

**\$2.38**  
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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

### 100 YEARS OF GRAY CREEK STORE!

#### INSIDE:

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

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

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Gray Creek Store is celebrating 100 years this June. Please join them on June 29th for their 100th Anniversary Free BBQ Party from 10-4 with in store specials and amazing door prizes! Be sure to be a part of it.

*Pictured here are owners and staff from the Gray Creek Store...*

Left - right, top: Dean Roberts, Debby Plishka, Seth Plishka, Dan Silakiewicz, Tom Lymbery, Dave Lymbery. Left - right, bottom: Liz Donnison, Marilyn Dragland, Kris Lymbery and Chandler Lymbery. Missing from the photo are: Christy Musil, Rose Yopek & Matt Winger.

Return  
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Agreement#: 40718537



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YOGA RETREAT & STUDY CENTRE

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Used Book Sale, Music,  
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# MS Issues

by Ingrid Baetzel

About a decade ago, a friend told me about a book called *Hold on to Your Kids*, written by Gordon Neufeld. At [www.neufeldinstitute.com](http://www.neufeldinstitute.com), it says this about the book: This book is about the pivotal importance of children's relationships to those responsible for them and the devastating impact in today's society of competing attachments with peers. However it is much more than a book on peer orientation: it is about parenting with relationship in mind. This book restores parents to their natural intuition, confronting such relationship devastating devices as time-outs and using what children care about against them. Offering effective strategies for preserving and restoring the child-to-parent relationship, this book provides refreshing natural alternatives to today's contrived methods of behaviour control. The content is relevant to parents of children of any age, from infants right through to adult children. Readers have commonly commented on how much hardship and confusion they could have avoided had this material been available to them right from the beginning.

At the time, I thought that it wasn't the right time to start reading non-fiction self-help or guidance-giving books for parenting. I was happy to just kind of plod my way through it, learning with my little ones as they learned. That worked well. I feel as though I have two well-adjusted and loving kids who are satisfied with their lives and their family setting, for the most part. I am proud of them both.

Times do change, however, and I see the rather painful and tell-tale beginnings of the teenage distancing that seems almost inevitable... just minutes from my door. There is a separation occurring and I know that it can be dreadfully painful and a shock to the dotting mama system. So, I'm trying to prepare for it.

I can hear some of my friends already laughing at how quaint the notion is that I think I can read a book, invest 20 minutes into research, and think I'm going to come out of teenage years unscathed. Don't worry – I'm not a total buffoon... only a moderate one. I know I will be scathed. I know that it's going to suck at times – in ways yet unfelt. I know (and it's because some of my dearest women friends have been telling me) that I don't know what I'm in for and that it is like being left in the cold, dropping down the list to bottom rank, losing that mama-little one unquestioned adoration.

So, forewarned is forearmed, right? I'll give it a go. I'll read this book and I'll open myself up to new ideas. I want to remain the centre of my children's world, but I know that isn't a likely possibility – not completely anyway. I will, however, in the meantime, see what I can do to keep their eyes and hearts with me and their dad and encourage as much communication and trust as I can. (Nothing like writing a column about someone to encourage trust, right? Don't worry, my kids don't read this column.)

I'm already learning things – just a handful of pages in, I'm heartened to read words that I've only felt, but not put voice to. "We blame ourselves for failing at the parenting task, or our children for being recalcitrant, or television for distracting them, or the school system for not being strict enough. When our impotence becomes unbearable we reach for simplistic, authoritarian formulas consistent with the do-it-yourself/quick-fix ethos of our era."

## LETTERS TO THE EDITOR

### REPLY TO HUGE POWER BILLS

To the Editor:

Why are power prices rising? As a student of the Selkirk College Renewable Energy Technology program, my learning is driven by questions like this.

David George and other readers may be interested in the work I'll be doing as an intern through Selkirk College with the support of Yasodhara Ashram this summer – the focus will be East Shore options for renewable energy generation, including solar photovoltaic, micro hydro, solar thermal and geothermal. These technologies could be opportunities to bring power bills down, or eliminate them all together, and begin producing your own clean, reliable energy.

I'll also be compiling information on energy conservation including how to make your home more energy efficient, and a history of power on the Eastshore. I'd be happy to hear from people who are interested in alternative energy, energy conservation or the local history of power. Please get in touch with me directly at [eva.snyder@hotmail.com](mailto:eva.snyder@hotmail.com).

Eva Snyder

### YOUR LIVING WILL IS NOT VALID

Dear Editor:

Riondel's Age-Friendly Community program, headed by Wendy Miller, took advantage of the information available from the Elder Abuse Prevention group based in Nelson. Thanks to the Riondel Seniors' Society, three well informed members of this group – all volunteers – came to Riondel with a presentation on the many new British Columbia government rules pertaining to the proper legal forms that must be completed now in order to assure that a person's wishes for their own medical and personal care are followed. This relates not only to hospitalization, but also how to make your wishes known when it comes to when and if you want intervention to prolong your

life. Information and details can be found at Nidus Personal Planning and Resource Centre [www.nidus.ca](http://www.nidus.ca)

The evening was sponsored by the Riondel Seniors' Society and many who attended were quite shocked to discover that the Living Will they had carefully created was no longer a valid – or legal – document.

I think the community at large should be aware of these changes as they affect everyone living in BC. A video of the presentation will be available soon on the Riondel website [www.riondel.ca](http://www.riondel.ca) and will be updated as necessary and all the pertinent legal forms are available at Riondel Community Library.

Wendy Scott, Riondel

Check out our new menu!

**New Key's Place**

250.227.6911

**ESIS AGM**

(East Shore Internet Society Annual General Meeting)

**June 25, 7pm**

**Gray Creek Hall**

All subscribers/members welcome.

So, I'm diving in – to this book, to this time that I know to be a changing one and also to the commitment to heartily and wholly make efforts to understand my children and their developing requirements. Ask me in a month or two if it made a difference. The book can be found in most libraries, through the school (Dan is ordering more copies), through most counseling offices and via Amazon. I've got it on my Kindle - \$17.

**The East Shore Mainstreet**  
KOOTENAY LAKE BC

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

**Copies every issue: 1000**  
The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in July 2013 issue items by:  
**Next Deadline: Wed, June 26, 2013**

*Subscribers: Did you know?*  
You can buy a one year digital subscription and get your newspaper online, nearly a week before it comes out in stores! Just go to [www.eshore.ca](http://www.eshore.ca) and click Subscribe! Then follow the steps to purchasing a digital subscription. A link will be sent to your inbox once a month and your fresh, new **Mainstreet** is a click away.

**SO YOU think you're funny?**



Announcing the **First Annual East Shore Comedy Contest!** The winner will get a **five-minute spot** at the **Kootenay Gut Buster Comedy Show** at the Crawford Bay Park on July 26, 2013.

Deadline for contestants June 20

- Contest date and venue will be announced in July **Mainstreet**.

Scared? Nervous? Don't be! We will coach you and make you funny!

**Contact Paul Hindson at Kokanee Chalets**  
or at 250-551-5005

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## RDCK Area "A" Update

by Garry Jackman, Director, Area "A"

### Community planning:

Your local government is tasked through provincial legislation to fulfill some aspects of governance within set guidelines. One of these tasks is the establishment and periodic updating of an Official Community Plan (OCP). The Local Government Act recommends an OCP be reviewed every five years. The northerly portion of Area A (Boswell through Riondel) had an OCP adopted more than five years ago. The southerly portion of Area A (Wynndel through Sirdar) had an official community plan developed in conjunction with electoral Areas B and C (which surround the Town of Creston) several years earlier. Over the past year, the OCP governing the Creston Valley has been reviewed and the directors for electoral Areas B and C have opted for separate community plans which left the southerly portion of Area A to be combined under a single OCP for all of Area A.

The greatest focus in the early months of the review were on Wynndel since it has not seen an OCP review for many years and the language from their outdated OCP was pretty well replaced by adapting the OCP established for the northern areas. Now the early reviews are complete and the plans have been consolidated it is time for public information sessions throughout Area A to seek input on the plan.

Meetings have been set at three community centers covering the whole of Area A. Residents are invited to attend any or all of the meetings. I will attend all along with your Advisory Planning Committee comprised of community volunteers and staff to respond to questions. The presentation will be the same at each meeting but the questions will no doubt vary to some degree. The meetings will all run from 6 pm to 8 pm. The first meeting is at the Wynndel Hall on June 10 followed by Gray Creek Hall on June 11 and Riondel Rec Centre on June 12. As I noted in some of my earlier articles, there have been some changes to land use designations in a few locations outside of Wynndel, but for the most part the changes to the plan are not major.

**"Hidden" taxes:** David George and I had quite a good conversation on taxation recently. He was enquiring about the reasons for raising the waste tipping fees at the transfer station. I will cover that in greater detail below, but on a more general note David did point out how much of a mystery the annual tax notice can be. I have tried to outline some of the changes in taxation each spring as we develop the RDCK budget but it is difficult to know how much detail is desired by the public in general. If an RDCK service applies to the entirety of Area A, the taxation on your notice for that service is rolled up with the taxes for all of the other services which are common to the entire area. Only when a tax item is for a defined boundary within Area A will you see it listed separately. Examples would be a local tax for a contribution service to support a community hall or recreation taxes for the portion of the area north of Cow Creek (Kusunook) versus those

to support the Creston Rec Complex.

I am provided the detailed breakdown for all of the services at budget time and have offered in the past to share the details. David is going to start a monthly column on taxes and fees (starting with this month) so I will send him some of the spread sheets and summaries for the budget along with a few years of historical data. Hopefully he will be able to dissect the information to produce some interesting observations. We also discussed the changes to the Fortis rates. As I have indicated before the model used by Fortis (developed by BC Hydro) to justify the rate restructuring through the BC Utilities Commission assumed that natural gas would be available to the "typical" residence when establishing the first tier for average household consumption. Of course we do not have access to natural gas north of Wynndel so the model is discriminatory. I have raised concerns during a meeting with the Fortis VP of Electrical Operations and in a subsequent discussion between Fortis and the RDCK Board. I will pass information on this topic to David as well so you can look forward to his additional analysis.

**Tipping fees:** The RDCK operates its waste management service (now referred to as resource recovery) under three subregions. Area A participates in the east subregion along with the Town of Creston and Areas B and C. The annual operations are funded through a combination of taxation (\$743,800 in 2013) and user fees (estimated at around \$600,000 for 2013). For the most part, garbage is produced by people, rather than property (you could argue that a working farm produces waste product by the acre, but we do not have very many large farms in Area A).

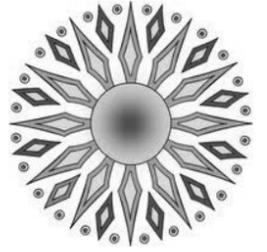
When we pay for the system, we carry more than our share through property taxes since the value of the tax base owned by the 2030 Area A residents is about the same as the tax base for the Town of Creston with a population of more than 5000 or electoral Area B with the same tax base and again a much higher population than Area A. Our extra share more than compensates for the added costs of operating the Boswell and Crawford Bay transfer stations. If we wanted to pay closer to a fair per capita share we would want to see the tipping fee increase more and the taxation decrease. This is exactly what has happened over the past few years.

Taxation in 2009 was \$864.2K, in 2010 it was \$758.4K and for the past three budgets it has remained constant at \$743.8K. During this time the tipping fee did not increase, but now it is the time for the increase from \$2.00 per bag to \$2.50. If you want to look at all of the figures and how several other factors have balanced out I will be happy to sit and have coffee with you and review the details. Bottom line is I take the exercise of balancing taxation and user fees along with service very seriously. Future years may bring a rise in taxation again, depending on a review of our obligations for landfill closure and monitoring along with numerous other factors. My overall assessment is we are steering in the right direction.

*If you have other questions or concerns please contact me by calling 250-223-8463 or e-mail gjackman@kootenay.com.*

**Next Deadline:  
June 26, 2013**

## A Solstice Celebration



Honour the coming of summer with traditional solstice fare  
*Chicken - grains - greens - bread*  
\$15 a plate

- Saturday, June 22, 5:30 p.m.
- Riondel Park & Campground
- Entertainment TBA

Call 225-3338 or 225-3268 for tickets

Check [www.campriondel.ca](http://www.campriondel.ca) for other events info:

- Third Annual Chili Cook-Off
- Summer craft camps
- Summer reading program
- Chess tournaments

Events made possible through Rec #9 grants.

List your Business/  
Community Service Organization

**FOR FREE!**

**Do you have a business on the East Shore or anywhere in Area A of this Regional District?  
Alternatively, are you part of a community service organization that wants more exposure and would like to be on a recognized and maintained directory?**

**Please visit one of the following sites over the next few weeks to see if you are already listed & whether the info is correct:**

- [www.eshore.ca](http://www.eshore.ca)-
- [www.cconnections.ca](http://www.cconnections.ca)-
- [www.kootenaylake.bc.ca](http://www.kootenaylake.bc.ca)-

**If you would like to be listed on this directory, please contact Community Connections at [skootenaylakeccs@gmail.com](mailto:skootenaylakeccs@gmail.com)**

# Grads on the Mainstreet

Welcome to this month's special feature "Word on the Mainstreet". Meet your three graduates of Crawford Bay Elementary/Secondary School. Congratulations, Grads of 2013!



**Danyell Annette Rosenbaum**

**Your time with Crawford Bay:** *I have been going to this school since Kindergarten. I have lived in Kootenay Bay all my life. During my time at CBESS I have seen many changes, from the old school to the new school.*

**Your plans:** *My plans for the future are to go into graphic art. Also, I would like to have an equestrian-related career or life, so I plan on expanding my riding and horsey knowledge.*

**Message/Quote:** *My message is to always have an open mind and be flexible. You never know what cards you will be dealt, and who will make an impression.*

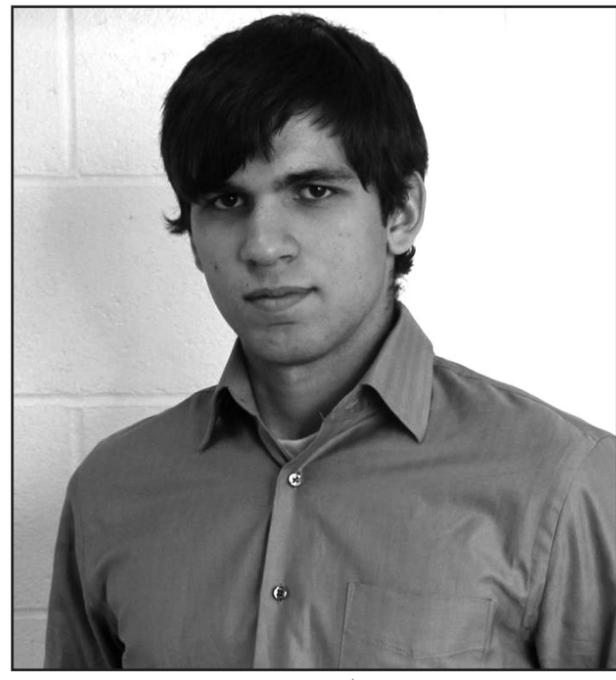


**Quinton Cole Wastrodowski**

**Your time with Crawford Bay:** *I have been going to this school for 13 years now, K to 12. For my entire school life I've had very nice teachers. The staff here is very nice. Over all, it's been quite an enjoyable 13 years.*

**Your plans:** *I have been strongly considering the Canadian military. Furthermore, I have interest in emergency services and a job as a conservation officer.*

**Message/Quote:** *Do not pray for easy lives. Pray to be stronger men. -JFK*



**Chris Artzogiou**

**Your time with Crawford Bay:** *I've been going to Crawford Bay School for three years; previously I went to various schools in Vancouver. In the end I took my last semester in Creston (for more courses).*

**Your plans:** *I'm planning on a post-secondary once the dust has settled; preferably with a January enrollment into computer programming. But if it takes longer than that, I don't mind. I'll take whatever time I need to prepare for post-secondary, since I want it to be meaningful, and I want to go in with a half decent portfolio. As a planned lifetime career, game programming definitely catches my eye. I've been a big fan of games my whole life, and artistic games have always been my favourite. Now what's better than playing an artistic game? Getting in there yourself and designing one.*

**Message/Quote:** *"Research is what I'm doing when I don't know what I'm doing." - Wernher von Braun*

## Horoscope for the Week: June 7, 2013

by Michael O'Connor

**Ed:** Watch in future issues for Michael's Tip of the Month and monthly horoscope. You asked for it, you got it!

**Tip of the week:** The first of two eclipse seasons officially ends tomorrow at the exact moment of the New Moon. It occurs in Gemini at 8:56 am PDT. Although the three eclipses are behind us, two lunar and a solar in between, do you think they left an impression? Like fish in water contending with new currents, the effects can be subtle especially when it is unclear what to look for or expect. But with a little bit of awareness we can notice and realize the activations that have taken place leaving their mark and influence forever more.

