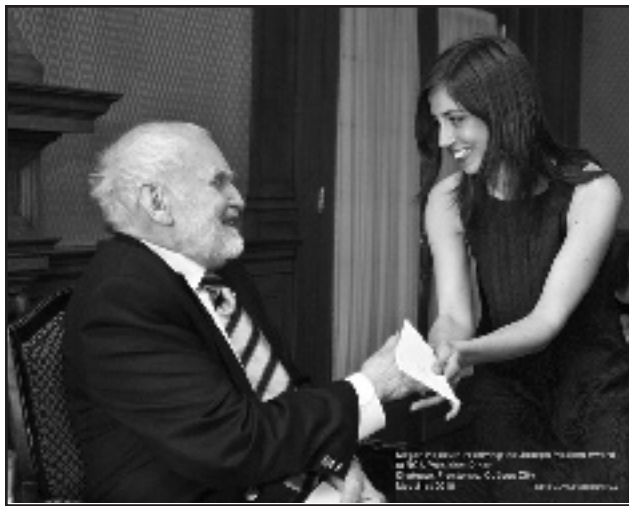
Despite having lived in Paris since 1957 and since 2001 in Suffolk, England, Joe has remained staunchly Canadian. In 2005 he created the Joseph Plaskett Foundation to support a mature Canadian student to travel and/or study art in Europe for one year. Joe says, "I created this award in emulation of what Emily Carr did for me in 1946."

In the May *Mainstreet* I wrote a bit about that North Van school where we found a Shinto Shrine, and heard the continual riveting as the shipyards were con-

structing 10,000 ton freighters. The school and teachers were excellent, but as a private business the budget counted how much we ate, and as well, wartime food rationing began to change things. The headmaster Paul Dale had heard that grass was a valuable food additive, so he instituted adding powdered grass to our morning porridge. As soon as we got used to this it was fine, and as hungry teenagers we wished for non-existent second helpings of the green mush. The balance of breakfast was usually half a slice of toast with green peas on top. The teacher at the end of the table would get bacon and eggs. If we had stewed prunes for supper we would save the stones to crack later for the tasty kernels.

I was able to make it home for Christmas holidays on the Kettle Valley steam train, as wartime Greyhound service was restricted to 50 mile trips to conserve gas and tires. Returning via the same smoky train trip, I packed my suitcase with a four pound can of McDon-

ald's raspberry jam. (McDonald Jam company in Nelson shipped their product made from Kootenay fruit by rail carloads.) This, along with a loaf of bread (six cents wrapped, five cents unwrapped) helped to fill in the gaps. Some Saturdays we would buy a twelve cent can of pork and beans, build a fire in the North Van bush, and open the can with my trusty pocket knife. Much of the upper town was undeveloped with bush between what buildings there were, and we could safely drink the water out



Joseph Plaskett with 2010 award recipient Megan Hepburn. Photo: Guy Lavigueur, RCA, from website www.joeplaskett.com

of Mosquito Creek.

The next September my dad upped the ante for the somewhat more expensive St. George's on 29th Avenue in the Dunbar district of Vancouver. Here we got the same food as the teachers, and there was no undercurrent of hunger which made everyone's food stashes hard to protect. Rugby was THE game, and the school was big enough to field several age and weight levels of teams. (I tried to attain two weight levels by putting stones in my pockets.) There was more rain than shine, but we played at least one practice game every day. We all loved the sport, which required only a pair of grip-soled boots, shorts and shirt. Even the playing field where the grass, worn down to gravel in places that left our knees scraped and bleeding, didn't deter us from the next day's game, even if it snowed. The best time was a trip to Victoria to play the Royal Roads team. This was the Royal Canadian Naval College for future Naval officers (now Royal Roads University). We were billeted overnight at Hatley Castle, built by coal baron James Dunsmuir. We realized that St. George's strictness had nothing on the navy, where everything had to be done on the double - no walking allowed.

The tough requirements didn't deter many who had achieved their grade 12 from applying for admission to Royal Roads. Everyone in Canada had to register at the age of sixteen, and we all expected to be called up for the services by the age of seventeen and a half. Those who had graduated the previous June were all overseas. It seemed that every week or two the morning assembly would hear that someone was "missing in action, who had been hustled to the continent to try and fill the ranks of those that had made the supreme sacrifice. Our class had passed that seventeen-and-a-half year age without being called, because by that date we were no longer needed. Despite the shortage of teachers, the school employed some excellent ones who had retired from the provincial school system. One of the younger masters, Nip Parker-Jarvis who had gone overseas returned in 1944 minus a leg he had lost to a shell, but he was still able to referee rugby using a stick for support. He told us of the frustrating pains he experienced, which came from the leg that was no longer there.

I can remember hearing the blast when the 10,000 ton freighter SS Greenhill Park blew up on March 6, 1945 while it was being loaded in the Vancouver harbor, even though the school was far away in the Dunbar district. We were told little about how this happened - the largest marine explosion in Vancouver's history. But in recent years there was a deathbed confession by one of the stevedores who had been loading the ship at the time it exploded. Apparently the cargo included some barrels of over proof whiskey, and the workers had been stealing this to take home in soldered-up lunch buckets. On top of the barrels was a shipment of signal flares, and already loaded were pickles, sunglasses and much more. One worker went into the darkened area where the barrels were, and when he struck a match, it somehow lit some of the very flammable whiskey. The fire then ignited the flares and some tons of sodium chlorate. All buildings in the downtown area lost windows and there was glass all over the streets. **Pickles fell like green hail and sunglasses were found as far as Lumberman's Arch in Stanley Park.** The ship was towed away by a tug, and it took three days to put the fire out.

When VE Day (Victory in Europe) came on May 8, 1945, it essentially ended the war. This was expected and John Harker, headmaster of St. George's had arranged for the school to be closed for three days, and the boarders were billeted at day boys' homes. Ken Lodge and I stayed with Jerry Judah, and were able to mix with the crowds celebrating the end of the war all over downtown Vancouver. Neon lit signs were turned on again for the first time since 1942, when all outdoor lighting had been turned off and street lights were shielded to prevent the city glow from making it easier for Japanese submarines to outline ships at sea.

Despite the clusters of celebrating people all over the streets scattering rolls of toilet paper, the stores and theatres still remained open. The three of us went to the Beacon/Pantages Theatre on East Hastings Street, home of three-a-day burlesque shows with B-type double-feature movies between the stage shows. The feature act was a fan dancer, who instead of fans had a bird trained to flutter in front of her bare breasts. This classic theatre, built by Alexander Pantages, had amazing sound even without a sound amplification system, which allowed every word to be heard plainly all over the auditorium, as the burlesque acts included a chorus line and comedians.

The next time I experienced three-a-day shows was at the Kootenay Storytelling Festival in Procter. All the storytellers were scheduled to present their twenty minute stories three times each day of the two day festival. We found this quite a challenge, as there were up to four different sites from the church to a tent on the street. As challenging as it was for those performing, it was much more so for those responsible for organizing the schedules, and making sure the storytellers were at the right site, at the right moment.

Did You Know: Snow disappears.
It's one of those solids that can turn directly into a vapour without ever going through that intermediate liquid stage - part of the process of sublimation.
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Thoughts from a Disturbed Mind

by Harvey Valgardson

So, all my friends are getting old. Actually they have been getting old for some time. Now they've started dying. Lately it seems like every other call I get is to inform me about another old pal who has dropped his burden and shuffled off. I tend to look at death as a form of early parole. You've been a great person and you've done good things so you no longer have to put up with all this crap. You get to move on to the next level where, hopefully, everything makes more sense.