From a wider angle, 2013 is proving to be very eventful so far and this trend will escalate let alone continue. This first year of a whole new epoch, according to Mayan Cosmology is certainly living up to its forecast as a transformational one. As well, the Year of the Chinese Water Snake in which a shedding of old skins both individually and collectively is destined to occur should be quite evident by now. That the snake year tends to have a back and forth sort of wiggle and shake effect, producing a wavering sense of confidence and with considerable intensity all makes sense according to what I see occurring. How about you?

### Aries (Mar 21 – Apr 20)

The effects of this transformational time are evident to many and are most likely so to you. This will prove especially true over the next few weeks. Your energy levels stand to be running high and this is contributing to a punchy, rebellious and impulsive mood. The release valve to this high pressure system is to focus on your own change and avoid projecting on to others.

### Taurus (Apr 20 – May 21)

If you have not already made good of this extra expansive cycle that has been lingering since last year, now is your opportunity. You know that saying: "if you snooze you lose..." well take it as a hint. The creative potential of this time requires that you dig a little deeper and push a little harder, maybe even a lot of both. Carpe diem!

### Gemini (May 21 – Jun 21)

This New Moon in your sign should come as a welcome break. This is your heads-up to make the most of it and perhaps cover lost ground. The pace may have been frustrating over the past while in terms of progress. At best it has been a time of seeds and germination. Now the sprouts are coming through. Expect accelerated growth.

### Cancer (Jun 21 – Jul 22)

You are entering an extra delicate period. You may have to dip even deeper into your inner reservoir of faith. Prayer, meditation, retreat, more rest time, reaching out for support, exercising positive thoughts and spoken words and, perhaps above all keeping your imagination in check are all the types of answers that will prove valuable at this time.

## Astrology Continued...

### Leo (Jul 22 – Aug 23)

Change continues to snap and crackle in the air. Some of it is intentional and due to your own deliberate choices and actions while some of it may be taking you by surprise. The time is right to increase your scope of communications and extend your reach beyond familiar bounds. Diplomacy remains extra important and includes win/win negotiations.

### Virgo (Aug 23 – Sep 22)

Your public and professional spheres will be activated by this lunar cycle, in a big way. It is important that you be focused and disciplined and that you do your homework. This includes research, training, outreach and calculated risk taking. If you are not as sure of your direction as you would like, focus to determine what seems best and ask for guidance as necessary.

### Libra (Sep 22 – Oct 22)

Your energy levels have been rising and this trend will continue. This new cycle will present the opportunities and inspiration to break through inner and outer lines of resistance. The inner lines include potentially limiting beliefs, attitudes, perceptions and self-concepts. Intend to keep an open mind, listen more, talk less create a dynamic momentum.



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

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

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

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

or visit Community Connections office at Crawford Bay School, Weds. 1- 4

*Grant applications recommended to RDCK for approval at March, 2013 meeting:*

*Spring Forum - \$750*

*Medley Day Camp - \$3000*

*CBay Park Stage - \$10,000 conditional on receiving other funding*

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

**Approval/funding lag time 6 to 8 weeks**

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

<[http://www.rdck.bc.ca/corporate/grants/electoral\\_area\\_a\\_economic\\_development\\_grant.html](http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html)>

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

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**Getting to Know  
You**

**Mainstreet's Proust  
Questionnaire**

**Sarah Wensink**



**What is your idea of perfect happiness?**

My perfect happiness is summer. I love summer. I wish it was summer right now. In summer I am always happy. I love when it is sunny out and I'm sitting on the beach... When I'm being pulled behind the boat in our tube, screaming my head off with my friends, the wind in my face, whipping at my hair, falling into the lake and waiting there, bobbing up and down. It's the best!

**What talent would you most like to have?**

If I could have any talent or ability it would be the ability to fly like a bird. I have always liked the idea of just soaring in the sky or flying to school. I would be able to see things from a whole new perspective. I wouldn't have to take long boring car rides or airplane rides. I would fly myself. The best thing would be

that I would be able to eat clouds. "Well that isn't possible," they all say. I think anything is possible. Therefore, I would eat the clouds

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

I admire people who stand up for themselves and their opinions. People who come out and do things and make a difference and let their voice be heard. Everyone's opinion is important so don't just stand in someone else's shadow.

**If you could come back as a person or thing, what or who would it be?**

As you already know I want to be able to fly. If I was to come back as someone or something else I would want to be a bird. I can picture myself as a bald eagle soaring way up in the sky (eating the clouds) and everyone in America worshipping me.

**Who is your hero in real life?**

I don't really have a hero but who ever gave women the right to vote in Canada should come back and give teens the right to vote. Then maybe the Liberals wouldn't have won.

**What is your most treasured possession?**

My teddy bear. I probably sound like a five year old, but it is true. Everything else (my iPod for example) is replaceable, but my teddy isn't. I have had him ever since I stole him from my grandma. (Now I probably sound like a criminal but I was only little.) Anyhow, his name is Pudgy and he is very fluffy. Not fat, fluffy.

**What is your greatest triumph?**

I don't know what my greatest triumph was but I know of something that must have made me feel pretty triumphant. When I was in kindergarten, I participated in a triathlon. We had to swim one length of the pool and 800 meters on a bike and run 250 meters. At the end, I got a little medal that I brought into school for show and tell the next day

**What is your favourite band? Movie? Book?**

This is tricky. I like lots of different types of music but my favourite band is probably One Direction, Taylor Swift, or Green Day. My favourite book changes about every time I read a new book. Right now I am enjoying *That Summer* by Sarah Dessen. I'm not really a movie person but I'm going to have to say that my favourite movie is any animated Disney movie, Especially Winnie the Pooh.

**If you could have a day with anyone, living or dead, who would it be?**

Probably Walt Disney. I would help him create a new cartoon character named Grandpa Mouse and he would be Mickey's grandpa.

**Check out our new menu!**



**Astrology Continued...**

**Scorpio (Oct 22 – Nov 21)**

A deep theme called 'the dual desires of the soul' is not only a core life theme, it is very active now. It implies the process of deciphering whether it is better to move away from or towards the source. Both have their time and place. Moving towards source is deeper and more serious yet can prove very empowering while moving away is more, well... out there. Your call!

**Sagittarius (Nov 21 – Dec 21)**

A good deal of stimulating events and activity on relationship fronts should be keeping you busy now and over the coming weeks. This is likely to be an expansive and opportune time. This cycle began last year actually and now is coming to yet another peak. Yet, it is important that you are willing and actively letting go of and in fact clearing the old to make way for the new.

**Capricorn (Dec 21 – Jan 19)**

You have entered an important cycle calling for improvement. This can apply to a variety of fronts yet is most likely to be needed in the overall quality of your lifestyle. By extension it is your daily rhythm and routine that require your attention and this includes

**Astrology Continued...**

your work or job. Fortunately, this is an extra creative cycle. Be willing to give a lot to receive.

**Aquarius (Jan 19 – Feb 19)**

If you feel due for some added playtime in your life, get excited because the opportunity for some has arrived. The season and the stars both are in alignment for fun. This inspirational wave can also be used for more serious creative self-expression. Yet, for balance at least some measures of social activity and cultural stimulation will provide the seasoning in the mix.

**Pisces (Feb 19 – Mar 20)**

The creative focus and potential of this cycle will be evident close to home. However, since home is where your heart is, literally, it could produce an urge to reach out and cover new ground as well. Your ambitions should be on the steady rise as well so you will feel moved to be productive. If you can, focus on the home front first.

**Michael O'Connor: [www.sunstarastronomy.com](http://www.sunstarastronomy.com)  
[sunstarastronomy@gmail.com](mailto:sunstarastronomy@gmail.com)  
1.888.352.2936**

**\*Affirmation\*Inspiration\*Vision\* Strategy\***



**Astrologer  
Michael O'Connor  
Coming to the  
East Shore**

**~offering in-person readings~**

**1 hr - \$100, 90 min - \$140, 120 min - \$175**

Barefoot Handweaving in Crawford Bay

**Also... Visual Presentation:**

**"What in the Stars is Happening on Earth"**

Crawford Bay School - 16159 Walkley Rd - \$10

(Discounted if you book a reading)

**Call Michael to reserve appointment**

**[www.sunstarastronomy.com](http://www.sunstarastronomy.com)  
[sunstarastronomy@gmail.com](mailto:sunstarastronomy@gmail.com)**

**250.352.6871**



## Hidden Taxes

by David George

Welcome to the wonderful world of Hidden (and some not so hidden) Taxes. This column will likely appear monthly, and will try to explain some of the whys and wherefores of the taxes we pay for the privilege of living here in the beautiful Kootenays in the south-east corner of beautiful British Columbia.

It suggested itself to me after I wrote the letter to the May *Mainstreet* about the electric rate shock most of us have suffered recently. More on electric rates soon.

With the demise (finally!) of the hated HST, you may have noticed that there is less tax on a few things. There is now only GST at 5% on children's clothing, bicycles, postage stamps, and restaurant meals. So do some taxes go away and others always go up?

If you own property in BC you will be receiving a Rural Property Tax Notice, with quite a few categories of tax shown. The largest item on it will be school tax, under Provincial Services. There is a combined Northern and Rural Grant which reduces school tax somewhat if you are eligible for the Homeowner Grant.

There is also the Provincial rural tax, and a police tax.

Under Local Services, are the hospital tax, assessment tax, Crawford Bay beach, hall (and park), Kootenay west transit (the bus from Balfour to Nelson and now Trail), Rec 9, and a large item called Area 'A' Central Kootenay Regional District, to give it the unabbreviated name. That item contains a bundle of Hidden Taxes. In a future column I will give an unbundled explanation of this item.

Included there is the tax we pay to have the recycling container system, and the transfer station system in Crawford Bay and Boswell and the Creston landfill.

If you have been to what we used to call the dump since May 1, you will have noticed that the user fees went up somewhat, with the first two garbage bags now \$2.50 each instead of \$2, and a cubic metre, (which is in fact a bit more than 30 percent larger than our old Imperial cubic yard), costing \$18, up from \$15.

These may seem excessively inflationary increases, but remember that the user fees had remained the same for years, and these increases will reduce the likelihood of steep increases in the Hidden Tax for these services.

Our Area A representative Garry Jackman is very willing to discuss Area A fees and taxes. Email gjackman@kootenay.com or phone him at 250-223-8463.

**Next Deadline:  
June 26, 2013**

### Community Futures is Your Small Business Expert

Community Futures offers business loans, business management workshops, business library and more. Unemployed? Ask about the self-employment program.

- Need assistance with your business?
- Have a business idea to explore?
- Need a business loan?

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



Growing communities one idea at a time.

## Yasodhara Ashram's 18th Annual Strawberry Social

submitted by Anna Di Pede

Kick off summer with fresh strawberries and cream at Yasodhara Ashram's annual Strawberry Social on Saturday, June 22, from 1 to 4 pm. This community gathering is now in its 18th year!

Join friends and neighbours, hear the upbeat rhythms of The Many Bays Band, and pick up great bargains at the used book sale. Proceeds from the book sale will go to the East Shore Ambulance Auxiliary. Wander the grounds, visit the Temple and take a look at the Ashram's new mobile hoop house and lavender garden. Check out the big top tent in the kidzone for fun and face painting.

The Ashram celebrates its 50th Anniversary this year and the Strawberry Social is an opportunity to celebrate together. Everyone is welcome!

Many thanks to Columbia Basin Trust for their support. For more information on the Strawberry Social, contact Yasodhara Ashram at 250-227-9224 or yasodhara.org.

### New Wing Flavours:

- Pineapple Curry
- Butter Chicken (Thai)

**New Key's Place**  
250.227.6911

## THE HISTORIC GRAY CREEK STORE

—EST. 1913—

Serving the Kootenays

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**TAKING ORDERS FOR "TOM'S GRAY CREEK - A KOOTENAY MEMOIR"**

## Celebrating 100 Years of Community Service

### 100th Anniversary Party - Free BBQ!

Saturday, June 29, 10am - 4pm

**\*\*In-Store Specials & Door Prizes\*\***

### 100TH SUPER SALES!

- **ENVIRO 1200 & 1700 - Save up to \$460**
- **SAVE** the tax on RSF Fireplaces & ICC Chimney
- **ALL** Jotul Stoves - 15% off!
- **ENVIRO** Mini Pellet Stoves - Over \$800 off
- **\$300** off in-stock Regency Wood Stoves

**\*\*Draw for a FREE BLAZE KING or JOTUL Wood Stove, and a QUADRAFIRE CB1200 Pellet Stove and standard (BDM) vent kit\*\***

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## Our Fall Fair

by Fran Kinder



Wasn't last year's fair a fantastic celebration of life in our community? A vibrant, fun and exciting fair is in the works for this year, too.

### A few of the highlights:

- The kids art emporium will invite all young artists to come forth to display, trade, sell, donate, give away and share their artistic endeavours made over the last year.

Instead of judging the needlework, arts, crafts and children's categories, we are offering participants the chance to exhibit and sell their crafts.

- The photography section and all of the food items will be judged this year as usual.

- Food eating contests
- Craft tent
- Bake sale
- Live music
- Cake walk
- Outdoor educational booths
- Taste testing

The theme this year is pumpkins... All sizes, shapes and colours. Please start working on your photos, poems, art work, cooking with pumpkin (sweet and savoury) and of course growing of pumpkins. We would love to see a huge amount of everything pumpkin this year.

We are needing more volunteers to help make the fair happen. Please call Jacqueline at 227-6803 or Fran at 227-9416 if you are able to spare some time.

The brochures will be in the stores soon. Watch for them and plan your entries.

## The Lighthouse Gets a Bath

submitted by Bill Bryce

On Wednesday May 1, Eric Sargent, Maurice de St Jorre and Bill Bryce from the Friends of West Kootenay Parks Society; Senior Ranger Tom Roos and Area Supervisor Hugh Ackroyd from BC Parks; and Wildfire Unit Crew Lee-Anne Fournier-Beck, Viktor Olynyk and Orry Grant spent the day at the Pilot Bay Lighthouse pressure washing the building down in preparation for painting.

The first snag of the day occurred when, to everyone's surprise, the ferry was switched over to the Balfour at the 8:10 sailing and one of us had to leave our vehicle behind. Fortunately, all of the supplies that needed to be taken over made it on. The Unit Crew set up their truck and pumps at the trailhead and laid out hose for the pressure washer (they also pulled the washer up the hill for us) while Bill and Eric suited up and got ready to spray. And then the second snag, the pressure washer took most of the dirt off but not all so everyone set to work with brushes loosening up the dirt so it could be hosed off. It took around four hours of work to clean but now it's ready for paint. Thanks to Mike Jeffrey, Garth Norris and John Smith for help with ladder logistics.

If you'd like to help, the Friends of West Kootenay Parks are looking for volunteers who could be ready on a few days notice to spend some time painting. The Friends anticipate that it may take up to 6 days to finish the job (weather permitting) so any time you can commit would be welcome. People who could work mid-week would be especially appreciated. Contact Bill Bryce at 250-357-9734 and leave your name and phone number or email us at [contactus@fwkp.kics.bc.ca](mailto:contactus@fwkp.kics.bc.ca).

For more information about the Friends of West Kootenay Parks Society, visit our website at [fwkp.kics.bc.ca](http://fwkp.kics.bc.ca).



Bill Bryce (on ladder) and Eric Sargent, washing the Pilot Bay Lighthouse

Visit us online!

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

## Riondel Community Centre Task Force Update

submitted by Shirley Wyngaard

The Riondel Community Centre Task Force is very pleased to have received 80 responses to the survey about the Riondel Community Centre and related issues. This input from community members is very valuable in identifying and addressing the needs and wishes of residents. The results will be posted on the Riondel Web Site and available at the Riondel Library. The following is a summary of preferences identified during the process of the Task Force:

### 1. Space Requirements

Three charts were presented on public occasions relating to square footage requirements for the RCC. These were developed from the information gathered from the completed Space Requirement Questionnaires interviews and discussion. This can be reference for renovation or new construction.

- The first one required the same square footage as the current building (and more).
- The second incorporated shared space but maintained the "gym/auditorium" and better utilizing lower floor of the north section.
- The third implemented more sharing of space without a "gym/auditorium", utilizing lower floor of north part of existing building.

### 2. Drawings of Possible Plans:

- Drawings of possible solutions which would meet activity needs in various space size requirements were displayed for public comment.
- Utilization of the lower floor in the north end of the existing RCC is key to maximizing space opportunities in a cost effective way.

- Costs of demolition are an important factor and a reality.
- Reconfiguration of space is key to effective utilization of space.
- The final cost will always be on a per square foot basis whether for new construction, renovation, operation or maintenance. Cost will be a deciding factor
- Landscaping and outdoor space costs need to be incorporated.

### Other Design Points:

- Barrier free access and amenities are a priority
- Outside access of bathrooms and food service with security of facility very desirable
- Outside gathering space considered very desirable
- Welcoming entrance and inviting foyer
- Priority to receiving value for money spent
- Functionality was identified as prime concern #8 in survey
- Cost effective operation and maintenance a priority as well as "green: operation
- Current location favoured
- Utilization of existing septic, foundation and existing gym favoured.
- Partial demolition with renovation favoured L shaped design with retention of Gym and north section with lower level has greatest support. Preference for retaining the "gym" area but likely primarily for banquets, social, music, performance, dance and some types of exercise. Discussion concluded that (team) sport use was secondary in that Crawford Bay Community School provided for these activities. Design appropriate for music and social banquet activities requires acoustics and stage/audience amenities which are not possible in a sports gym. Seating for 100 to 125.

- There is some support for new construction addressing the same points but demolition costs would have to be factored in.
- Smaller square footage with utilization of lower level on north section has some support.
- There is willingness to consider different types of construction
- Support for some portions of work to be withheld for volunteers
- That there be an effort made to employ local trades people

The next step is to take the information compiled by the Task Force to the RDCK for the basis of contracting an architect to produce Concept Plan(s) with costs. These will be presented at a public meeting. Adjustments could be made in response to public input. Then there will be a referendum or plebiscite to decide on action to be taken.

### YOUR HALL IS AVAILABLE...

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

Booking info, Kathy Donnison @ 227- 9205

### CRAWFORD BAY HALL

"your community hall"  
A non-smoking facility.

Next Deadline:  
June 26, 2013

## Tipi Camp News

by melanie faith

We've had our first board of directors meeting of the year for Guiding Hands Recreation Society, the behind the scenes folks who help with Tipi Camp and we would like to let you in on where we're at these days.

We must begin with expressing our deepest gratitude to Peter Duryea for his vision, his mentorship and all the years he poured his heart and soul into the camp. Without a doubt the camp will be different without him but we're going to do our best to continue on with the legacy he has left us to care for. Thanks Peter. We miss you.

If any of you out there are missing Peter and his inspirational stories and voice, a CD has been pulled together by friends of the Tipi Camp entitled 'Tribute' and you can contact us via our website if you are interested in obtaining a copy.

Spring is in full force here in the Kootenays and our beloved camp is well on the way of entering into another season. We invite one and all to come out and participate at our AGM on Sunday June 23. It will be a natural progression for many of us as the previous day, Saturday June 22, is the celebration of Peter Duryea's life. It would mean so much for us to share this day with the veterans of Tipi Camp, so if you haven't thought of it yet, please consider making this a part of

your June calendar and come out and share with us your stories and experiences with the camp.

For anyone who has not renewed their membership or has yet to become a member of Guiding Hands Recreation Society and would like to, there are different membership choices to consider whether you're a student, family or friend of the Tipi Camp. This non-profit society depends greatly on the support of our extended community and we greatly appreciate the effort made by one and all.

We are always seeking fresh helping hands and people with different skill sets and if you have an inclination to volunteer or would like to become a member of the board of directors, then the AGM would be the place to begin an enriching involvement with this dynamic group of people.

As always, the water taxi will be boating folks from the Lakeview Store in Gray Creek Sunday June 23 from 10am - noon and the water taxi will be returning from camp between 2-4 pm. There is a potluck lunch for everyone to take part in and we hope to see you there.

There is also a call out for any new user groups during future summer schedules. If there is a group or an individual you know of that is interested in facilitating/promoting a workshop that fits in with our values, please feel free to contact us to discuss the possibilities.

For contact, visit our website [www.tipicamp.bc.ca](http://www.tipicamp.bc.ca) or call (250)505-3173

## Shadow Mountain Horse Camp

submitted by Christina de Pape

From July 25 - 28, 2013, Shadow Mountain Ranch and B&B will present its first summer Horse Camp. The inspiration for Horse Camp began last year, after local guests enjoyed mountain trail rides with friends and family and expressed interest in a more comprehensive and personal experience with the horses.

*Experience the beauty and magnificence of horses...*

### HORSE CAMP

at SHADOW MOUNTAIN RANCH

Riondel BC, July 25 - 28, 2013

Maximum number of participants is 8.  
Regular trail rides begin June 1.

For more information, call Christina at 227-9015 or Tim & Oz Faiers (for rates & bookings) at 225-3551.

Guiding Hands Recreation Society's

## Tipi Camp Nature Retreat

### Summer 2013 Event Calendar

**June 19-21: Crawford Bay School Visit, Grades 3-4**

For the 19th year, local children come to celebrate the school year's end.

**June 23: Social potluck, Open Tipi's and AGM - everyone welcome!**

Celebrating 26 years of Tipi Camp.

**July 5-7: Family Nature Weekend**

Families of all ages join storytellers and circle leaders to appreciate the magical web of nature in the Kootenays through imaginative stories, riddles, fireside chats and hands on cedar weaving and other nature crafts.

**July 13-19: WISE Teen Mountain (Camp I)**

Youth 13-16 years old join experienced guides for a trek into nearby mountains. Self-discovery, cooperation and nature awareness highlight the program.

**July 22-27: WISE Children's Camp I (Kids Camp I)**

Children 9-12 years old learn and play in a program designed to build self-esteem, respect for each other and appreciation of nature.

**July 29-Aug 4: WISE Teen Mountain (Camp II)**

Youth 13-16 years old join experienced guides for a trek into nearby mountains. Self-discover, cooperation and nature awareness highlight the program.

**Aug 6-11: WISE Children's Camp II (Kids Camp II)**

Children 9-12 years old learn and play in a program designed to build self-esteem, respect for each other and appreciation of nature.

**Aug 12-18: Karuna and Paul Erickson - Heart Yoga: Embracing Your True Nature**

Let go, relax, breathe, open your heart and return to the joy of your true nature. Heart Yoga is a loving and gentle practice that is strengthening, energetic and awakening.

**Aug 19-29: YA! Experience (Young Adult Program)**

A transformative experience for young adults, aged 17-21. This 11 day mountain adventure blends First Nation traditions and modern culture to focus on leadership skills and self-development.



For additional information or to register, please visit [www.tipicamp.bc.ca](http://www.tipicamp.bc.ca) or contact us at [tipicamp@theeastshore.net](mailto:tipicamp@theeastshore.net) or 250.505.3173

Horse Camp is an introduction to horsemanship, for beginners or folks with little experience, and anyone who loves to be around horses. It begins Thursday evening at 6pm for an introduction and viewing of the documentary 'BUCK' to get inspired. Although we will not be teaching Buck's advanced techniques, we will practice a similar way of being with horses that encourages gentle connection.

Each participant will be assigned a horse they will work with for three days. Primary objectives include getting to know horses through basic horse communication. Initial ground work techniques will be introduced and practiced each morning. This involves reading horse body language when grooming, tacking and trail riding as well as understanding their response to each individual's presence and gestures. When working with horses we can learn as much about ourselves as we can about them. By day three we hope most participants will be able to groom and saddle their own horse as well as clearly communicate with their horse on trail rides.

The second part of each day will take us along various forested mountain trails above the ranch. Views of the lake and surrounding area are beautiful and local wild life often makes appearances. Rides will increase in length and intensity each day, starting from a one and a half hour ride the first day.

Being with horses is a wholesome way for family and friends to learn new skills, enjoy recreational activity, and connect deeply in an authentic way with nature.

Minimum age for Horse Camp is 12. Youth 12-16 must be accompanied by an adult. Maximum participants is 8. We'll meet Thursday July 25 from 6 - 9 pm and Friday - Sunday from 9am - 1 or 2pm

For more information please contact Christina de Pape 227-9015 or Tim and Oz Faiers 225-3551.

Regular trail rides begin June 1. Please call Tim or Oz for hourly rates.

*Visit us online!*

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

## It's a Small World After All



www.dougpyperphoto.com

by Anna Rose

**Book of the month:** *Toward a True Kinship of Faiths* by His Holiness the Dalai Lama. 2010, Three Rivers Press, 189 pages, non-fiction.

Who could be more qualified to write about how to solve inter-religious conflict than the Dalai Lama? The world is incredibly fortunate that this leader of Tibetan Buddhism who grew up studying philosophy, who now lives in India where many religions have co-existed for centuries, who meets regularly with other high-profile religious leaders, travelling and meeting common folk also, has accepted as "one of his most important missions" the promotion of inter-religious understanding and harmony.

Many people, whether they follow a religious tradition themselves or not, seem resigned to religion being a source of conflict. The Dalai Lama is a staunch believer in the potential of humanity for positive change, and clearly outlines how at the individual level we can start to see the multiplicity of religions differently and how at the level of society, religion can indeed be used as a force for good.

**Next Deadline: June 26**

## Crawford Bay Reading Centre/Library

by Cathy Poch

Sitting here looking out my dining room window, watching the deer graze in the old orchard across the creek, I am reminded of the wonder of where we live. Often we take where we live for granted, but it is a trust we hold for our children and grand-children. Some start for a library column, eh?

We have books on birds, wet-lands, native plants, local hiking trails how our pioneers lived and raised their families. What a better legacy to give than to share these rich experiences with our visitors, children and grand-children. We have all five of the *Dorothy's Stormy Lake* - remembrances of life here on Kootenay Lake, Terry Turner and Susan Hulland's local histories, Roger Tory Peterson's Guide to Western Birds. Books with activities include, *Roughing it Easy, a Guide to Camping and Cooking*. Are you planting a garden for the wildlife? Our book on attracting birds and butterflies to your garden has lots of information on this. All of the above activities can be shared with family and friends and may even increase their appreciation of this wonderful place we live.

Please feel free to bring your visitors to our Reading Center to see if we have their favorite author on tape, CD or book, BBC series are popular now and we have several for your viewing, as well as season three of *Downton Abbey*. We will be holding our A.G.M in June, so check the community announcement column for the date and time. Come on out and give us your feedback on the Reading Center.

As the Dalai Lama explains it, "the primary purpose of religious teachings is to tame the mind and open the heart. However, often the followers of a given faith inject the teachings with pollutions of their own negative impulses with the result that the teachings close the heart and inflame the unruly mind". We must accept the reality that many faiths do exist in the world, whether we like it that way or not. Religious tolerance is everyone's concern in this era of global connections and of disastrous consequences when the polarization of views leads to violence.

We can start by learning about the basic aspects of religious traditions, including their ethical teachings (e.g. love your neighbour as yourself), doctrines or metaphysics (e.g. answers to the questions "is there a God" and "is there an afterlife?"), and cultural specifics (e.g. dress code, if any). The key to being able to celebrate the diversity of religions is to recognize the core value of compassion which is present in all of them, producing ethical guidelines of remarkable similarity. Differences of doctrine and cultural specifics cannot be ignored but can be explored with an open mind and their range understood to be an inevitable result of the diversity of human circumstances across time and place, and of personal dispositions (e.g. philosophical, devotional, active and contemplative). The book describes four major religions in some detail.

The goal of looking at various religions is not to try to synthesize them into one religion, which would be "like attaching a yak's head to a sheep's body" in a graphic Tibetan saying. There are doctrinal areas in which religions are mutually exclusive: Buddhism does not even have a God. The goal is deeper respect for traditions that have been and continue to be a source of inspiration, meaning and ethical guidance for millions of people. At the individual level, the Dalai Lama encourages direct contact with people of different faiths, recognizing our interconnection, our shared humanity. Contact can extend to the level of sharing religious celebrations with them, as he does when he attends, still as a Buddhist, Sikh ceremonies.

This book contains a lot of food for thought and yet is not a difficult read. Highly recommended.

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

**NewKey's Place**  
250.227.6911

## Riondel Community Library

by Muriel Crowe

Welcome back to our summer residents, it is always a pleasure to see you again. We hope our library is still living up to your expectations.