It's not unreasonable to expect some sort of reward system and the theory also explains why the good seem to die young. My point of view hasn't changed but these constant reminders of my own mortality have made me a little edgy. It is, after all, the great unknown. What awaits me? Will I get seventy-two virgins, complete with instruction manuals, or am I going for a dip in a lake of fire?

I suppose if you follow my line of thinking to a logical conclusion, it doesn't say much for my performance thus far. I'm still serving time and because of that I have to eat. If you put that basic need together with a bad case of broke, you'll understand why, this year, I was forced to seek gainful employment. A local golf course was kind enough to make room for an old fat guy and so it was that I began my new career as cart kid.

My manager suggested that, since I would be interacting with golfers, I should be familiar with the course and she urged me to take advantage of the free golf

offered to staff. Her logic was irrefutable so, being a dutiful employee, I grabbed some clubs and went forth. I waited until late in the afternoon on a slow day when there was nobody around. I wasn't sure what was going to happen but I sensed that I wouldn't want any witnesses.

I placed my ball on the first tee and assumed what I felt was the proper stance. As I've mentioned before I watch the golf channel quite a bit and consequently I am positively brimming with technical data on the game of golf. In retrospect, I guess I was like a recent university grad with supreme confidence that my solid grasp of theory would win the day. Just like that kid I was quickly taught the difference between the classroom and the field.

One thing all the experts agree upon is the importance of keeping your head down throughout your swing. That is what I did and the club face struck the ball with that sweet musical ting that usually heralds a nice shot. In fact, it was probably a beautiful shot but I have no way of knowing because, you see, I had my head down. Now I know why golfers play in fours. That way there's a slim chance someone will see where your ball went and, of course, an even slimmer chance he will be sober enough to remember.

After a furtive look all around to make sure nobody was watching I teed up another ball. This time I couldn't resist peeking and, predictably, I missed the darn thing altogether. I am not famous for my patience and that was about the end of what little I had so I simply picked up the offensive orb and threw it as far as I could. It didn't go very far and I knew I needed a good second shot but I was at a disadvantage. The guys on T.V. have a caddy to tell them which club to use. I didn't have that luxury so I just closed my eyes and took the first one I touched.

It must have been the right choice because the ball took off like its arse was on fire. NASA would have been proud of that launch. It covered about a hun-

dred yards, straight as an arrow, when something went wrong with its flight stabilizer and it took a hard right into the trees. Against all odds I was able to find it and found myself facing a third shot that would even scare Tiger. Through a narrow gap in the trees I could see the flag and I guess the sight of my goal is what enticed me to try the nearly impossible task of punching my ball through the opening.

Because of the difficulty involved I made sure to keep my head down and it's a good thing I did because that way I was spared the sight of the ball striking the tree and coming straight back at what must have been an alarming velocity. When I woke up the sun was setting and there were a couple of elk snorting over me. I hope they were snorting. Elk don't laugh, do they? I looked around but my ball had disappeared. For all I know it could still be imbedded in my skull.

Since it was getting dark I took my last ball and dropped it on the green. With a mere six putts I was able to sink it and it was with some relief that I bent over to pick up the flag. I guess the concussion was making me a little dizzy because I fell over and threw my back out, but you know... it's funny how life works itself out if you leave it alone. I had a completely miserable afternoon but, on the other hand, I'm no longer worried about the reaper and where he is going to take me. The way I look at it is, I've been golfing, and whatever death holds in store, it's got to be better than that.

At least that's what I've been thinking.

Creativity, Community Conscience

Next Deadline: June 22

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*Next Deadline:
June 22, 2011*

Riondel Library News

by Muriel Crowe

My little blurb about our library was missing last month due to a computer glitch or temper tantrum. For some reason my computer was refusing to communicate with Ingrid's computer and several others until after the deadline was well past.

Our news for last month was that our open house had been a huge success. We were delighted that so many toured the library, visited the Historical Society and entered the quiz competition. We send our profuse thanks to Kokanee Springs Golf Club, the Riondel Golf Club and Bob's Bar and Grill for their very generous donations.

Thanks also to Darryl Alguire and Roy Gilmour for their wonderful music, Deberah Shears who welcomed all, Bruce Scott who photographed the event and Bob Moore who moved tables, packed boxes and voluntarily tested the cookies. A list of the prize winners is available on our web page.

Our volunteers have suggested that it would be easier to keep track of our hours if all of the mornings were the same times, they were also agreeable to being open longer hours. The change will start June 2. Tuesday, Thursday and Saturday hours will be 10:00 AM to 12:30 PM. If there is sufficient increase in usage we could extend those hours to 1:00 PM.

There are lots of new books in the library and we hope to have some new DVD's available very soon. Get out your hammock and borrow some books to get in practice for summer relaxing.

16 *Mainstreet* June 2011

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East Shore Community Library/Reading Centre News

by David George

\$5 Summer Reading Idea

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

Come in and browse our used section just outside the library doors. We will be happy to give you the bag, too!

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

Remember the Annual General Meeting is June 18, Saturday, at 10 am. Coffee, tea, and some other refreshments provided. Join us for some discussion of new ideas for your local library.

BOOK REVIEW

by Tom Lymbery

THE HUDSON'S BAY BOY - by John J. Seagrave, publisher Fifth House, 212 pages, hardcover, \$23.95

Going to work in the last years of the Hudson's Bay Stores in isolated places from northern Manitoba to the North West Territories, the author worked and became a manager in a variety of differing communities, in the time before the Bay sold these stores, many to Canadian Tire, who operates them under the name of Northern Stores Inc.

As a teenage clerk he started for the 'Company of Adventurers' in the 1970s when the fur trade was still alive, so had to learn the art of grading and appraising fox, mink, marten and many more pelts. All those he talked to said they had seen the end of the fur trade, but it actually continued to about 1990. With the demise of the fur market, came the loss of the only livelihood of the northern people, along with too easy welfare and alcohol. Sad to see the human desolation those anti fur activists brought to our north.

Because of their isolation many of these stores only receive a freight shipment once a year - what a project to predict the order, in an effort to avoid running out of essentials. Some places want Pepsi and some want Coke - too bad if that annual supply gets the wrong brand!

The author worked for twenty years for the HBC, then wrote this book, which has been produced as a most successful play. He much admired the native people and was fortunate to get to learn much from the remaining trappers and hunters.



pebbles by Wendy Scott Gatherings

So far this year, spring has been a hesitant season. Today the sun shone, but I can hear the north wind now in the trees at the edge of town and the evening is chilly. Two weeks ago, the swallows did arrive and just this afternoon I heard the unmistakable agitated dive that could only be a returning, hungry hummingbird. So the vital pre-summer family gatherings have begun.

Birds have a tight schedule, and given this year's late arrivals at their nesting sites, they might look for some pre-fab accommodation, or at least a quick build and never mind fussing with details. It is important though to establish family and kick out the intruders, even though they could be last year's family members. Strangers are discouraged, sometimes with the threat of violence.

Human-kind gathers in much the same way, except for the violent bit when it comes to acceptance of strangers – at least in the friend of a friend category. Friends, family, strangers – that's how it all begins. There can be quick transitions, often over a shared meal, from stranger to friend. It helps if at least one member has been given a preview of some sort before the drinks are poured or the toast made. Then, with luck, after-dinner coffee will be relaxed and possibly jovial.

More surprising is the slow, uncertain hesitant step from stranger to family. By necessity this begins with discovery, and discovery, for me, only came about through a determined and stubborn search which was not my own.