Not much has changed over the winter other than lots of new books in the easy reader section and adult fiction. As well we have quite a few new DVD's.

We are happy to be part of a planned summer reading program sponsored by the Riondel Parks Board. As always we are open to requests and suggestions and perhaps to sponsoring workshops or displays. We currently have several copies of the Riondel Community Centre Survey for loan as well as copies of the architects report and the Lynch Inspection Report for general information re the status of the Community Centre.

Our annual book sale is planned for the August long weekend once again and we have many boxes of books to sell. Once again the funds will go to help repair or remodel the Community Centre. While waiting for these events please drop in, browse and borrow. If you aren't a member you can most certainly become one.

## BOOK REVIEWS

by Tom Lymbery

**BRUNO AND THE BEACH – THE BEACHCOMBERS AT 40**, by Marc Strange & Jackson Davies, foreword by Michael J. Fox, Harbour Publishing, 199 pages, \$26.95

Celebrating the 40th anniversary of Canada's longest running dramatic TV production (*Beachcombers*) pictures the amazing Bruno Gerrusi and a homegrown TV series that we enjoyed for all the years that it ran, and wish we could continue to see.

Molly's Reach and the town of Gibsons, BC became known Canada wide because of the efforts of Bruno Gerrusi (Nick Adonidas) to keep the series running. How did he do it – with the CBC controllers far away in Eastern Canada?

Somehow it happened that the site of Molly's Reach was part of Smitty's Marina all owned by John Smith. He was the key that was needed to allow a TV series to be made in such an isolated (you need to take two ferries) place as Gibsons. He supplied the boat that became the *Persephone*, designed and built a camera barge, and also Relic's jet boat. Without his ingenuity I can't see how the series would have lasted more than one season.

Both Nick Adonidas and Robert Clothier (Relic) were experienced actors before they took on the challenge of a TV program about salvaging logs from the sea. The book also explains how the large log being pulled into the water (that was part of the opening of each show) was set up. Relic and his jet boat that could jump over logs was always part of the excitement, but having first nations characters as regulars was more important yet. Pat John as Jesse Jim became a very important cast member, but it required much help from Nick Adonidas when PJ got in trouble with the law in his private life.

**A Field Guide to MEDICINAL WILD PLANTS of Canada**, by Beverley Gray, Harbour Publishing, 13 pages, \$7.95

Nature heals! This compact guide is easy to carry in your pocket, with 24 common, easy to identify wild plants with extraordinary healing properties. From Arnica to Yarrow the colour photos are excellent with culinary and medicinal information

This is only one of five different field guides that we stock from Alpine flowers of the Rocky Mountains and more – even Pebbles. Plasticised so that they don't get sticky with sap or tree gum.

**THE FIRST MEADOWLARK**, by Joyce Beek, self published, 148 pages, \$16

I love the cover illustration by the author's daughter, Lynne Lalonde. I do wish the meadowlark came to Kootenay Lake and I just have to quote the back cover "You hear his flute-like call in March before you see the bird, as his song rings out across the prairie. The Western Meadowlark delivers a solo performance from the elevated stage of a fencepost. There, in his Sunday best he calls for a mate knowing full well his is the best voice ever to be heard. He calls and calls, each call better than the last. This hardy bird is a fitting emblem where extremes of weather are prevalent. He comes as a symbol of hope to those who make a living on the land, hope for a season of warm sunshine and soft rain."

This is a story of growing upon a Manitoba farm during the 1930s depression and gives a careful picture of a farm family through those years. Fortunately their farm was near Dauphin, an area with enough rain that they were not dusted and busted like so many of those who had to escape to B.C. Many were the decrepit vehicles lined up for the ferry at Gray Creek.

Even if you don't have prairie memories you will enjoy this small book. We all think of times past that were individual, but then you read of someone else's school Christmas concert where the men had to assemble a plank stage – just as they did in Gray Creek Hall.

## Medley Day Camp Course Offerings July 15-19, 2012

submitted by **Lorna Robin**

*Sign up for an hour or two, a day, or a week. Take a look at this following sample of activities. More details at [medleydaycamp.ca](http://medleydaycamp.ca). All ages are welcome, children 7 and under must be accompanied by an adult. See ad in this issue for more details...*

**Good Morning!** Our first half hour each day will include all ages and will be a great way for us to “warm up” for the day’s activities. We will enjoy a half hour of various possibilities: theatre sports, hatha yoga and breathing, and storytelling are on our list.

**Adult Singing (Bessie Wapp)** Life is the only experience required to growl, groan, wail and moan! Really. If you can talk, you can sing. Come explore the rich swamp of the human voice in a relaxed & supportive environment.

**Kids Singing (Bessie Wapp)** Do you like to sing? Great! Or maybe you’re not sure? Well, singing is really just stretched out talking, and it’s fun to do with other people. With our voices we can make all kinds of sounds – big sounds, little sounds, funny sounds, growly sounds – and we can sing songs too. Come join the fun!

**Accordion (Bessie Wapp)** You don’t have to be Astor Piazzolla – I’m certainly not! – but a basic facility on the left and right hands will allow us to make some big, reedy, slightly-out-of-tune-in-that-wonderful-accordion-way music together!

**Old-Time Canadian Fiddle (Karl Sommerfeld)** – for children and beginner adults

**Bluegrass Fiddle (Karl Sommerfeld)** This workshop will provide an opportunity to learn and practice the rudiments of playing bluegrass music and jamming in the bluegrass style. An overview of the structure of bluegrass songs, how to create a solo, and how to get that bluegrass sound.

**Never-Ever Fiddling (Lorna Robin)** A relaxed and fun course on basics for beginners aged nine to adult – you must bring your own violin.

**Beginning Blues Fiddle - kids (Lorna Robin)** Have fun with slides, sharps and flats, getting “a feel” for the blues, and learn a simple blues tune or two.

**Introduction to Blues Violin – teen/adult (Lorna Robin)** Learn slides, swing, blues licks and tricks, flats and sharps, blues scale, and twelve-bar blues patterns.

**Guitar – advanced class (Greg Lostracco)** Greg’s approach is to draw connections between various aspects of music, in order to give one the largest musical palette to draw from. It is this “wholistic” approach that allows one to be not merely a technician of an instrument, but people capable of expressing themselves through the language of music in the way of their choosing.

**Marimbas (Jacqueline Wedge)** For any ability and all ages. Using bass and tenor marimbas, xylophones, and metalophones, we will learn 1- 3 songs per day, experimenting with melody, harmony, ostinato, bass lines and percussion.

**Ukulele Jam (Jacqueline Wedge)** Strumming is easy to learn, for beginners of all ages. Strumming will be combined with picking for those needing more of a challenge.

**Five Rhythms Dance (James Wood)** all ages – included with week registration

**Musical Mandala (Jacqueline)** A group art project painting a colourful musical mandala, ongoing throughout the week. For all ages, included with your week registration.

**Ink Stamping with Sandy**

**Felting (Danielle Linn)** This 3 hour felt workshop is open to all people 5 years (with an adult) and older, we will explore both wet and dry felting. The wet felting involves soap, water and lots of rubbing, prepare to get wet as we explore the art of felt making with our imagination as our pilot.

**Life Drawing (Zora Doval)** For older teens and adults, charcoal drawing, no experience necessary. Suitable for beginners to break through some fears. If you think you cannot draw, come and be convinced otherwise! Live model will be present.

**Book Making (Jacqueline Wedge)** For all ages - Primitive bookmaking with artsy paper, simple stitching, and creative covers. We will be making several books of various sizes and shapes. Makes great journals and gift

**Print Making Basics (Leah Wilson and Dan Silakiewicz) - All Adults Welcome** Families are encouraged. Dan and Leah will demonstrate how to cut a lino block, how to print images with household items like string, Styrofoam and potatoes. They will show some of the tried and true techniques in applying your ink or paint to rollers and design for printing. Mostly this workshop is about unleashing your print making monster from within, getting to try stuff and having fun.

**More on the back burner: Yoga, Painting with acrylics, Celtic fiddle...**

## Volunteers Needed For Starbelly Jam Music Festival 2013!

submitted by **Nicole Plouffe**

*The breeze, the trees, the honey bees – All volunteers! –Juliet Carinreap*

Once again Starbelly Jam Music Festival (July 19-21) is just around the corner and we are looking for dedicated volunteers to help put together the best family festival around.

In exchange for your wonderful presence and hard (fun) work you will receive a weekend pass for 10 hours of volunteer time. If you are just wanting to come Saturday and Sunday, eight hours are required. For one day/night, you can give four hours of volunteer time and Friday night requires only two hours of time.

To apply for a position please visit the Starbelly website at [www.starbellyjam.org](http://www.starbellyjam.org) and click on ‘Volunteer’ to fill out a quick application so we can best place you.

Come be a part of the magic that makes this festival happen!

For more information or questions please call **Nicole Plouffe 250 227-8905** or **Levea Sturko 250 225-3220**.

## STARBELLY JAM 2013 Something for Everyone Again This Year!

submitted by **Lea Belcourt**

Do you have your tickets for Starbelly Jam yet or are you thinking about volunteering at the festival? Either way, we can’t wait to see you at Starbelly Jam, the Kootenay’s #1 soulful all-ages music festival, July 19-20-21!

More info and tickets: [www.starbellyjam.org](http://www.starbellyjam.org)

**THE LINE-UP:**

**Sierra Leone’s Refugee All Stars (pictured below)** - Afro-beat / Folk / Reggae – Freetown, Sierra Leone, Africa



**Aesop Rock w/ Rob Sonic & DJ Big Wiz** - Hip Hop – San Francisco, CA

**Blue King Brown** - Urban Roots – Melbourne, Australia

**Kimya Dawson** - Anti-Folk / Indie / Punk – Olympia, WA

**Shane Philip** - Multi-instrumentalist (didgeridoo, guitar & drums) – Vancouver Island, BC

**Locarno** - 8-piece Mexican Folk, Cuban Son, & Latin Soul – Vancouver, BC

**Buckman Coe Band** - Psychedelic roots & soul, folk, dub – Vancouver, BC

**Cahalen Morrisson & Eli West** - New old time, bluegrass – Seattle, WA

**Shook Twins** - Quirky folk – Portland, OR

**Droop Capone** - Hip Hop – Los Angeles, CA

**The Good Ol’ Goats** - Alternative Folk – Cranbrook, BC

**TipiCamp Tribute Ensemble** - Live recordings of Camp life entwined with music! – The Kootenays, BC

**Bessie & The Back Eddies** - Old-school R & B – Nelson, BC

**Tofu Stravinsky** - Alt Rock, Neo-Soul – Nelson, BC

**Moontricks (NOG & Mr. Mercy)** - Beats ‘n bass with live guitar and harmonica – Kaslo / Vancouver

**The Arcane Garden** - Ambient / Electronica – Gray Creek, BC

**Tiizak Hamra** - Desert Trance – Creston, BC

**Glen Henry Michel Family** - Aboriginal dance, song & stories – Lytton, BC

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**New Business Introduction****Mervin Robertson's Art Gallery**

by Ingrid Baetzel, Editor

It was with a degree of embarrassment that I entered a local East Shore business on a lovely weekend day in May. I was embarrassed because it was the first time I had set foot in this place, and I had seen it in passing at least a hundred times since it became Mervin Robertson's Art Gallery.

**NEW MONUMENT FOR WALTER MOBERLY**

by Tom Lymbery

Retired BC Land Surveyor John Whittaker has spearheaded an initiative for a new monument to commemorate the groundbreaking work of early day BC surveyor, Walter Moberly. John Malleson, also of Victoria, built a nine-foot wooden model of a surveyor's transit, after carefully researching the style of transit that Moberly used on his rail explorations. Malleson suggests that when this is made of stainless steel, it can be mounted on three granite boulders, each of about five feet in diameter, thus it may be more than 14 feet high when in place.

This project has the support of Revelstoke City Council and if you Google "Parks under" the city's website you will find that is to be placed in Woodenhead Park, which is on the city side of the Highway 1 Bridge across the Columbia River. John Whittaker recently took the models to Revelstoke, and Mayor David Raven suggested a site in the park so that it will be very visible to traffic immediately after they cross the bridge towards town.

Walter Moberly was a Canadian surveyor who has



*The two models were displayed at the recent BC Historical Federation Conference in Kamloops where Lieutenant Governor Judith Guichon spoke to the Conference and also presented the Lieutenant Governor's Medal to Derek Hayes for his book **British Columbia: a New Historical Atlas**. The Honorable Judith Guichon stands in front of the 9' model while L to R Tom Lymbery, John Whittaker, and BCHF President Barry Gough hold the small model.*

Photo credit - Derek Hayes

You know the place... the old Crawford Bay Video? The old home to so many different people and businesses that half of the community is connected in memory to the location and days gone by? It's on the strip in Crawford Bay, across from the Crawford Bay Market. A little white building, innocuous in nature, set modestly back off of Highway 3A, unassuming in so many ways.

The subtle signage and fact that it's been there for so long may have something to do with the fact that there are many East Shore residents who have not yet set foot in the building... let me tell you here, today – set foot in that building. Drop in, say hello, and prepare to be absolutely stunned by the transformation of this building on the inside. It seems to have tripled in size and is really quite elegant and well laid out.

Merv and his wife Donna Steeves have taken incredible pains to renovate a building in dire need of love and time. It is a warm, well-lit, cozy and yet somehow expansive (considering the building) art gallery for 14 different artists of many different stripes. There is jewelry, paintings, knick-knacks, glass work, horn and antler art, and lots of wood art from several different artists, including Merv himself.

You can't have missed Merv grinding and cutting away outside of the building in his make-shift workshop over the past year or so. Merv does big, intricate, lovely wood statues and designs using tools such as a chainsaw, dremel, and sanders as well as finer woodworking tools. Outside you'll find the commissioned pieces he's been working on lately, mostly animal statues and nature pieces. Inside, you'll find some pretty special pieces of art made by Merv. One of the pieces inside is called "Human Rights" and harkens a sense of justice seeking and pride in its strong features and bold posture. Another, "MythConception", has a sense of biblical context and ancient story in its grain. A favourite piece of mine is a twisted, contorted human/nature

been little acknowledged. His 1914 biographer, Noel Robinson, had no hesitation in ranking him with Alexander Mackenzie and Simon Fraser in the importance of his explorations and their future of the nation.

Trained as a civil engineer in Toronto, Walter soon became a surveyor, working on a rail line from Barrie to Georgian Bay. He soon developed a friendship with the senior surveyor – Sandford Fleming of future railroad fame (and also designer of the Standard Time zones around the world).

Walter had a brother, Henry Moberly who was in charge of the Hudson's Bay Post at Rocky Mountain House. This and hearing of the gold excitement in BC brought Walter to BC where his burning desire for exploration convinced him he would find the passes through the Rocky mountains for the promised rail line, that was the major consideration that brought BC into Confederation. He travelled around Cape Horn, arriving in Victoria in December 1858, with a letter of introduction from HBC Governor George Simpson to Governor James Douglas. This was the first year of the gold rush so Victoria was full of miners who had returned to the coast for the winter.