Two sisters, two only children, lived fifty years of

their lives unaware of each other's existence. This situation would have continued to this day, and possibly beyond, had it not been that the younger of the two (the adopted only child) became curious enough to search for her blood relatives. Her success resulted in Discovery #1: names of mother and father at birth. Genealogy tends to take a person by the hand and rush off to investigate innumerable strings. There is a curious twist when the searcher is an only child. She is by definition, independent, stubborn, determined, separate and alone. And now that her own adoptive parents (the only ones she ever knew) are dead, she has fully accepted her own position in life; being separate and alone is quite natural for her; this is her life, and, as far as she's concerned, it will continue to be so.

The first side-step in this woman's life comes about with Discovery #2: a poem –her birth-father's poem, submitted to a veteran's website. Now she has one tiny piece to begin the jigsaw picture that will colour in a face and add a few hints about the man behind the name and face. There is an unsettling aspect to this discovery; someone submitted that poem, and it seems to be a woman who claims to be the man's daughter. How can this be? An only child has no siblings.

Discovery #3: a story – a stranger's thesis delves into her father's own autobiography. The story deals with her father's early life; the years he spent working with an Indian tribe in the BC Interior. The story not only confirms the presence of a daughter, but reveals to her a surprising similarity – she has for the past ten years worked with a northern Indian tribe.

At this point, lives take on an almost surreal aspect. The story in question has already arrived on the elder sister's computer. It was a natural progression since the writer of the thesis was fully aware of the elder sister, but oblivious of the younger. It takes only a month or so before the computer in question receives another copy of said story from, of course, the younger of the

two who makes absolutely no mention of any relationship, but merely says, "Having read your father's poem that you posted on the Veterans website, I thought you would like to see this." Thus begins a series of peculiar emails, in turn grateful, polite, curious, tentative, and finally, revealing.

A sisterhood is born; an immediate family evolves into a deep friendship and two women learn the meaning of the term, sister. Nevertheless, an only child will not discard life-long characteristics right away. Indeed, remnants may always remain and these two sisters will be that much stronger in both patterns, embracing the "sister discovered" while maintaining the "one and only" advantage gained over a span of fifty years.

Discoveries continue for these two sisters; the younger with no children of her own is enveloped with a niece, two nephews, their children and two tiny great-greats – not to mention cousins, some of whom neither sister has met, but one at least that the thesis writer (the link in this relationship) has. Friends enter the picture as well; dear friends with long-lasting, sincere, friendships open to the inclusion of a new sister.

Gatherings are planned, undertaken, and celebrated, and lives become a continuing series of the kind of discoveries that memories are made from. These memories will be shared, and celebrated for as many years as there are in the future of two sisters, and in the distant futures of many more generations of nieces, nephews, cousins, aunts and uncles, historians, genealogists, story tellers, and poets – since all of these definitions are present in the on-going chapter.

Outside this morning in the bird world the gatherings have taken a peculiar turn. There's a strange, rather messy nest on top – not inside – of the birdhouse in the front garden. Has memory failed the swallow family? Is something amiss with the interior decorating? Or is there a robin trying to establish top floor residency? It seems that humans are not alone when it comes to unexpected events. Will the top floor resident be tolerated? Accepted? If this is, in fact, a returning family member, a sister perhaps, then I wish her nothing but the best for a good summer season. But for heaven's sake, hang on – that roof is steep.

Life's like that, sometimes.



Bible Talk by Pastor Doug Middlebrook

Exo 20:2 "I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage.

Exo 20:3 "You shall have no other gods before Me.

Exo 20:4 "You shall not make for yourself a carved image--any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth;

Exo 20:5 you shall not bow down to them nor serve them. For I, the LORD your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me,

Exo 20:6 but showing mercy to thousands, to those who love Me and keep My commandments.

Exo 20:7 "You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes His name in vain.

Exo 20:8 "Remember the Sabbath day, to keep it holy."

Many of you will recognize these as part of the Ten Commandments God gave to Moses.

This month I wanted to share the importance of the meaning of these to all of us. One of the first things we need to understand about the Ten Commandments is that they are written in two categories. The first, which is the four we are looking at, is that of our relationship to God. The second category, consisting of the final six commandments, speaks of our relationship with each other.

The first commandment Ex.20:3 is self explanatory. It's an absolute from God, that we have no other gods before Him. It has been defined as anything that

comes between you and Him, anything that you long for more than God, can become your god. This commandment is to show us that God, as our creator and deliverer, should be first in our lives.

The next commandment Ex.20:4, tells us that we are to make no images of any kind. God is telling us that we are to worship Him directly. Many images have been made and some have taken on a life of their own and are now even worshiped. John 1:18 tells us no one has ever seen God at any time. So how could we possibly know what He looks like? The problem with us is that we are a people who believe that seeing is believing. But when we try to put an image or form to God we actually cheat ourselves out of all He really is.

The Third Commandment Ex.20:7 tells us we are not to take His name in vain. This in my opinion is not only one of the most broken commandments but the most misunderstood. This to many has come to mean using His name in a cuss. But to use a name in vain, especially God's, is to use it in a manner that makes it ineffectual. To use God's name in vain is to use it without reverence or respect. Many people use Jesus' name like it is magical. This is using the name in vain.

The Fourth Commandment Ex.20:8, tells us to keep the Sabbath Holy. This is to keep it set apart to rest and remember Him. The Sabbath, which is also called the Lord's Day for many falls on Sunday. It means more than going to church or taking a day off. It's the day that the Lord made for us to rest. Six days a week we work and feed our bodies, which we need to do. But God knows that we need to have a day where we feed our spirits. He knew we could get so busy with life that we would forget to live.

These first four as well as the other six commandments were to give us a better quality of life. These laws are the foundation on which man was to govern his life, so that our society would have peace and we could live in harmony with each other, and more importantly, with God. It is my prayer as we learn the word together, that we can live in the love that God intended for all mankind.

May the Lord's blessing be with each one.



AREA "A" EDC Economic Development Commission

We have budgeted \$18,000 for grants to organizations for the 2011 calendar year, for projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. All applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

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

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

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

Email lorimarobin@bluebell.ca
Or call 250-225-3333 for more info

Grant/allocation approved by EDC in March, subject to RDCK approval:
Crawford Bay Sunday Markets - \$1000
Foreign Student Exchange Program - \$500
These funds are under management by South Kootenay Lake Community Services Society (SKLCS5)

Visit InvestKootenay.com

Notice of Passing

Michael David Randall

December 15, 1939 - May 11, 2011



The family of Mike Randall announces with much regret, that he passed away on May 11, 2011.

Mike and his brothers were sons of a miner. They lived in some very remote areas when they were small boys. From Big Missouri Mine to Pinchi Lake and then Kimberley and finally to Kootenay Bay. They bought their property on Pilot Bay Rd when neighbors were few and far between. Mike's schooling was in Kimberley and Crawford Bay. He was inquisitive and his detail oriented traits remained with him always and were perfect for his career as a surveyor.

Mike came to Kootenay Bay in 1948 at the age of 9, when his father Ivan started working at the Bluebell Mine. Mike grew up in Kootenay Bay and left to see the world when he was 19. He lived in Toronto, Ontario; Ucluelet, BC; Wells BC; Sydney, Australia; Hendrix Lake, BC; Mt. Isa, Australia. In 1964, when he landed in Australia, he found Pam. They married in Sydney in 1965, and moved to Mt. Isa where Mike worked as a underground mine surveyor for Mt. Isa Mines for 25 years.

They raised their children Adam and Natalie in Mt. Isa and in 1979, the family came back to Canada for two years. Mike worked at the molybdenum mine in Hendrix Lake BC. They settled into that small community and enjoyed all that the snow and cold climate could offer. But soon, Australia looked good again so back they went for 10 more years. Mike and Pam moved back to Kootenay Bay for good in 1992 and built their dream home, planted gardens, found great friends and settled in and enjoyed their lives together. They travelled back to Australia to visit family and kept in touch with their good friends there.

Mike was an inspiration to his family and friends. If anyone ever needed a helping hand, Mike was always there. He steadily worked at improving his property and loved his life here. He impressed all his adoring little great-nieces and great-nephews with his riddles and quick wit. They all loved him so much and were so grateful to have such a special uncle in their lives. Who else could have taught them all about bush lollies and the missing dollar? Not everyone is lucky enough to know someone as special and unique as Mike and we all felt so lucky to have him in our lives.

Mike was predeceased by his twin brother Brian (1943), his parents Hazel (1989) and Ivan (2005), his dear Pam (2005), and his sister-in-law Jean Randall (2009). He is survived by his loving children in Australia, Adam and Natalie (Paul), and his grandson Bradley. His devoted brothers, Terry, Dennis (Sheila), John and Mark Randall. He also leaves behind many heartbroken nieces, nephews, and good friends in Canada, USA, and Australia.

In memory of Mike, help out a friend, catch a fish, enjoy a cold drink on a hot day, or plant some dahlias.

*Through seventy one years of perpetual motion
If he likes you he'll smile and he'll say
Some of it's magic, some of it's tragic
But I had a good life all the way*

Notice of Passing

In Loving Memory

Willi Hugo Bohmke



Born July 8, 1914, our Willi, Dad and Opa passed over to the realm of the stars April 4, 2011 with his loving family by his side. He left behind his treasured and devoted wife, Adele, of 69 years, his sister Helga and his cherished children Heide Simpson (Mark), Ernie Bohmke (Kerry Reilly) and Sonja Leishman (Robert). He will be remembered fondly by his precious grandchildren Mark (Donna), Daniel (Barbara), Natasha (James), Jeremy (Cheryl), John (Kate), Matthew (Veronica), William and Jamie as well as great grandchildren Courtney, Alaina, Bruce, Sarah, Jayden, Julia and Connor, in addition to many other friends and relatives all over the globe.

Love Never Dies - Auf Wiedersehen.

*While I must leave you
for a little while.
Please do not grieve
and shed wild tears
or hug your sorrow
to you through the years.
But start out bravely
with a gallant smile;
And for my sake and in
My name
live on and do all things
the same.
Feed not your loneliness
on empty days,
But fill each waking hour
In useful ways.
Reach out your hand
in comfort and in cheer,
And I in turn will comfort you
and hold you near;
And never, never be afraid to die,
For I am waiting
for you in the sky!
Prosit!
-John E. Moore*

The Fitness Place




Hours:

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

Mon - Thurs: 6 pm - 8 pm

Sat: 8:30 - 10:30 am

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





Notice of Passing

C.J. (Jim) Poch

July 2, 1945 - April 24, 2011

Jim passed after a short battle with lung cancer. He was predeceased by his parents. He leaves his wife Catherine (Cathy), sons Louis (Anna), Jim (Angela), Brian (Corilee), six grandchildren Katherine, Louis James, Adam, Jordan, Jordie and Adison, brother Richard (Dick) and sister-in-law Arlene as well as several nieces and nephews.

He was born in Fernie where he received his schooling and started a lifelong love of fishing and hunting. He moved to Trail in the mid 1960's to work at Cominco, staying there until 1972 when he moved to Riondel and started working for West Kootenay Power. Raising a family in Riondel expanded Jim's horizons when he became involved in the community as a member of the Commission of Management, the Fire Department (he became Fire Chief), the Recreation Club (one of the instigators of Riondel Daze), curling and driving the ambulance filled any spare time. Jim became a life-long member of AA in 1970 and, with other members, started an annual Father's Day Camp-out at the Riondel Beach Campground. Fishing was a passion that he shared with family and close friends and he was never happier than when someone else caught the elusive twenty-pounder.

Moving to Crawford Bay in 1987, Jim, with the help of the boys, started to live his dream of having a farm. He worked up from apprentice-lineman to District Supervisor before he retired in 1996.

Grandchildren, gardening, farming and fishing filled his days. He was proud to produce good wholesome foods that impressed locals and even world-travelers. A couple from Africa loved his squash. He enjoyed sharing his gardening tips, techniques and lore with all who asked. His proudest accomplishments were his boys who he watched grow into men with families of their own.

The family would like to thank Drs. Malpass and Moulson and the chemo nurses of the third floor at KLH and Kelowna General for their excellent care of Jim during his illness.

A celebration of Jim's life was held at the Crawford Bay Hall on May 14 at 2pm. In lieu of flowers, donations may be made to the Cancer Society in Jim's memory.

ARTY/SPORTY SUMMER DAY CAMP 2011

...will be happening on the East Shore, from July 18 to July 29, 2011. That's 2 fun-filled weeks with two wacky Jackie's! (But one of them must not be called 'Jackie' - you know it!). We'll be playing hockey, tennis, soccer, dodge ball, basketball, Frisbee/ultimate, rope-skipping, water sports, ... doing treasure hunts, obstacle courses, theatre sports, story-telling, creative-writing, yoga, fashion-shows, beading, a nickle market, face-painting, papier maché, ... making paintings, drawings, mobiles, mandalas, bird-feeders, gardens, ... and a whole lotta constructive creative marvelous mayhem! This 10am - 3pm Monday to Friday event costs just \$20 per day (subsidiy inquiries welcome), including all of your materials and equipment, and a few snacks too. Bring a lunch, water/sun-gear, and a thirst for summertime hilarity. We have been given many awesome donations to make this year's day camp a huge success (but we can always use more!), and we welcome all kids from the age of 4 to 12+ to attend (we are hiring an extra helper to attend to the special needs of our littler friends, so that everyone is having a blast). The time to register is upon us: call Jackie @505-8143 or Jacqueline @ 227-6803.

Willi Bohmke

by Tom Lymbery

Willi had a most interesting life. Raised in the aftermath of World War I, he had a farm upbringing, with rabbit hunting rights on neighbouring farms using ferrets and nets.

At the age of thirteen, Willi was apprenticed to an uncle who was the captain of a sailing schooner, to sail before the mast. It was during the days when sail - propelled ships could transport cargos to compete with steam powered vessels. He landed in New York in 1929 and spent several years at sea, even going around Cape Horn. (Even with the extra weeks needed, this was more economical than the expense of the Panama Canal.) The ship was wrecked in the Bay of Biscay off the coast of Spain in 1932, but all aboard were saved because the cargo was cork - that super flotation which kept them all afloat.



The Heidelberg Inn, shown here c. 1970 - 71, was a Boswell restaurant and motel landmark operated at the time by Mark and Heidi Simpson. Postcard courtesy of Heide Simpson

On his return to Germany Willi was re-apprenticed as a carpenter, specializing in timber framing and stair construction. Thus he was able to advise and help Gerry Abele when Gerry undertook the design and fabrication of the timber frame Gray Creek Store in 1978. In the 1939 - 45 war Willi became a paratrooper, serving mostly on the Russian front. When he was captured by U S troops, the tattoos he had from the time he was a fifteen-year-old sailor helped to save him, as they included a US flag.

After the war Willi wanted to get his family to a place of no war. He was accepted in Australia, but the papers were lost. However the papers for Canada were valid, so the Bohmke family arrived in 1954. After five years in the greater Vancouver area, he brought the family to Boswell in 1959. Here they stayed first on the lower floor of the Welcome Inn. This motel was a reconstruction of the Boswell Farmers' Institute fruit -packing building, where the boat ramp is today. He worked for some time for the Department of Highways on local road maintenance, with Bill Thompson as foreman, Johnny Oliver, Frank Cummings and others.