A winter trip to Fountain in the Cariboo by way of Harrison Lake was Walter's induction into BC mountains and heavy snows. When he returned he was

employed by Colonel Moody of the Royal Engineers to design a wharf and buildings at New Westminster, the first capital of BC.

combination that Merv coaxed out of driftwood. It is beautiful and nightmarish all at the same time. Merv himself is a warm, friendly man who welcomes you inside and immediately starts telling stories about the history of some of his pieces. His wife Donna is someone who radiates warmth and kindness as well. You'll find Donna working the front end of the gallery, as well as being an artist who brings her talents to the shop in the form of beautiful wooden flowers, exquisite portraits, charming wooden wands and other decorative pieces.

Merv and Donna are from Alberta originally, but most recently they come to us from Malcolm Island, BC. Merv has been here for several years on and off and was renovating and working out of Rueben and Eveline Johnson's "Barn" for a few years. They are now two years in the Art Gallery – residence and business alike.

The Gallery is open 10-5:30 daily throughout the summer season.

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employed by Colonel Moody of the Royal Engineers to design a wharf and buildings at New Westminster, the first capital of BC.

When Walter met Palliser and Hector in 1959, they were in Victoria, about to return to England. He was disappointed to find that after exploring several passes in the Rockies, the Palliser expedition felt that there was no way a railway could cross the mountains.



*John Whittaker standing where Revelstoke Mayor, David Raven wants the Moberly Monument to be placed.*

After working with Edgar Dewdney on the Dewdney Trail to Rock Creek, Walter attempted to build toll roads in BC as there was no government funding available. However in 1865 he found Eagle Pass to the west of Revelstoke – before this it was believed that there was no pass through the Monashee Mountains. Eagle Pass is named because Walter missed a shot at an eagle which flew away through an opening. This was a most important discovery as it allowed a future rail line to either follow the Big Bend of the Columbia, or what he believed the best of all – Howse Pass.



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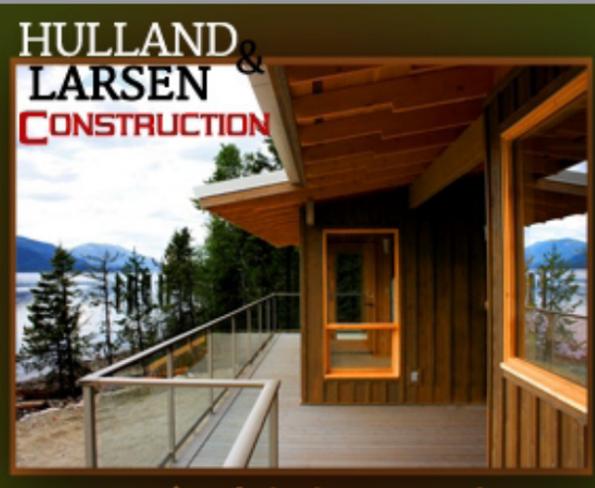
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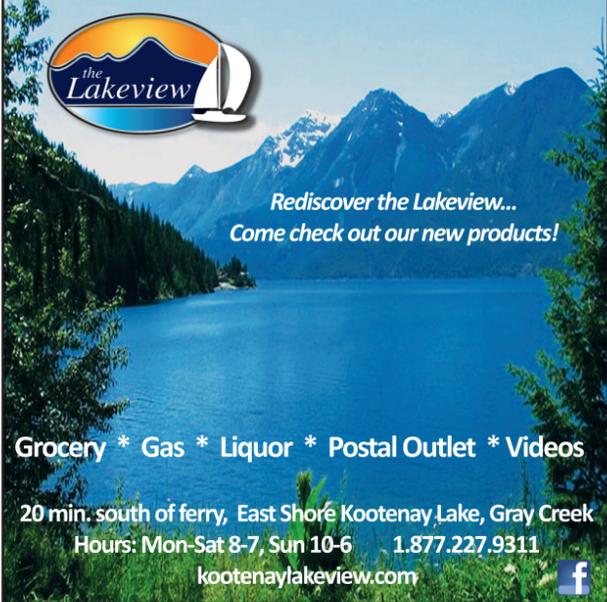
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### RURAL MATTERS

#### Electoral Area 'A' Land Use Planning

The East Shore of Kootenay Lake is welcoming the community of Wynndel into its Official Community Plan. The community of Wynndel is the southernmost community within Electoral Area 'A'. Previously included in a shared Official Community Plan with other areas within the Creston Valley, the community is now celebrating sharing a plan with the other communities along the East Shore of Kootenay Lake. Let's celebrate with them!

The Regional District of Central Kootenay invites you to become involved in the future of the East Shore of Kootenay Lake. We will be hosting workshops throughout each community to go over how the community plan has changed as a result of expanding the Plan boundaries to the southern portion of Electoral Area 'A', and other new initiatives.

Date & Time	Location
Monday, June 10 <sup>th</sup> , 2013 6 pm to 8 pm	Wynndel Community Hall
Tuesday, June 11 <sup>th</sup> , 2013 6 pm to 8 pm	Gray Creek Community Hall
Wednesday, June 12 <sup>th</sup> , 2013 6 pm to 8 pm	Riondel Recreation Complex Gym

To learn more, please see the project website at  
[http://www.rdck.bc.ca/development/planning/projects/area\\_a\\_land\\_use\\_planning.html](http://www.rdck.bc.ca/development/planning/projects/area_a_land_use_planning.html)

For more information please contact Meeri Durand, Planning Manager at mdurand@rdck.bc.ca or (250) 352-8162



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## Kootenay Lake Art Connections An Exciting New Venture on the East Shore

by Geri Gomola

The art walk from Wynndel to Kootenay Bay will be full of new energy and ideas. Watch for the promotional advertising.

As gallery owners on the East Shore are sometimes divided by a fair distance, I felt strongly that the artists needed to be more connected and I hope that the art walk will inspire more artists to keep creating and that it will promote business along Kootenay Lake. We have 23 locations which will feature local art from June 28 to Sept 3. There is a quality and diversity of art here that is unsurpassed.

**The Galvanized Art Gallery** features the work of **Sandy and Dirk Kunze**. A combination of indoor and outdoors, this gallery is one of a kind. The colours and textures of Sandy's paintings are remarkable.

**Mellowood Studio and Art Gallery** features the work of **Val Van de Poel**, and offers a rare glimpse of colourful landscapes and mixed media paintings. Her gallery is at 5570 Cory Rd. Watch for the artist sign by Wynndel Store.

**Wynnwood Cellars Winery**, already with award-winning wine will be an integral part of the art walk this year, featuring work of five juried artists in July and another five juried artists in August.

**Flickering Goddess** in Boswell is the work of **Lorrie Rhead** and she creates fabulous scented and herbal soaps, as well as emollients and candles.

**Arrowsmith Gallery** featuring **Karen Arrowsmiths** wonderful watercolours is in Boswell. She is also featuring the works of various local artists. It is well worth a stop.

**Bayshore Resort and Marina** is a venue this year and will be the home of art walk artists. The restaurant has a fabulous view overlooking Kootenay Lake

**Emerald Eastcliff Gallery** is mine (**Geri Gomola**). I am located on the southern edge of Gray Creek. The gallery offers handmade jewellery, Raku and clay sculptures as well as painting. I hope to see you there.

**Sacred Journey Gallery** features an array of quality handcrafted art for home and garden as well as exclusive clothing and textiles by **Khyatidesign** created by global as well as local artists.

**The Lakeview Store, Campground and Marina**, in Gray Creek is now offering more varieties of locally grown food. Their sign was designed and created by a local artist. **Artist Niels Elris** is creating a metal sculpture outdoors, so don't miss that.

**The Gray Creek Store**, a historic spot on the lake now has a new hardware and storage building and a coffee corner which will feature my Raku fish. If you are lucky you will still see Tom hustling around as busy as ever. He is a wealth of information.

**Wedgwood Manner B&B** is operated by **Andre Laporte and Nancy Galloway** and is an unbelievable jewel in the Kootenays. A must to see the period decor. They will feature the unique art of **Susan Snead**.

**Kokanee Chalets** is featuring the intuitive work of **Charlotte Erlandsson** and is walking distance to the beach and offers cosy frame chalets, RV hook ups a laundromat.

**Zora's Gallery** is open for the first time this year and will feature her inspirational paintings as well as some sculpture. She is an Ayurvedic practitioner.

**The Nelson and District Credit Union** in Crawford Bay is one of the largest community sponsors and an excellent banking institution. **Ted Diakow** will be exhibiting his works of art there this summer.

**Merv Robertson Art Gallery** in Crawford Bay displays the work of **Mervin Robertson**. Watch him carve the huge bears with a chain saw. He also shows

local artists work.

**The Junction Creek Hub Pub and Grill**... just as it sounds is a great place to relax and enjoy the company of your friends and the great food. They will also be housing some of our finest artist this year.

**The Black Salt Cafe** already renowned for its great food and ambiance. Terry Fiddick and Todd Halfnight are featuring two local artists this year: **Diane Trudel** and **Gary Sly**. Check out the patio!

**Kootenay Forge** is a well known artisan location. **Lorna Robin and Helene Carter** create enamelled art with melted copper and glass. The handmade forged items and huge inventory in their gift shop is sure to please everyone. Look for the Artisans of Crawford Bay signs.

**Barefoot Handweaving, Janet Wallace's** studio/gallery, is full of color and texture and includes the evocative story paintings by **Ted Wallace**.

**North Woven Broom Company**, another Crawford Bay attraction site, is also renowned in the area. Their artisan brooms are known world wide and I was told that Harry Potter's Broom was designed here.

**The Kokanee Springs Golf Course** is a gem in a picturesque setting. Their dining room, **Bunkers**, will house many of our Art Connection works. The food is great this year with a new chef Jamie Hertz who appeared on Top Chef Canada on the Food Network. Decide to stay? Kokanee Springs is selling suites in this wonderful setting.

**Pilot Bay Charters and Resort** located up Pilot Bay Road by the ferry landing features **Dena Kubota**, an accomplished artist who has won awards for her portraiture and realistic images.

**Kootenay Cove Cafe and Micro Bakery** is located at the ferry landing. With extended hours, Jacq is a great cook and Liz makes fabulous pastry. **Jacqueline Wedge** will feature her wonderful art here.

We will also feature works by **Jade Ehrler, Jennifer Larratte Moore** and more. Make sure the first Kootenay Lake Art Connection is one of your summer excursions. There is much to offer.

There are at least 25 artists who will be exhibiting. While some are in galleries many are in local businesses. The art walk will include Wynndel, Sirdar, Boswell, Gray Creek, Crawford Bay, Kootenay Bay and Pilot Bay communities. Brochures will be on the ferry and at all the galleries and venues.

Sponsors of the Artwalk include The Creston and Valley Credit Union, the Lakeview, RDCK, CBT, Kootenay Lake Chamber of Commerce and *The East Shore Mainstreet*.



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## Musical Notes From Harrison Memorial Church

by Deberah Shears

Bells have been ringing from beautiful historical Harrison Memorial these past few years - and so has some wonderful music.

For the last two years, Harrison Memorial has been the venue for four concerts. Performers have included **Donnie Clark, Bessie Wapp, Ted Wallace and Peter Dent**. Besides bringing great music to a concert-like setting, the concerts have contributed to the maintenance fund, and new church steps are being built as this article is being written.

More information about our first concert will be found in the July *Mainstreet*. It will feature a great group from Nelson called **Tangerine Swing**. Please put the date on your calendars now: Saturday, July 13, 2013, 7 pm.

The second concert will be held in December - an **old-fashioned Christmas musical event** with all the lights and atmosphere befitting this blessed season.

We hope to see you at both of these concerts.

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## Seldom Scene by Gerald Panio



It's a commonplace that motion pictures create glamour. Greta Garbo. Gloria Swanson. Ingrid Bergman. Marlene Dietrich. Here's another name I'd add to the list: Gong Li. For fans of the great Chinese director Zhang Yimou, seeing that name won't be a surprise. Gong Li has been Yimou's leading actress since the beginning of both their careers, and has starred in half a dozen of his best films. I put her on the glamour list because she's both stunningly beautiful and one of the finest actresses of her generation. But I'm writing about her and director Zhang Yimou in this month's Seldom Scene because the fourth movie they made together, *The Story of Qiu Ju* (1992), is as far from glamour as it's possible to get. By making a film so utterly different from their other work together they demonstrated just how deep their talents ran.

*Qiu Ju*, based on a novella called "The Wan Family's Lawsuit," is set in the remote north-west Chinese province of Shaanxi and tells the story of a very pregnant young woman who sets out on a personal crusade to get the village chief to apologize for (at least temporarily) disabling her husband, Wan (Liu Pieqi), with a vicious blow to the privates during the course of a dispute. Unfortunately for everyone involved, it's an instance of irresistible force meeting immovable object.

Qiu Ju (Gong Li) at first looks more like an amiable ambulatory barrel decked out in homespun than an unstoppable avenger. I'm in awe at the way the Gong Li I knew from other films totally disappeared in this characterization of a contemporary peasant woman whose daily life probably doesn't look a lot different from what it might have been during the time of Genghis Khan. Only the finest of actresses could efface herself so completely. The only glimpse we get of the other Gong Li is in *Qiu Ju's* extraordinary final shot—surely a tribute to Truffaut's famous freeze-frame at the end of *The 400 Blows*—where the camera freezes Li in a heartbreaking moment of confusion and regret. In this one moment, the stoic peasant girl becomes every woman who suddenly questions a dif-

ficult choice she's made.

I'll get back to the story in a moment, but I'd first like to talk about another aspect of *Qiu Ju* that makes it stick in my memory. I can't say I've seen a great number of Chinese films, but this one seems to paint as true a picture of rural Chinese life as anyone could hope for. Roger Ebert wrote of *Qiu Ju* that as we watch it "we absorb more information about the lives of ordinary people in everyday China than in any other film I've seen." One immediately admires the life shown here for its simplicity and literal groundedness. It's not possible to live closer to the land. The rituals of daily life are timeless. The garlands of chilies hung from the walls of the houses, the newborn baby passed through a great ring of bread to ensure a long life. Yet the other China, the urbanizing industrial powerhouse, is also just next door, and it's not hard to see why young people from the country might trade an almost medieval lifestyle for a life on the assembly line.

The three cinematographers who worked on *Qiu Ju* manage to capture both the bleakness of the northern landscape (the film is shot in winter) contrasted with the warmth of the farmers' small homes. The sense of realism is surely enhanced by the fact that almost none of the actors in the film, except for those playing the three lead roles, are professionals.

The cinematographers also do an excellent job of showing the endless river of faces that's the reality of China's urban landscapes. Hidden cameras were used to capture an extended scene showing the hundreds of people who flow around Qiu Ju and her sister Meizi (Yang Liuchun) when they first bring Wan into the city on a handcart for a medical checkup, and later when they make several trips out of the village to seek justice from city-based bureaucracies and courts. The film's opening scene reminded me of a time I stood on a street corner somewhere in Tokyo, and for the first time in my life experienced wall-to-wall humanity not as a unique gathering for a festival or concert but as daily life. I was impressed, and intimidated. Qiu Ju is neither. To her, the city is just another thing to deal with in a life that calls on her resourcefulness and resilience every day.