After working on construction projects such as the Skookumchuck pulp mill, he built the Heidelberg Inn restaurant and motel at Boswell in 1965. He purchased District Lot 890 from Alex Mackie, who had bought this as part of the Earl Grey estate. The 890 was one of the earlier district lots on the lake and includes Banana Bay, a landlocked pond that has been used for swimming and for skating.

Along with Dr. Marcus Bach, Willi was very concerned when Boswell planned to tear down the log Memorial Hall which had been built to commemorate those who served their country in the 1914 -18 World War. Willi offered to donate land with a level parking lot and timber to build a new hall, but his offer was not accepted, so he chose not to attend what he called "the Culvert". Willi is survived by his wife Adele of 70 years, his sister Helga, daughters Heide Simpson (Mark), Sonya Leishman (Bob), and son Ernie (Kerry).

Special thanks to Heide for the early postcard of the Heidelberg Inn.

Herbert John (Bert) Learmonth

May 26, 1934 - May 1, 2011

by Tom Lymbery

With Bert's passing at the age of 85 we lose a model builder, - one who was known for his meticulous models of all the sternwheelers that operated on Kootenay Lake, as well as buses built by his father John Learmonth, and ferries such as the MV Anscomb. Bert brought his models to Gray Creek Museum Days many times. One of his displays was his model of the SS Nasookin with the daily Greyhound carefully balanced across the bow alongside the Gray Creek Wharf. Because his Nasookin was designed with a battery - operated motor to propel its paddlewheel through the water, Bert held the bus model in place with a magnet. And that wooden replica #36 Greyhound bus is so smooth that it might have been made of plastic.

Bert made his models from a weeping willow cut at his lifelong home at Willow Point on the North Shore. He found willow wood to be the best for the extremely accurate curves and shapes of the boats. The detail of Bert's reproductions of the steam - propelled sternwheelers is truly amazing, both inside and out - the curving staircases, dishes on the tables in the dining room, as well as flags on the masts, and golden balls on the hog posts. Bert's research made sure that everything is exactly to scale. He also detailed the changes that the CPR made to the SS Moyie during her 57 year service on our lake.

Bert's other Nasookin reproduced the original sternwheeler when she made her daily return trips between Nelson and Kootenay Landing from 1914 to 1931. As this was the connection between the CPR Crowsnest Pass railway line and the Kettle Valley line west to Vancouver, the Nasookin had a full deck of cabins. This deck was removed in order to allow a safer turn around Cape Horn for the Gray Creek / Balfour ferry trip when the BC government bought the ship from the CPR.

Bert's father John had worked on the Nasookin before 1921. That was when John Learmonth started his bus line that became Central Canadian Greyhound in 1929, - today's Greyhound Canada. For the 75th anniversary of Greyhound Canada, Bert made the front of a Courier 500 bus with the header reading "Nelson". He set this up in the Nelson Depot so that we could look through the windshield at his models of his father's early buses. John built his first bus to serve Willow Point to Nelson, and his routes expanded further as the roads became somewhat more passable. Frustrated because two Greyhound corporate histories barely acknowledge John's having originated Greyhound in Canada, Bert produced his own booklet to record this fabulous story.

Bert spent two years overseas with the Canadian Navy during the 1939 - 45 war, serving as helmsman on a frigate. He was heavily involved with Boy Scouts, and enjoyed playing drums with the Nelson City Band.

Born in Willow Point, passed away in Willow Point, Bert is survived by his wife Mary of 60 years, who painted backdrops for his models, his sons Vic and Bob and daughter Suzanne, sisters Marge and Marion, and many grandchildren and great grandchildren.



Celebration of Life

Richard (Dick) Prest

Louise Prest and family would like to invite you to a celebration of life memorial service for Richard (Dick) Prest on Saturday, July 9, 2011 at 2pm at the Crawford Bay Hall. Bring your favourite stories. Coffee, tea and luncheon to follow.

Remembrance Garden

by Wendy Scott

June has arrived with summer-time days for wandering through your town. Here's a list of names you can spot now in the garden.

- Dr. M. Frances Savory and Ben Gough Azmier
- Maurice and André Bellanger
- Jane Seifrit
- Edith and Ray Nelson
- Muriel and Vic Gendron
- Ernest and Nancy Derbyshire
- Ted and Marjorie Powney
- Betty Banks
- Mildred Noden and her husband, Goeff
- Jean Seifrit and her husband, Ben
- Mary Bennett and her husband, Stu
- Jack Crowe
- Hilda Langefeld
- Dorothy Ann Burgess
- Gaston Huchet,
- Diana Crabtree
- Rosie Germann
- Al Loeppky
- James Robert Oliver
- Jean Stewart
- E. June McClure & I. Hunter McClure
- Margarete Weeden
- Eyrte Hallstrom & Eric Hallstrom
- Denis Fowler
- Judy Bourden
- Randy Dortman
- John Dortman & Caroline Dortman
- Irene Fichten
- Irene Elizabeth Sarver
- Fran Turner
- Thomas Gendron
- Gladys Woolloff
- Ernie LeRoy Sarver
- Mary and Charlie Low

Contacts for plaques: wmescott@gmail.com.
For shrubs: mcrowe@bluebell.ca

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Answers from the Physio

by Anna Rose, Physiotherapist

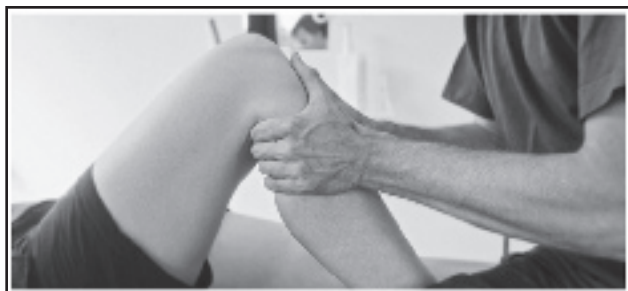
Q. How is physio involved when someone has a major joint replaced?

A. Physio can be helpful prior to surgery and is standard procedure afterwards. Without physio, you would most likely not get a satisfactory result, in terms of strength, range of motion and function.

What the surgeon can do

The surgeon can take away the pain of severe osteoarthritis in hips, knees, and shoulders by replacing one or both of the bony surfaces making the joint, as required. The periosteum, or outer coat of the bone, is rich in nerve endings that tell you when the natural cushioning of cartilage has been eroded by heavy use or perhaps hereditary factors. The prostheses (replacement parts) don't have nerve endings to give you pain messages. There will be a different, temporary pain from the surrounding tissues due to the surgery, but The Pain will have gone.

The surgeon may be able to use the opportunity of a joint replacement to correct some types of joint deformity, for example at the knee. Uneven stresses may cause the inner or outer side of the knee joint to wear more than the other side, creating a varus (bow-legged), or valgus (knock-kneed) alignment that causes additional pain from strained ligaments and neighbouring joints.



What you can do

Only you can strengthen the muscles around a joint. Sometimes, muscle strengthening can begin before the surgery to shorten the recovery time afterwards. Immediate post-op exercises are gentle, to allow you to re-establish control over muscles, and enhance circulation and healing. Gradually, exercises become more challenging to help you regain strength you may not have had for years, due to the pain that prevented you from using your leg or arm normally.

Movement is so important in knee joint replacement that while you are still in the hospital, your surgeon may order the use of a contraption called a Continuous Passive Motion Machine. Once you are home, you won't have that – it will be up to you to do your range of motion exercises.

Due to the different configuration of the hip joint, you don't have to struggle as much to regain range of motion after a hip replacement. In fact, you will have to limit certain motions for at least three months. There are, however, two groups of muscles that often need stretching. After a shoulder replacement, the surgeon's orders about which directions you can start to move your arm and when are very, very specific.

Regaining important functional abilities is a process most people can relate to more than strength and range exercises. What motivates you may be walking without a cane, golfing, biking, being able to reach cupboards or even your own head to wash your hair,

or any of numerous other activities of work, recreation or basic self-care. Again, these won't come back to you without working up to them.

What the physio can do

The physiotherapist can assess you in the months before your surgery to determine if you would benefit from pre-op exercises. The physio can also answer questions you may have about what you will be able to do after the surgery. In the hospital, it will be a physio who will start you on an exercise routine, which will be checked and progressed by the physio in your community as soon as possible after you return home. If it is your knee or your hip that has been replaced, the physio will guide you through the progression from walker or crutches to cane to normal gait. He or she will also advise you on taking care of your recovering limb through the use of support, cold, heat, scar massage, etc. How long you need to go to physio will be determined by many factors including which joint you had replaced (shoulders require the longest course of physio), how active you were before the surgery, how fast your body heals, and how well you follow your home program.

The surgeon will do his or her best in the surgery, and will give a protocol for the physio to follow when progressing your exercises. You are the one who will do the most work, in your pre and post-op exercises and in your mindfulness as you gradually increase your activity. The physio is like your coach – observing, instructing, encouraging.



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Anna Rose BScPT

East Shore Physiotherapy

Health Center, Crawford Bay
(250) 227-9155

ARTY/SPORTY SUMMER DAY CAMP 2011

...will be happening on the East Shore, from July 18 to July 29, 2011. That's 2 fun-filled weeks with two wacky Jackie's! (But one of them must not be called 'Jackie' - you know it!). We'll be playing hockey, tennis, soccer, dodge ball, basketball, Frisbee/ultimate, rope-skipping, water sports, ... doing treasure hunts, obstacle courses, theatre sports, story-telling, creative-writing, yoga, fashion -shows, beading, a nickle market, face-painting, papier maché, ... making paintings, drawings, mobiles, mandalas, bird-feeders, gardens, ... and a whole lotta constructive creative marvelous may-hem! This 10am - 3pm Monday to Friday event costs just \$20 per day (subsidy inquiries welcome), including all of your materials and equipment, and a few snacks too. Bring a lunch, water/sun-gear, and a thirst for summertime hilarity. We have been given many awesome donations to make this year's day camp a huge success (but we can always use more!), and we welcome all kids from the age of 4 to 12+ to attend (we are hiring an extra helper to attend to the special needs of our littler friends, so that everyone is having a blast). The time to register is upon us: call Jackie @505-8143 or Jacqueline @ 227-6803.

Rabies Risk Increases In Summer

NEWS RELEASE by IHA

The holidays mean more people will be outside enjoying the weather and opening summer cabins. This can mean an increased risk of contact with bats, the primary carrier of the rabies virus in B.C.

Bats can fly into poorly sealed cabins and homes, or roost in attic spaces. Between four and eight per cent of bats that come into contact with people, and are tested, are found to be positive for the rabies virus.

"If you come into contact with live or dead bats it is very important to avoid touching them," says Jennifer Jeyes, Communicable Disease Specialist with Interior Health. "And parents should remind their children not to play with or touch bats."

Last year, 23 people in the region were treated for potential exposure to rabies. Treatment, involving a two week long period of vaccinations, is most effective when administered as soon as possible after exposure. Without treatment to prevent its onset, rabies is almost always fatal.

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

"Anyone who has handled a bat should contact their Public Health Unit or their physician right away," says Jeyes. "Because bats have tiny sharp teeth and claws their scratches or bites are not always visible and in some cases it can take weeks or even months for symptoms to appear. Early treatment is essential in preventing the disease from progressing - it's very important to get checked out as soon as possible."

Interior Health offers these tips to protect yourself:

Prevention:

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

If you have been exposed:

- Thoroughly wash any bite wounds with soap and water.
- Contact your local Public Health Unit or family doctor immediately.
- Safely contain the bat to prevent others from being exposed. Keep the bat in a safe location until Public Health can arrange to pick it up and test it for rabies.

When traveling abroad:

- Be aware of the risk of rabies in the country you are visiting.
- If you were bitten by an animal and started on the rabies vaccine, keep all documentation you were provided. It will need to be reviewed by Public Health when you return home.
- Note the type of clinic or hospital you visited. This information will be used by Public Health to determine if you received the same standard of protection that you would have received at home.

For more information:

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

SWITCH Success

MEDIA RELEASE – NDCU flips the SWITCH with success

Nelson, BC - Nelson & District Credit Union (NDCU) is pleased to announce that it successfully completed SWITCH, its banking system upgrade to the new Acumen™ core banking solution from Fiserv Solutions of Canada.

Nelson & District Credit Union's legacy banking system was over a decade old, and to keep pace with changing technology and an evolving financial services industry, the Credit Union made the decision in late 2009 to start the process of upgrading to Acumen™, a next-generation banking system.

Members experienced branch and electronic service interruptions during SWITCH when the Credit Union was closed from Saturday, April 30 to Tuesday, May 3, 2011. The organization's three branches reopened as planned, and members were greeted by staff prepared to work with the new banking system.

Nelson & District Credit Union CEO, Doug Stoddart, is pleased with SWITCH's outcome and praises NDCU's staff for their commitment to this transition. "This was a massive undertaking for us, with planning taking over one year. Our staff and board have been committed to making this upgrade a success. In order to minimize member impact, the entire organization wanted to ensure a positive transition process," explains Stoddart, "Our tagline was „Evaluate, Educate, Innovate. The Credit Union staff kept these points in mind throughout the upgrade process to ensure a positive outcome."

"We are asking members to be patient in the few weeks following the upgrade as staff members become more comfortable on the new system," Stoddart adds. "We appreciate your understanding."

"This SWITCH towards a next-generation banking system complements the principles of NDCU by contributing to an environment of learning and providing innovative tools, products, and services to support staff and members," states Information Technology Manager Alan Danks. "This is another great accomplishment for our community credit union."

Since 1950, Nelson & District Credit Union has grown over the years from a modest beginning to a robust community-based financial co-operative. After the first year of operations, the cash-box had a net profit of \$21.77. Fast forward to 2011 and NDCU manages over \$162 million in assets and three branches in Nelson, Rossland and the East Shore. For more, visit www.nelsoncu.com.

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Spring High Water Information

press release by RDCK

With an above average to high snow pack this year in our region increasing the possibility of spring flooding, the Regional District of Central Kootenay is urging everyone to take time now to become better informed and prepared.

Public safety begins at home, and individual preparedness can greatly reduce the potential impact of an emergency.

The district asks everyone to consider the following:

- Know the risks specific to your community.
- Develop a family emergency plan and practice it.
- Prepare an emergency kit for home and vehicle.

Property owners are responsible for protecting their land and property. To assist those property owners in potential flood areas, designated Fire Stations throughout the Regional District have sandbags only available for emergency use. If high water is threatening your property these materials can prove useful, but remember, your safety is more important than your belongings. Stay safe and prepare before an event occurs. If you have experienced high water encroaching your property in the past, you may expect that again this year.

An emergency can happen anytime and everyone needs to be prepared to manage on their own for at least 72 hours.

For more information on personal and family preparedness including details on proper sandbagging techniques, visit the Provincial Emergency Program web site www.pep.bc.ca. For Kootenay Lake Levels, visit <http://www.fortisbc.com/Electricity/CustomerService/KootenayLakeLevels>.

For information on river levels
<http://bcrcf.env.gov.bc.ca/warnings>.
For RDCK Public Notices please go to
<http://www.rdck.bc.ca/publicinfo/notices.html>.