In reality, it's possible that Qiu Ju's husband is as much to blame for what happened to him as is Wang Shantang (Liu Pei Qi), the village chief. They'd both let their tempers get out of hand in, I think, an argument over some building code. But Wan's the only one to

wind up laid low in bed and Qiu Ju wants some restitution. As she points out, "If we can't fix your plumbing, we may be stuck with the single-child policy." At first she goes to the local police officer, who empathizes with her situation and takes her complaint to his superiors. Chief Wang is ordered to pay 200 yuan in damages, and the case is closed.

Wang is not a graceful loser. He scatters the money on the ground in front of Qiu Ju and orders her to bend down and pick it up. Fat chance. She doesn't want money, she wants justice. And for her there's no justice without an admission of guilt.

Selling chilies to pay for expenses, Qiu Ju and her devoted sister take any and every means of transportation available to reach the offices of authorities farther away and higher up the bureaucratic ladder. It would be a kind of comic odyssey, a variation on the country-bumpkin-in-the-big-city theme, if it weren't for Qiu Ju's grim determination and the fact that her childlike faith in justice makes her so vulnerable to disappointment by a bureaucracy that is built on not rocking the boat. One keeps wondering exactly what price she's willing to pay in her search for justice. Even her husband, whose cause she's championing, becomes uncomfortable with her relentlessness and begs her to let bygones be bygones: "If we continue, people

will say we're difficult." Back down? Not going to happen. If Qiu Ju had to go through Dante's nine circles of hell to get her apology, she'd pack a lunch and start walking.

Wang Shantang, the object of her ire, is a classic patriarch. He's not used to anyone, particularly a young woman, questioning his authority. His dignity is

easily offended. He's not an easy man to warm to, but he's also more than a petty village tyrant. In a crisis he can likely be counted on to do the right thing, albeit grudgingly. Qiu Ju realizes this about the same time her crusade suddenly spins out of control.

The best films, like the best novels and short stories, often remind us that some of life's smallest dramas have the biggest impacts on our lives. And as one reviewer of *Qiu Ju* so succinctly put it, "drama doesn't get much smaller than a kick in the balls." *Raise the Red Lantern* still remains my favourite Zhang Yimou/Gong Li collaboration, but *The Story of Qiu Ju* runs a very close second. It follows in the long and honourable tradition of minimalist dramas with maximum insight. (*The Story of Qiu Ju* is available from Reo's Videos, but only on VHS!)



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- **Sunday is Pizza Night:** House-made pizzas with different toppings each week.

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## From the Principal's Desk

by Dan Rude

Sometimes I wish there was a way that I could clearly share every great piece of reading and every learning experience I have around the evolution of education with everyone in our learning community. I'm very thankful for the time we had together this spring on Sunday mornings as a group of parents of early learners, and I wonder if there is a way for more groups to get together throughout the year to talk about challenges we have in parenting – and to focus on resources we are finding helpful. A few books that are inspiring me now and/or that I'm looking forward to getting more into include:

*Calm, Alert, and Learning*, by Dr. Stuart Shanker

*The Whole Brain Child*, by Daniel Siegel & Tina Payne Bryson

*Hold Onto Your Kids*, by Gordon Neufeld & Gabor Mate

*Tuned Out: Engaging the 21st Century Learner*, by Karen Hume

I'd like to encourage you to join me in a book study of any of these – and I'm willing to buy enough books to make it work. Please let me know if you're interested.

Currently, there is significant work being done to evolve educational curriculum and the graduation program in B.C. at the provincial level. I had the fortune of recently listening to a presentation from long-term British Columbian educator, Maureen Dockendorf about some of the changes coming. She expressed that she's never been more optimistic and that it is up to us to create changes locally that work for us. With that in mind, I asked our school district's Director of Innovative Learning Services, Andy Leathwood, to respond to the following headings.

### The Future of Education is About...

Developing independent, strategic learners who are flexible, adaptable and who understand their own strengths. It is about a focus on the development of competencies such as critical and creative thinking, not about the acquisition and memorization of content. It is about increasing engagement in learning by having students engaged in meaningful learning experiences that are relevant to the context they live in. It is about preparing them to enter a world that is NOT based on an industrial model, but an age of information and discovery.

### The Future of Education is NOT About...

Everyone doing the same thing, at the same time, and only recognizing a small number of the gifts that all children bring. It is not about memorizing reams of unrelated factoids of information. It is not about honoring academic pathways above others, such as the trades. It is not about preparing students for an industrial model of working and living.

In many ways, I think we are more prepared for this shift than many others. I was inspired to sit with our grade sixes this past week to talk with them about what learning they are seeking in grade seven, and how we might work together to make this happen. This is evidence of a major shift in our thinking, in moving beyond what we can and can't offer as courses, to how can we develop learning. Expect the new curriculum and graduation program to reflect this shift.



## Quebec Exchange Kids Visit

by Ingrid Baetzel

After an excellent trip to Beauceville, Quebec in February, the exchange twins of 15 Crawford Bay School students arrived in late May for a week of exploring our East Shore area.

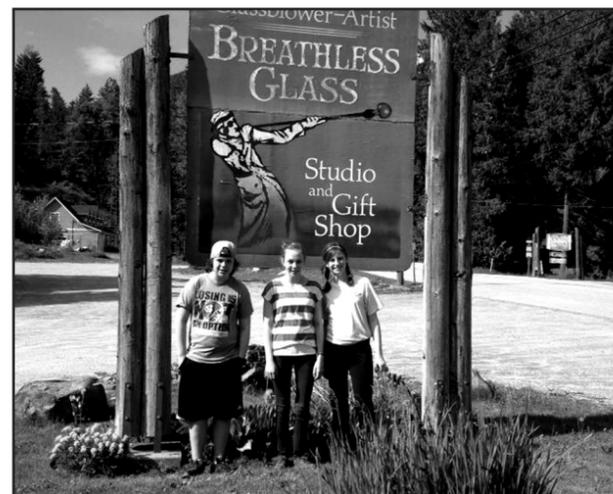
The kids had all created strong bonds with their twins and had a fantastic time adventuring in the region. They had meals together, canoed and kayaked, hiked and white water rafted, shopped and swam and campfired together, among many other things.

Pictured above are four Quebec exchange students with Shen Fiddick-Halfnight, Felix Wedge-Darchen and Daelin Peel-Smith at the Gray Creek Hall on their first night potluck dinner.

To the right is Jessica Rideout with two students on a touring day around the artisan shops of Crawford Bay.

Much appreciation must be expressed to the parents, school staff and kids who worked so hard to make this exchange as wonderful as it was. Here's to continuing to make connections!

Photos by Jennifer Irving



**Next Deadline:  
June 26, 2013**

**Nelson & Area Elder Abuse Prevention Resource Centre**

◆ 250-352-6008

◆ preventeldRabuse@sbdemail.com

◆ www.nelsonelderabuseprevention.org

◆ Drop-in Wednesdays 12-2pm

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## Getting Some Traction Connecting in Community

by Greg Blackwell for Community Connections

Do you have a great idea for our community and aren't sure where to go next, nor how to get some traction? Consider a chat with East Shore Community Connections. We have sponsored more than 20 projects since inception, with eight of these still on the go, and more in the works. What has this meant for the community? Tens of thousands of dollars coming into the East Shore, inspiring business and education opportunities, and the fostering of local arts and culture. Here are some examples of what can be accomplished when championing ideas with Community Connections:

- **The East Shore Food Roots Group** has engaged Community Connections on three projects that ranged from workshops, speaker sessions, feasibility studies, research, seed swaps, food production and more.
- **Dana Gallinger of Crawford Bay and her team of gardeners** stocked the greenhouse at Crawford Bay School with new garden tools, and are showing youth how to use them.
- **Geri Gomola of Emerald Eastcliff Galleries** in Gray Creek is keeping alive the east shore portion of Art Walk - now called **Art Connections**, and is working with Community Connections.
- **Jacqueline Wedge** of Crawford Bay and **Lorna Robin** of Riondel will use Community Connections to help with their new **Medley Summer Arts** camp planned for July 15-19.
- And there are ongoing projects like **The Sunday Market** and **Community Directed Youth Fund**.

**Why use Community Connections for your grant application and project?** Individuals often cannot easily qualify for grants, and are left with the potentially daunting and tedious job of organizing and registering an organization, opening bank accounts and jumping through many hoops, just for the opportunity to apply. Community Connections keeps you from reinventing the wheel, by having all that structure already in place. Operating solely on the East Shore, we are an incorporated non-profit society that will act as a responsible umbrella organization for your project. We have a track record and are respected by several funding sources.

How does it work? We charge an administration fee that is structured to fit your budget. The purpose is to cover administration work and fees, and help support your project. This nominal fee can often be added to what you need before the submission of your grant and allows Community Connections to continue providing more services. Connect with us to talk about your project ideas.

Community Connection is not only a centre helping with projects; we also host discussions and sponsor events.

- In April we hosted the "Alternative Heat & Power Solutions for Small Communities" event, along with, and held at the Yasodhara Ashram. The event was very successful and had almost 50 people in attendance, including folks from Sandon and Johnson's Landing.

- We organized the "What's Happening Spring Forum" co-sponsored by EDC and the KLCC at Crawford Bay School. More than 60 attended. There were 11 featured speakers and more than 15 individuals represented local businesses and organizations.

- A project launched this May by Community Connections will update the **online Business and Community Directory** that will be posted on several local websites – stay tuned for more on that!

All these projects and initiatives are intended to foster community and economic development specifi-

cally for residents, visitors, and businesses on the east shore – Do you have ideas for us?

Becoming a Community Connections member is easy and might even connect you to volunteer or paying work by placing you in our growing skills bank. Send us an email and we'll put you on our distribution list. We are careful not to inundate you with too much communication, but will inform you of important projects and activities and look for feedback on topics of interest.

Many thanks to our major ongoing sponsors: RDCK/Economic Development Commission, and Columbia Basin Trust.

Community Connections Board's vision is simple: – seeding local growth. Help all of us on the east shore get connected by being connected.

**Office hours:**

**Meet with our administrator, Greg Blackwell  
1-4pm Wednesdays, Crawford Bay School in the  
Community room.**

**Contact info: skootenaylakecss@gmail.com  
(250-354-2951)**

## Gray Creek Pass Report

by Tom Lymbery

Faster melting spring this year just may see the road open in late June – earliest ever was June 12.

Australian Joe Guy is riding his horse across Canada on the Trans Canada Trail. He has ridden over 11,000 miles through many countries and tackled the snow of the Pass on May 29. Please look at his website [www.joeguylongrider.com](http://www.joeguylongrider.com). Joe has his 14 year old son Zac with him, riding a mountain bike, but no other backup or support vehicle. They attempted the old power line route which goes over the main Gray Creek summit, 6100 feet as opposed to the road summit of 6800 feet. This is shorter but steeper and requires fording the main creek where Fortis has removed a bridge.

The creek ford was okay but the snow got progressively deeper and became too challenging so they had to return to take the highway route – twice the distance and along a highway which has few shoulders that can accommodate a horse and rider. We hope the rest of their trip has no problems – and we admire their guts and determination.

Joe came to our Kootenay Lake Lions meeting and entertained with a song and stories. He found several buyers for his book *Just Another Dream*.



Joe Guy and his son Zac with Tom Lymbery in Gray Creek on May 28th. Joe is riding his horse and Zac his mountain bike across Canada on the Trans Canada Trail.

Photo: Debbie Plishka

*Next Deadline:  
June 26, 2013*

## TOM SEZ

by Tom Lymbery

The pink cherry on the corner by our store came into bloom April 26 in 2013 - only six days later than 2012.

The ice broke on the Yukon River at Dawson City at 6 pm on May 15 this year. Late spring this year – in 2012 it was May 2. Once the water is running clear of ice chunks the ferry MV George Black will be re-launched giving access to West Dawson residents and also the Top of the World highway to Tok, Alaska. Winner of the guess the date and time contest won \$3,872.

White Pine blister rust is still with us (orange spores at the base of small trees). This infects other trees in damp springs which is why you should cut the white pine branches off up to at least 10 feet. Why bother? White pine is as valuable a tree as cedar, both for beauty and for lumber.

Please make sure your phone bill carries your street address – this will allow you to use it as proof of residency. Today you may be asked for this, along with other certifications you never had to produce in years past. A box number just doesn't cut it.

Eco cedar from Harrop Procter Forest Products is now in our lumber yard.

What do Anne of Green Gables and Mike Duffy have in common? They're both fictional residents of Prince Edward Island.

TELUS will add another area code for BC soon - 263 will join 604, 250 and 778.

Wildfire interface... your home is safer with a metal roof. Composition shingles are fireproof but needles in the cracks as well as moss only need a spark to ignite. We can supply all colours of metal.

LEHR now has three sizes of propane powered outboard motors, 2.5 hp, 5 hp and 9.9 hp. These are 4 cycle motors that need no choke and have the cleanest emissions of any marine motor – more environmentally friendly and easier to maintain.

When the small Australian town of Coopers Creek in New South Wales was cut off by a landslide across the only access road propane was delivered by Helicopter! 100 pound cylinders were strapped together and lifted in a cargo net. Elgas, Australia's largest distributor of LP gas was able to arrange this unusual delivery.

Soccer enthusiast Richard Swanson started dribbling a soccer ball from Seattle to Brazil, intending to be in time for the World Cup 2014. Unfortunately he was run over and killed by a truck in Oregon.

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## Fitness Challenge with Beachbody Perks

by Jessi Hobson

Pain, dissatisfaction and discomfort, frustration and fatigue can be great motivators. Urging us to come to that AHA! moment, where something clicks and we decide "Hey, I think it's time for a change." That's what happened to me anyway. After being diagnosed with Fibromyalgia and vitamin deficiencies, struggling with allergies and low immune function, I decided I'd had enough. It was time to take my health into my own hands. I started working out regularly with a program from Beachbody called Turbo Fire. I also began taking Shakeology. After only one month, I began to feel significantly better.

At this time a friend of mine reached out to me and shared the opportunity to become a Beachbody Coach. I went for it. I have been running two fit clubs, one in Crawford Bay and one in Nelson, motivating people to come out and get moving. These will begin again in the fall. I have been sharing this business opportunity and choosing to live a healthier lifestyle. Seeing the successes of others has really been inspir-

ing for me and has catapulted me on to a whole new life path. I am currently challenging myself physically and mentally with Group x Fitness Instructor Training as well as Fitness Theory which will be completed in September.

As a coach, I am putting my focus into running a challenge group which will be co-run by Gina Medhurst. Gina and I completed a 30 Day Challenge Group together with great success. I am doing P90X and have seen an increase in strength and energy levels. Gina is doing Turbo Fire and rocking it. She has lost weight, toned up, and she is motivated to keep up the momentum. We are also both drinking our Shakeology daily and loving it.

So...what exactly is Shakeology? Shakeology is the most nutrient-dense, super-food enriched protein/ meal replacement shake on the planet. It contains over 70 natural ingredients from rich, whole food sources from around the world. All of which are working together to improve digestion and regularity, reduce cravings, alkalize and detoxify the body, support joint health, improve the immune system, help you lose weight, lower cholesterol levels and increase energy and stamina. It is also very tasty.