**TO REPORT A FLOODING EMERGENCY CALL
1 800 663-3456**

For further information contact:
Alanna Garrett, Emergency Coordinator:
(250) 428-0299, Noreen Clayton, Emergency
Coordinator: (250) 352-8177 or Terry Warren,
Emergency Coordinator: (250) 265-0230

Flood Precautions:

excerpts from the Provincial
Emergency Program website:
www.pep.bc.ca

Before a Flood:

- Prepare a personal emergency kit for each family member including pets (plan for at least a 3 Day supply of water, food, medication, clothing, eye glasses etc).
- Store important papers, valuables and family mementos in water tight containers.
- Keep a digital file of important documents and photos of house and property for insurance purposes (jump drive that you can take with you).
- Be prepared to leave your home quickly.
- Watch for warning signs: increase in height and intensity of water flows, mudslides, debris in creeks, colour changes in water or leaning trees.
- Banks of rivers and streams may be unstable and dangerous (undercut).

- Consider alternate arrangements for your pets and livestock.
- Check on elderly or disabled neighbours to make sure they are aware.
- Check local media for information.

Rising waters threatening your property – if there is time :

- Bring in outdoor furniture
- Move essential items and hazardous materials such as cleaners and pesticides to an upper floor or away from the area
- Turn off utilities at the main switches or valves
- Unplug electrical items
- Prepare for the possibility to evacuate

If you must evacuate:

- Follow the instructions of local emergency officials
- Take your personal emergency kit and all important papers and documents with you.
- Ensure each family member has waterproof coat and footwear.
- Lock all doors and windows, double check that electricity, water and natural gas are shut off
- Take extra care when driving, familiar roads look different when flooded.
- DO NOT walk through moving water - less than 15 cm (6 inches) is enough to make you fall, go where the water is not moving and watch for tripping hazards.
- Do not drive into flooded areas - you and your vehicle can be quickly swept away.
- In the event of an evacuation, make sure you register at the ESS Reception Centre (evacuation centre) so we can account for all evacuees
- Check with local authorities for the "All Clear" before you return home; safety inspections may need to be completed.

Special Thanks

To the following people & sponsors who helped make our Gala Dinner a success!

IN THE KITCHEN:

- Farley Cursons
- Alanna Wilkins
- Raven
- Jayzee Slocum

SERVING:

- Sarah Wolfenberg
- Jennifer Irving
- Bryanna Salvialo

CLEAN UP CREW:

- Kelly Reeves
- Jacqueline Wedge

MUSIC:

- Selkirk Jazz Ensemble

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- Brenda @ Skimmerhorn Winery
- John & Staff @ Oso Negro
- Pete @ Save On Foods

And a special thanks to Farley Cursons and Jenn Irving for their tireless dedication to the lunch program, making it as great as it is! Endless thanks from your PAC community who know what you both do above and beyond the call of duty, every day...



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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.

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art and creativity. The introductory price is \$35 per day plus a fee for any materials used. Contact Ted at 250.225.3484.

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

Line Cook required at Kokanee Springs Golf Resort. Experience, planning and creativity are all strong assets. Staff accommodations available. Top wages and free golf. On the sunny side of the lake. Please fax resumes to (250) 227 9220 email: helderm@kokaneesprings.com or for more info call (250) 227 9393.

WANTED: Super Star Volunteers to help host Starbelly Jam Music Festival 2011. Express interest through www.starbellyjam.org (returning volunteers re-connect with coordinators). Areas in need = Security and Parking. For info: call 227-9330. Thanks East Shore, for all that you do! Starbelly Weekend is July 15,16,17 2011.

HOME/BUILDING

Wood Posts 4x4 and 4x5 various lengths for sale. 20ft. 2.5 w water pipes. End of building and clean up sale come down and have a look. Make an offer. 225-3492

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

Building Supplies you may not know we have: 9' rolls of Tyvek house wrap, Sill gaskets and more. Please ask our knowledgeable staff - Gray Creek Store

Rolls of Burlap - 36" wide by 24 feet long at \$10.95. Lots of uses for this handy material - Gray Creek Store
Hurricane Tape - Wow - this surely outdoes duct tape for tough jobs. Stong enough to tow a car! - 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

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

Ask Dan the difference between Jonsered/Husqvarna chain saws and those sold by Canadian Tire et al. Jonsered & Husky are just different colours of the same units, as Johnston / Evinrude outboards used to be - Gray Creek Store.

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

Fire Extinguisher and Smoke Alarm pkg \$49.95 - Gray Creek Store

Forstner Wood Bits by Irwin - now we have a full stock for carpenters - Gray Creek Store

Extension cords in all sizes, from \$2.95 to \$119.95 - Gray Creek Store

MISCELLANEOUS FOR SALE

Electric Toothbrush: if you use one you will wonder how you cleaned manually. 120 volt rechargeable \$23.95, and your

dentist will compliment you - Gray Creek Store

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

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

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

Recommended by your dentist: the Sulca Brush. Use in addition to your regular toothbrush.

This one exercises and cleans around the top of your teeth - Gray Creek Store

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

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

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

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

NOTICES

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

Best selection of fishing lures, rods, reels, nets, weights and down riggers on the eastern shore - Gray Creek Store.

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

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

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

RENTALS/REAL ESTATE

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

YARD & GARDEN

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

Cherry Worms can be frustrated if you use the special netting that will keep those flies from laying their eggs on sunny days in June - Gray Creek Store.

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

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

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

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

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

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

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

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

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

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

100 Mile Seeds - Laird Creek Seeds grown in Balfour - Gray Creek Store

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

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

Grip O Log Splitter - no hydraulics to freeze or leak, Honda powered, two second cycle time, uses the effort of two flywheels, was \$3400 now \$2995 - 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 Riondel Seniors Association AGM and Potluck Luncheon will be held on Feb 8th at 12:00 in the Seniors room at the Riondel Community Centre.

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

EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

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

PHYSICIAN COVERAGE FOR June 2011

June 1, Weds: Dr Moulson
June 2, Thurs: Dr Grymonpre
June 7, Tues: Dr Grymonpre
June 8, Weds: Dr Moulson
June 9, Thurs: Dr Grymonpre
June 14, Tues: Dr Grymonpre
June 15, Weds: Dr Moulson
June 16, Thurs: Dr Lee
June 21, Tues: Dr Grymonpre
June 22, Weds: Dr Moulson
June 23, Thurs: Dr Lee
June 28, Tues: Dr Grymonpre
June 29, Weds: Dr Walker
June 30, Thurs: Dr. Lee

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

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

BOSWELL HALL GOINGS-ON

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

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

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

4. Boswell Hiking Group Boswell Hiking Schedule for June is as follows. June 1: Williams Falls, June 8: Lady-slipper Trail, June 15: Cactus Walk, June 22: Six Mile/Pulpit Rock, June 29: Lockhart Trail. All interested hikers are welcome. Call Melody Farmer for additional information at 250-223-8443 or email Melody at melodick.farmer@gmail.com

5. Father's Day Breakfast at Boswell Hall on June 19 from 8:30 till 11:30. Drop in for a delicious meal of pancakes, eggs, bacon, sausage, hash browns, and fruit. Tickets available only at the door. Adults - \$8 and Children \$5.

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

TIPI CAMPS NEEDS AUCTIONABLE ITEMS

Silent Auction Fundraiser for Tipi Camp on June 19th needs your donations. Please contact Jacki at 250.505.8143 to set up collection or drop off of your quality, used furnishings, kitchenware, art, garden gnomes, chicken soup, home supplies/appliances, craft supplies, gift certificates, helicopter rides, family treasures, unicorns...

EASTSHORE COMMUNITY LIBRARY/READING CENTRE AGM

Announcement of the library's ANNUAL GENERAL MEETING
Saturday 18 June 2011
In the library at 10:00 AM
Everyone welcome.

AGM EAST SHORE HEALTH CARE & SUPPORT SERVICES SOCIETY AGM

Date: Thurs. June 23, 2011, Time: 7:00 PM, Place: Crawford Bay School: Community Room. Please bring your concerns and ideas for the future of the society. We need more board members and community participation.

SEND A KID TO CAMP

Tipi Camp Silent Auction Fundraiser!

Please donate quality new or used items for a fun filled silent auction. W.I.S.E. Camp, Teen Camp and the Young Adult Camp are looking for your support to subsidize participants who would otherwise not be able to attend. All \$ raise will go directly into the subsidy program. By donating items and or attending the silent auction, you are providing a kid with an amazing week at T.P. Camp. Silent Auction to be held on Saturday June 18th at Shprieland 12682 Hephher Rd. Boswell. Look for balloons. No vehicles up driveway please. If you need a ride or childcare please contact Jacki at 250.505.8143. We will accept credit cards. Auction 7-9:30 Stay and play afterwards. Groove the night away.

GOLDEN GRATITUDE

A golden wedding anniversary dinner for Jim and I was hosted by Helder, the staff and friends at Kokanee as well as Bill and Judith Branford. We were married April 19, 1961 while we were both serving in the Air Force at RCAF Station Greenwood, Nova Scotia. For our anniversary, many gifts were received from friends and family, as well as congratulatory certificates from David Johnson (Governor General of Canada), Stephen Harper (Prime Minister of Canada), The Honourable Steven L. Point, OBC (Lieutenant Governor of British Columbia), Christy Clark (Premier of B.C.), and Michelle Mungall, MLA. I said to Jim, "That is half a century"! He said, "My gosh we're old, and I am too old to train anyone else." Thank you everyone; it was a lovely gesture and made more memories for us.

*Jim and Hope Fortune,
Crawford Bay*

kis Kootenay Insurance Services Ltd.

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

Traveling This Year?



We have annual, single trip, family and senior's travel insurance policies that can go where you're going.

Our Hours:

Tuesday - Friday 9 am - 5 pm (closed 1 - 2 pm)
Saturday 8:30 - 12:30

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH JUNE SCHEDULE

June 5: Bill Gooding, Presbyterian, 11 am
June 12: Jean Daniels, United Church 11 am
June 19: Rev. Robin Ruder Celiz, Anglican, 3:00 pm,
June 26: Jeff Zak, Mennonite, 11 am
Special music every Sunday. Please check www.riondel.ca for changes. Info at 250-225-3381

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

For information call Christ Church Creston 428-4248
June 5 - 1:30 pm: Rev. Robin Ruder Celiz
July 7 - 1:30 pm: Rev. Robin Ruder Celiz

HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!
June 5: Please join us at St. Anselm's in Boswell (1:30pm)
June 12 - 11am Service
June 19 - 1 pm: Rev. Robin Ruder Celiz
June 26 - 11 am Service
For information call Karen Gilbert: 227-8914
or Sue Philp: 227- 9140
email: harrisonmemchurch@gmail.com

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore
Come & join us for a time of Praise, Worship & then the Word
Sunday Service 10am -11:30am
Youth Meetings (CBYG) weekly. Call for info.
Pastor Doug & Cheryl Middlebrook 250-227-9444/250-505-7659

TEMPLE OF DIVINE LIGHT

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

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

CHRISTIAN SCIENCE CHURCH SERVICES

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

*The East Shore Mainstreet
Creativity, Community, Conscience*

MEETING PLACES

EASTSHORE ALLIANCE SUPPORTING THE EARLY YEARS (EASEY)

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

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

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

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

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

PARENT ADVISORY COMMITTEE (PAC) Meetings held at 7 pm at the Crawford Bay School library on the second Monday of the month. **June meeting: June 13, 2011.**
Call Gina at 250.227.6896 to be put on the agenda...

June 2011 Mainstreet 23

Creativity, Community, Conscience

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Volleyball, 7pm, CBESS Dr. Moulson Lab 7:30-10:30	Yogo w/Lea, Boswell Hall Theatre Sports, Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	Women's Soccer, CB Park, 5:45 pm Bridge, Seniors room, Rio Comm Centre, 1pm	
5	6	7	8	9	10	11
Spa Days, Sacred Journey Bottle Depot, 10-2	Spa Days, Sacred Journey Yoga w/Lea, CC Building Youth Nights, Comm. Corner, 3:30 - 7:00	Homeopathic First Aid, 2pm, Family Place Dr. Grymonpre	ES Jazz Combo, Bob's NO VOLLEYBALL Dr. Moulson Lab 7:30-10:30	Yogo w/Lea, Boswell Hall Theatre Sports, Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	Women's Soccer, CB Park, 5:45 pm Bridge, Seniors room, Rio Comm Centre, 1pm Dr. Lee	KLEECA AGM, CBESS, 2-4pm
12	13	14	15	16	17	18
Nine & Dine, Bob's Bottle Depot, 10-2	PAC, CBESS Library, 7pm Yoga w/Lea, CC Building Youth Nights, Comm. Corner, 3:30 - 7:00	Lions Mtng, 7 pm Vet Clinic, CB Castle Dr. Grymonpre	Volleyball, 7pm, CBESS Dr. Moulson Lab 7:30-10:30	Yogo w/Lea, Boswell Hall Theatre Sports, Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Women's Soccer, CB Park, 5:45 pm Bridge, Seniors room, Rio Comm Centre, 1pm	Tipi Camp Silent Auction, Shprixieland CB Library AGM, 10 am
19	20	21	22	23	24	25
ArtWalk Grand Opening, Bob's Bar & Grill Father's Day Boccalino Wine Pairing Bottle Depot, 10-2	Starbelly Writing Competition Closes Yoga w/Lea, CC Building Youth Nights, Comm. Corner, 3:30 - 7:00	Chamber Meeting, CBESS, 7pm Dr. Grymonpre	Volleyball, 7pm, CBESS MAINSTREET DEADLINE Dr. Moulson, Lab 7:30-10:30	ES Health Soc AGM Yogo w/Lea, Boswell Hall Theatre Sports, Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Women's Soccer, CB Park, 5:45 pm Bridge, Seniors room, Rio Comm Centre, 1pm	Strawberry Social, 1-4, Yasodhara Ashram
26	27	28	29	30		
Nine & Dine, Bob's Open Tipi's & AGM Bottle Depot, 10-2	Yoga w/Lea, CC Building Youth Nights, Comm. Corner, 3:30 - 7:00	Lions Mtng, 7 pm Dr. Grymonpre	LAST DAY OF SCHOOL! Volleyball, 7pm, CBESS Dr. Walker Lab 7:30-10:30	Yogo w/Lea, Boswell Hall Theatre Sports, Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee		

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time -
Winter Schedule in effect until June 17, 2011

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

Summer schedule in effect June 17, when MV Balfour begins.

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

★ ★ ★ ★ ★
★ NEW - 2 - U ★

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
Hours: noon-3pm, Thurs-Sat
250-551-2820

12th ANNUAL
Starbelly Jam
 EAST SHORE MUSIC FESTIVAL

Win a pair of weekend passes!

Please send us a short story or poem in which you share your most memorable Starbelly moment or what you love about the festival by June 20. Please email your entries to: info@starbellyjam.org or mail to:
**Starbelly Jam, PO Box 15,
 Crawford Bay, BC V0B1E0**
 A jury will select our favourite entry. The winner will be announced in the July issue of *Mainstreet*.

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Transfer Station Hrs
 Crawford Bay:
 Sun, Tues & Thurs:
 9 am - 3 pm

Recycling
 Depot at
 Transfer
 Station

Boswell:
 Weds/Sat, 12-4

Library Hours:

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

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