**We are looking for five to ten people to join our 30 Day Challenge.** By ordering a challenge pack (which includes: The in-home fitness program of your choice, Shakeology and two coaches offering their support, motivation and guidance) you will be choosing the path to healthy vitality. The challenge will begin July 2, 2013. The last day to order will be June 17. Whether you are male or female, young or old, new to fitness or not, or if you are looking to increase mobility, lean up, gain muscle, lose weight, or increase your cardio endurance, there is an in-home fitness program that is right for you. In order to make changes and see improvements in your fitness/strength levels, it is recommended that you work out four to six times per week. Let's get active and support each other in achieving our goals.

**If you would like to join the challenge group, become a coach, try Shakeology or are just curious, please contact:**

Jessi Hobson 250.777.2051  
Gina Medhurst 250.352.7390

**Next Deadline: June 26,**

## Health & Happiness

by Dr. Sid Kettner

### 24 Reasons to Exercise

I have done a number of articles over the past four or five years on the benefits of exercise—always from a medical standpoint, citing reputable clinical studies in respectable medical journals. With summer approaching, it might be fun to just re-visit the subject from a more casual point of view. So here are some quick reasons all of us should "move more." Source: Spark People.com

#### Why exercise? Because it . . .

- Helps you become stronger
- Helps you look better
- Lifts your mood
- Combats depression
- Reduces back pain
- Brings a feeling of accomplishment
- You'll feel bad if you don't
- Swimsuit season is coming
- Dieting only works so much
- Improves your heart health
- Strengthens the bones
- Helps weight loss
- Lowers risk of diabetes
- Cheaper than therapy
- Helps you to take care of your body
- Good example to others
- Helps you take pride in yourself
- Helps your clothes to fit better
- Reduces risk of cancer
- Your body will feel better
- Sharpens your mind
- Helps you sleep better
- Gives us more energy
- Makes you look younger
- Improves your balance
- Burns off last night's dessert
- Boosts your immune system

Is that enough incentive to get you going? On the golf course, walking with your clubs? Cycling? Swimming? Walking or hiking on our trails and back roads? Playing tennis? Preferably in the morning. Preferably outdoors. Preferably at your target heart rate for 45 minutes at least six days a week. Preferably with a spouse or friend to keep you accountable. Preferably something that you really enjoy. Remember, life is to be enjoyed, not endured.

# shakeology



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**To learn more, contact Jessi Hobson**

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## Pickleball

by Glen Kinder

A game by any other name... would be just as much fun. It was created by a Washington State Congressman in 1965. For many years the goofy name was thought to come from that of the Congressman's dog. But, in fact, their dog of a few years later was named after the game. Anyway, it turned into what many are saying is the fastest growing sport in North America.

There are a multitude of clubs and leagues in the Vancouver area and it's prolific in Southern California and Arizona.

It's played on a doubles badminton court with the net close to the ground like a tennis net. The paddle looks like an oversized ping-pong paddle and the ball is a baseball



sized whiffle ball. (See picture)

Its popularity, I suspect, is because it's an easy game to learn and can be played with some success your first time out. Most of the pickleball enthusiasts I know were former badminton, tennis, squash or racquetball players who now find those sports too hard on the body.

Doubles pickleball doesn't require a lot of running, but you can still get a decent workout and there are a couple of interesting rules that make it challenging for the athlete among us.

So, if you already play pickleball or would like to learn, come to the school on Saturday mornings around 9 am.

If it looks like there is a lot of interest, then we may be able to move to an evening time during the week. (Drop-in fee is \$2)

If anyone has paddles you're not using, we would gladly take them off your hands.

*East Shore*



*Fitness Place*

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

### Summer Hours

8 to 10am & 6 to 8 pm

Monday to Saturday

Questions answered at:  
[thefitnessplace@theeastshore.net](mailto:thefitnessplace@theeastshore.net)

# Asana of the Month

by Jayanti Holman

## Eka pada Rajakapotanasana One Leg King Pigeon Pose

### Description - Getting into the Pose:

- Sit on the floor with your legs stretched straight out in front of you.
- Bend your right knee and place your right foot on the floor so the heel is close to your left groin.
- Keep your right knee resting on the floor.
- Take your left leg back and rest its entire front length on the floor.
- Inhale; Place your palms on the floor beside your right knee and right foot, look up as you lift your chest up and stretch back slightly.

### Now Pose 1 can be done OR Pose 2

#### Pose 1

- Taking a deep breath, stretch your arms forward till your forehead comes down to the floor or a block or a support.
- Stretch your arms till your palms rest on the floor overhead.
- Stay in the pose for 5-10 long deep slow even breaths.

#### Pose 2

- Take your head as far back as possible and balance here for a moment.
- Now, rest the hands on the floor in front of you, bend the left knee and bring the left foot up towards the head.
- Tighten the left thigh muscles to keep the left shin perpendicular to the floor
- Exhale, take the right arm over the head and grip the left foot with the right hand
- Take a few breaths.
- Exhale and catch the left foot with the left hand as well.
- Rest the head against the left foot.
- Stay in this pose for a few seconds, breathe deeply, smoothly and evenly.

### Focus while in the poses:

#### Pose 1

- Surrender to the ground, releasing the hip and any and all tension out through the breath.
- Deeply lift and open the back between the shoulder blades, with each in-breath
- Soften the face muscles and relax the breath.

#### Pose 2

- Keep your heart lifting, armpits opening
- Focus on dropping into the front thigh
- Open the throat and remain soft and supple in the face muscles.

### To come out of the pose:

#### Pose 2

- Release the grip on the right foot let the leg come down to the floor.
- Bring the palms to the floor and release yourself forward into Pose 1

#### Pose 1

- Slide your hands back beside your knee and foot. Inhale and lift your chest up
- Exhaling, bring your back leg forward and unfold your front leg to come back to the starting pose.
- After you have come out of the pose, repeat on the other side ~

### Modifications:

#### Pose 1

- Use a folded up blanket under the front hip to elevate you
- Use a block or other prop to support the forehead

#### Pose 2

- Use a wall to make a right angle with the back leg
- Use a belt around the back ankle to draw the foot towards your head
- Hold back ankle with one hand and other hand on ground

### Easier

### More Challenging

#### Pose 2

- Form a right angle with the calf and thigh of your front leg
- Reach the hands down to the ankle and hold there.

### Benefits:

- The neck and shoulder muscles are exercised fully
- Rejuvenates the lower region of the spine.
- Urinary tract disorders are rectified.
- Chest and lungs are developed
- The thyroids, parathyroid, adrenals and gonads receive a rich supply of blood and function properly which increases vitality.
- Helps control sexual desire

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

- Slipped discs
- Torn groin, hernia or psoas injury
- Shoulder injury



### Reflections:

- Are there any other places I would like to be more open?
- In surrendering forward OR reaching back, how can I bring this stretch into my daily life?

### Counter Pose:

Janu Sirsasana ~ Head to knee pose ~ Seated, straight leg forward bend.

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**Next Deadline: June 26,**

## Yoga w/ Lea:

**Mon:** All levels, 9-10:30am, Comm. Cnrr.

**Thurs:** All levels, 9:30-11am, Boswell Hall

*Available for booking group Laughter Yoga sessions for parties & private functions.*

More info: 250.227.9030

learae75@gmail.com



# East Shore Hospice News

by Ali George,  
Coordinator

What a beautiful day!  
On Sunday, May 5,  
26 people (and four dogs)

gathered at Crawford Bay School to walk and bike together under a perfect blue sky for the annual East Shore Hike for Hospice. We held our banner high as we walked through the village, down to the airstrip and back again, and up Wadds Road a bit before John Edwards declared that it was time to head back for lunch already! Ben Johnson and Jonathan Wolf were setting up their exotic collection of musical instruments when we arrived. They created a peaceful ambience that both inspired and soothed as we enjoyed a beautiful lunch prepared by Lee Reidl of the Crawford Bay School hot lunch program. After lunch, we gathered in a circle to listen to Duncan Grady speak of the inseparableness of life and death. Many thanks to Ben, Jonathan, Lee and Duncan for feeding both our bodies and our spirits.

I am so grateful to everyone who participated in this year's hike: our dedicated volunteers, our hikers who collected pledges and helped with our hike and luncheon preparation and clean-up, and our generous donors. **Together, we raised \$1650, which will go towards continuing palliative and bereavement support services, volunteer training and community education on the East Shore.**

Thank you to Save-On Foods, Safeway, and the Kootenay Co-op in Nelson, The Old World Bakery in Balfour, and our very own Crawford Bay Store (thanks Jamie!) for their generous food donations, and to the Nelson & District Credit Union (East Shore Branch) for their generous contribution. Thanks to my fellow East Shore Hospice advisory committee members (Rose Janzen, Alexis Phillips, Ken Meaton, and Mary Donald) for their help in organizing this event, and their dedication to Hospice.

Thanks also to Al George for biking with the kids and keeping them safe on the highway, and to Garry Sly and Branca Lewandowski for helping out in the kitchen.

And a special thank you to Nicole Plouffe, Anna Rose, and John Edwards for being our top three fundraisers, and to Victoria Henriksen for donating her beautiful pottery for prizes. What a community. Thank you, thank you, thank you!

# Remembrance Garden

by Wendy Scott

By the time you read this June will be showing its spring/summer colours in the garden. Pathways are raked and thanks to many helpers, winter's detritus has been piled up and taken away. Now the ferns are already a lovely bright green; daffodils have come and gone; fall crocus foliage stands tall (well, as tall as crocus leaves can get) The newly finished bench is back in place (thanks to Miroslav) and Dennis is gradually installing the rest of the plaques and planning construction of the new bench from two oversize rough cedar planks. It's a big project and we certainly appreciate his willingness to take it on.

Many thanks to everyone who came to help us on our Clean Up day: Sheila and Harry Arnott, Muriel Crowe, Bruce Scott, Christine Robertson, Beth Alguire, Beth Ludlow, Kathy Smith and very special help from Taryn.

Wendy wmescott@gmail.com 250-225-3381

Muriel mcrowe@bluebell.ca 250-225-3570

June 2013 Mainstreet 19

**Next Deadline: June 26,**



## Tom's Corner

by Tom Lymbery

### Can Logging & Clean Water Supplies be Combined?

Procter and Harrop, two small communities on the West Arm of Kootenay Lake, have found a way to maintain the forest which supplies the small creeks from which residents draw their water supplies.

Forest Service apparently has a mandate to log every watershed and this is usually done by offering the timber to lumber companies. Naturally their object is to make money from this, so they extract the maximum volume, leaving the bush in disarray which naturally disrupts the small streams and springs, and can all too easily create landslides.

From 1951 to 1967 the Wirsig family's Gray Creek Forest Products operated on the eastern shore from Boswell to Riondel using small roads and equipment that predated the clear cut revulsion. They only felled the timber they needed to meet their orders, leaving any trees they didn't need. This was true selective logging - taking out only the largest trees allows the sun to reach trees of 14" diameter, so that another crop of timber can be harvested only 15 years later. However this doesn't produce every available dollar that clearcutting does, and it doesn't produce the maximum returns that the big companies require.

The residents of Procter and Harrop knew that this was the way to handle their backyard, and in 1997 when the BC Ministry of Forests asked for proposals for Community Forest Pilot Projects, the Harrop - Procter Watershed Protection Society put together a 300 page application that combined community



involvement, environmental concerns, and business opportunities. It was one of only seven chosen in 1999.

The Harrop - Procter Pilot Project has gone two steps past the typical community forest by implementing an ecosystem based planning to leave a fully functioning forest after logging takes place. So far this is the only community forest in Canada with ecosystem - based plans in place for both landscape and timber stand levels. Some large trees are left standing to provide the best quality seed for natural re-growth.

When you cross on the Kootenay Lake ferry please compare the north side of the West Arm to the south.

**You will see that the area from Procter to Harrop has no visible clearcuts, while many can be seen on the mountains across the water above Balfour and Queens Bay.** What a contrast to waiting 80 years for another crop on replanted clearcuts!

Please go to [www.hpcommunityforest.org](http://www.hpcommunityforest.org) and you will find the challenges that needed to be overcome. The website also

describes the ecologically responsible wood products sold by the Harrop - Procter Community Co-op, and it provides links to other organizations and research groups that are working toward the same goals.

Gray Creek Store is the first lumberyard to stock some of this reasonably priced quality eco-friendly lumber. Staff member Matthew Winger who serves our building supplies and contractor sales is a world traveler who has built his new home on the eastern shore, and was very interested in Harrop - Procter's story and products. We're currently stocking rough sawn "landscape grade" cedar, which is perfect for garden projects due to its rot resistance and economical price compared to "A grade" cedar. In the future we've got plans to offer the best cedar and fir decking Harrop-Procter has to offer, since this partnership makes it so we can match the best wood for the right project.

**We have RICE BOWLS!**

**New Key's Place**  
250.227.6911

## Boswell Board Meeting Update

by Verna Mayers-McKenzie

The shed is finished but many of our projects, other than the water system have not been completed, with our CBT grant. We have received an extension on the time. A Fathers Day Breakfast is planned... watch for details. The first of July supper and flower show is still happening

The Steak Dinner and auction was a great success and raised a lot of money for the wharf.

Life Line information meeting is happening on June 2 at 2pm at the Hall

Things will slow down for the summer and any of the activities will begin again in the fall. Hiking is now exploring many fascinating areas. Our newsletter is now online and available to all members.

Have a nice summer.

*List your Business/  
Community Service Organization*

**FOR FREE!**

*Do you have a business on the  
East Shore or anywhere in Area  
A of this Regional District?  
Alternatively, are you part of a  
community service organization  
that wants more exposure and  
would like to be on a recognized  
and maintained directory?*

*Please visit one of the following  
sites over the next few weeks to  
see if you are already listed &  
whether the info is correct:*

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

*-[www.cconnections.ca](http://www.cconnections.ca)-*

*-[www.kootenaylake.bc.ca](http://www.kootenaylake.bc.ca)-*

*If you would like to be listed on  
this directory, please contact  
Community Connections at  
[skootenaylakecss@gmail.com](mailto:skootenaylakecss@gmail.com)*

### EAST SHORE PHYSIOTHERAPY



- Full Assessments
- Home Programs
- Gentle Treatments

Health Center, Crawford Bay

**Anna Rose** (250) 227-9155  
BScPT

### Nelson & Area Elder Abuse Prevention Resource Centre

◆ 250-352-6008

◆ [preventeldRabuse@sbdemail.com](mailto:preventeldRabuse@sbdemail.com)

◆ [www.nelsonelderabuseprevention.org](http://www.nelsonelderabuseprevention.org)

◆ Drop-in Wednesdays 12-2pm

719 Vernon Street, Nelson  
Nelson and District Seniors Coordinating Society

### SUNSET SEED COMPANY



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

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

### Yoga w/ Lea:

**Mon:** All levels, 9-10:30am, Comm. Cntr.

**Thurs:** All levels, 9:30-11am, Boswell Hall

*Available for booking group Laughter Yoga sessions for parties & private functions.*

More info: 250.227.9030  
[learae75@gmail.com](mailto:learae75@gmail.com)



**Next Deadline: June 26,**



pebbles  
by Wendy Scott  
**Journeys, Visits & Returns**

Across the Strait of Georgia, mountains diminish, rise, and fade. The water is calm; the low sun bright and brighter still on the face of the sea. We're sailing amongst an archipelago of islands; their heights identically fringed, but for the occasional conspicuously tall cedar.

There's a peaceful din of chatter in the Coastal Buffet and the soft strains of guitar and piano come over the sound system. Later my son will tell of another trip with an impromptu mini concert on deck from a singer bound for Nanaimo with his guitar.

Another small ferry crosses our wake drawing its own straight path to somewhere else. This is a pleasant way to relax after a long day's drive through mountains, along highways, and into the inevitable freeway traffic.

Earlier in the day, coming through the forested areas of Manning Park, a few odd snow patches still hid in the trees – although waterfalls tumbled and creeks and rivers threatened their banks. We caught glimpses of the many spires and craggy peaks of the Cascade Mountain Range, vivid against a sky of perfect blue.

A friend of ours when driving for the first time from Alberta, was surprised and worried that the dark cloud ahead was an approaching storm. However the sun continued to shine, and the ground to rise as he

realized he was indeed climbing his first mountain. From the Rockies along the eastern border of British Columbia, mountains, valleys, rivers and lakes surround us; the Columbia Mountains include our own Purcells, and across Kootenay Lake, the Selkirks, the Monashees and to the north, the Cariboo Range; It does not matter which way we travel from our Kootenay country, we will climb hills.

When driving from the Kootenay area to the Lower Mainland we get a bit of a breather with the Interior Plateau only to climb again into and through the Coast Range – some say the most spectacular. But that's not the end of it. Vancouver Island has its own Mount Washington in the mid-island range.

But we're not all mountain climbers and I must admit that one of the most spectacular views of the Purcells is from the air (or perhaps from the viewing tower on Mount Buchanan). There are really no other ways to begin to comprehend the vast extent of those peaks. They seem to spread like a rough, choppy ocean all the way from Calgary to Kootenay Lake.

But we're heading today to Vancouver Island to visit children, grandchildren and a couple of small greats. Mothers' Day will happen in the midst of the visit, and except for a couple of sisters, will encompass all of our immediate family members (thirteen all together in one place – crowded – yes, and an excellent crew).

On another day, we will be treated to a First Night Event: Lil Abner will tread the boards along with Daisy Mae, Marry'n Sam, Mammy Yokum and all the rest of Dogpatch. The musical will happen in the new performance hall at one granddaughter's school, with that one granddaughter on stage. As always, a school play like this one is fun not only for the performers, but the (slightly biased) audience of relatives and friends.

The visit – ten days in length -- also includes the inevitable wonder of the island's advanced springtime flowers, but upon our return to Riondel, an even greater wonder surprises us in our own front garden: the wisteria is in full and magnificently abundant bloom; delicate mauve clematis climbs the porch trellis; pure white star of Bethlehem hugs the ground under the mulberry tree; bursts of golden sedum glow in the rockeries, and having survived another winter, the early deep pink rhododendron is covered in big beautiful blooms.

This star of the show, and later its purple partner, are a poignant reminder of the phone call I will not receive this year – the call to come and take a look at the Best G.D. Swimming Pool you've ever seen! I answer the call – always, and arrive in Johnny Oliver's garden to admire his "swimming pool" full of rhododendrons.

Yes, Johnny, they were the best, and will always remain at the top of my list – along with your extraordinary cups of tea! Thanks Johnny for sharing the brilliance of your springtime colours, your proud memories, your Gracie, your Back 40, your generosity and perhaps most vividly remembered – your hugs.

- Planning a wedding?
- Holding a meeting?

Consider renting the  
**BOSWELL HALL**

Booking/info: Judy @ 250-223-8664

**Something to Ponder**

by Pastor Bill Gooding

Well, here is a truth expressed by Philip Schaff that I deeply appreciate and love. "This Jesus of Nazareth, without money and without arms, conquered more millions than Alexander, Caesar, Mohammed and Napoleon; without science and learning, he shed more light on things human and divine than all philosophers and scholars combined; without the eloquence of schools, he spoke such words of life as were never spoken before or since and produced effects which lie beyond the reach of orator or poet; without writing a single line, He set more pens in motion, and furnished themes for more sermons, orations, discussions, learned volumes, works of art, and songs of praise than the whole army of great men of ancient and modern times." I could not agree more and humbly say Amen.

Schaff continues, "That ministry lasted only three years, and yet in those three years condensed the deepest meaning of the history of religion. No great life ever passed so quickly, so quietly, so humbly, so far removed from the noise and commotion of the world, and no great life after its close excited such universal and lasting interest."

And how true those words are. The statements of Jesus about Himself contradict the notion that He was simply a great man or a prophet. We must all remember that on more than one occasion, Jesus referred to himself as God's son. And when asked whether he thought it far-fetched for Jesus to be the Son of God, lead singer of U2, Bono, answered, "No, it's not far-fetched to me. Look, the secular response to the Christ story always goes like this: He was a great prophet, obviously a very interesting guy, had a lot to say along the lines of other great prophets, be they Elijah, Muhammad, Buddha, or Confucius. But actually Christ doesn't allow you that. He doesn't let you off the hook. Christ says, 'No. I'm not saying I'm a teacher, don't call me a teacher. I'm not saying I'm a prophet... I'm saying I'm God incarnate.' And people say: No, no, please, just be a prophet. A prophet we can take."

Think... ponder about this: God Incarnate coming

to earth, fully God and yet fully man and in identifying with us as man taking our sins upon Himself and giving us His righteousness. Being forgiven of our transgressions and sins and now having a future that is simply beyond our wildest imaginations.

A rather common accusation sharply aimed at the Christian goes something like this: "You Christians make me ill. All you have is a blind faith." This indicates that to become a Christian one has to commit intellectual suicide. Well, here is a reality - integrity is critical to us in any honest inquiry. And I simply use the apologist's Beattie's thoughts in my own ways – "Christianity is either EVERYTHING for all of mankind, or NOTHING. It is either the highest certainty or the greatest delusion. But if Christianity be EVERYTHING for mankind, it is important for every man to be able to give a good reason for the hope that is within him in regard to the truthful realities of the Christian faith. To accept these truths in an unthinking way, or to simply receive them on authority, is simply not good enough for an intelligent, mature and stable faith."

Over the past seven monthly issues of *Mainstreet* we have laid out in a simple, yet comprehensive manner, the realities of the human condition (that we are all transgressors) and our God's shocking yet amazing solution (God's Son becoming our transgressions and sins and through His death giving you and me life). Now you may still have struggles in what you have read. I understand that. You may well have and hopefully have more questions. That seems reasonable. But what we ask is that you ponder and consider the truths we have shared. And it seems reasonable to me that you ask any of us who profess to be Christians why we have made the choice and decision we have made.

Or consider the words that Soren Kierkegaard writes: "For me, Christianity was not a leap in the dark, but rather a step into the light. I took the evidence that I could gather and put it on the scales. The scales tipped the way of Christ being the Son of God and resurrected from the dead. It was so overwhelmingly leaning to Christ that when I became a Christian, it was a step into the light rather than a leap into the darkness."

If I had exercised blind faith, I would have rejected Jesus Christ and turned my back on all the evidence. Be careful. I did not prove beyond a shadow of a doubt

that Jesus was the Son of God. What I did was investigate the evidence and weigh the pros and cons. The results showed that Christ must be who He claimed to be, and I had to make a decision, which I did. The immediate reaction of many is, "You found what you wanted to find." That was NOT the case. Rather I confirmed through investigation what I wanted to refute. I set out to disprove Christianity. I had biases and prejudices not for Christ but contrary to Him.

If you struggle you may well appreciate the journey of C.S. Lewis, which I share with you. C.S. Lewis, the great British intellect, who earlier in the last century became one of Christendom's most articulate spokesman, taught at both Oxford and Cambridge Universities during his academic career. The story of his spiritual journey from atheist, agnostic, to a Christian is both a captivating read and an assuring one. You see Lewis began to be overwhelmed with the historical credibility of the resurrection account and finally this intellectual reality pressed down on him so completely that he began to yield. In his book, *Surprised by Joy* he writes, "You must picture me alone in my room at Cambridge night after night, feeling, whenever my mind lifted even for a second from my work, the steady and unrelenting approach of Him whom I so earnestly desired not to meet. That which I had greatly feared had at last come upon me. In the Trinity year of 1929 I gave in, and admitted that God was God, and knelt and prayed... that night the most dejected and reluctant convert in all of England. I did not see then what is now the most obvious and shining truth, the Divine Humility which will accept a convert even on such terms. The Prodigal Son at least walked home on his own feet. But who can duly adore that love which will open the High Gates of heaven to a prodigal who is brought in struggling, kicking, resentful and his eyes darting to and fro searching in every direction for a chance to escape."

I say to you that if Jesus Christ was NOT God Incarnate then when the Academy Awards are next presented, His performance deserves a Lifetime Achievement Oscar. Truly, the hardness of God is kinder than the softness of men and women, and leads to our redemption, freedom and forgiveness. Hallelujah, praise the Lord.

**SERVICES DIRECTORY**

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

**AUTOMOTIVE/MARINE**

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

**BUSINESS SERVICES**

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

**CONSTRUCTION/CONTRACTORS/TRADES**

**HULLAND AND LARSEN CONSTRUCTION** - experienced residential construction & custom finish work. 250.551.2915 or 250.505.3570. (see ad in contractor section)  
**JB (JUERGEN BAETZEL) CONSTRUCTION:** Over 15 years experience, strong work ethic. Foundations to Finish (concrete, framing, roofing, drywall, siding, flooring, finish, carpentry, tile setting, some plumbing & wiring knowledge) 250.227.9246 or 250.551.7697.  
**MARK JOHNSTON CONSTRUCTION LTD.** Ph: 250-227-9583, email: markjohnstonconstruction@gmail.com  
**MATTHEW SMITH BUILDER** - Trained/Certified Heritage Restoration and Conservation. Carpentry and woodworking services. matthew.smith.builder@gmail.com or 250-505-2305.  
**THE GREEN MACHINE** - Excavation, Landscaping, Installation of Waterlines. Ph.: 250.225.3485  
**TURLOCK ELECTRICAL CONTRACTING LTD.** (See colour ad in this issue for more information.) 250-227-9688 or 250-551-4671

**PERSONAL CARE/HEALTH**

**A TOUCH OF ALOHA MASSAGE** - (Leeza Trione) will be at Kokanee Springs Resort, offering Hawaiian Lomi-Lomi, Deep Tissue, Sports, Shiatsu, Reflexology, Cranio-Sacral. 13 years experience. Local rates available. Call 250.227.9226.  
**ACUPUNCTURE** - Christine Peel R.Ac. 16210 hwy 3A Unit 9, Crawford Bay Motel. For an appointment please call 250-505-8130.

**ACUTONICS** - vibrational healing with tuning forks, practitioner available. For appointments call Theresa Lee 225-3518/cell:505-4706

**ALEXIS PHILLIPS, M.A., R.C.C.** - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 250-509-0368.

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

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

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

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

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

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

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

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

**RESTAURANTS**

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

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

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

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

**YARD/LANDSCAPING/SITE PREP**

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

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

## The PAC Box

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

**PAC MEETING:** There will be no more PAC meetings until September. Thank you for an amazing and motivated year!

**GROCERY GIFT CARDS:** The grocery gift card fundraiser will be on-going throughout the summer. Contact Jennifer Irving at 250-227-9175 or Terry Fiddick at 250-227-9510 for more info. All proceeds will remain within the school community - summer gift card fundraisers go towards the hot lunch program.

**CLASSIFIED SECTION**

**AUTOMARINE**

**For Sale** Airstream Trailer 1961: good condition, 26 ft, \$6000. Call 250 227 9170

**BUS. ANNOUNCEMENTS**

**Sirdar General Store:** On June 1, 2013, Sirdar Post Office has been in Sirdar for 113 years! A unique place to shop on Duck Lake. 2013-2014 Fishing & Hunting Licences, Regulations, Tags plus CVWMA Fishing & Hunting Permits. Tackle Groceries Island Farms Dairy Products, Popsicles, Klondike, Magnum Ice Cream Treats, Energy Bars & Drinks, Juices, Water, Soft Drinks, Chips, & Nuts. Creston Valley Bakery Breads & Pastries. Locally made crafts, children's aprons, Baby PJ's, Sun bonnet's, dresses, Crib & Cutting Boards, Bird Houses. Adult Aprons, placemats, gift bags, door stops. Post Office. 8050 Hwy 3A, 250-866-5570 or Fax 250-866-6811

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

**BUSINESS SERVICES**

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

**EVENTS/WORKSHOPS**

**Astrologer Michael O'Connor:** Coming to the East Shore, offering in-person readings. 1 hr - \$100, 90 min - \$140, 120

min - \$175, Barefoot Handweaving in Crawford Bay. Also... Visual Presentation: "What in the Stars is Happening on Earth" - Crawford Bay School - 16159 Walkley Rd - \$10. (Discounted if you book a reading). Call Michael to reserve appointment www.sunstarastrlogy.com, sunstarastrlogy@gmail.com, 250.352.6871

**Ambulance Auxiliary Garage Sale:** The annual Eastshore Ambulance Auxiliary Society Garage Sale will be held Friday, June 7 (4 - 8pm) and Saturday, June 8 (9am - 4 pm) at 1417 Ainsworth Avenue in Riondel. A large variety of items will be on sale along with a bake sale on Saturday. Donations of baking are gratefully accepted. When you come to shop, enjoy a coffee and muffin or a hot dog while you visit with friends and neighbours. Proceeds support the Eastshore Ambulance.

**MISC FOR SALE**

**Industrial 3 bay** fridge. 75 cu. ft., 1/2 hp motor. Gray Creek Store. 250-227-9315.

**NOTICES**

**Penny Drive** - Bring all your pennies to the Forge & Furnace Gallery in Crawford Bay (aka Kootenay Forge downtown) and we will not only turn them into works of art, we will donate double their value to help local children attend the Summer Art and Music Camp in July. Need more info? 250-227-9467

**Nelson Parkade** - offers easy downtown parking. Just

one dollar per hour or four dollars per day. Next door to the Hume Hotel on Vernon Street. We accept credit Cards. Call for weekly or monthly rates. 250.354.8834

**RENTALS/REAL EST.**

**Property for Sale by Owner** - 10 acres in Gray Creek. Beautiful lake view, Power. For appointment & info call 250 227- 9170.

**Property for Sale by Owner:** Beautiful unique Home with large studio building, located on ten acres of land. Jasper Road in Gray Creek. Sold as one or separately. For info call 250 227 9170

**WANTED**

**Wanted to borrow:** medium to large child's wagon for use at Starbelly Jam. Please call 225-3464. Thank you!

**KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE**

Mountain Standard Time -  
Winter Schedule in effect until weekend of June 16, 2012

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

Summer schedule in effect weekend of June 16, when MV Balfour begins.

**The East Shore MAINSTREET**

Contact: Ingrid Zaiiss-Baetzel

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

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

E-mail: mainstreet@theeastshore.net

**\*\* ADVERTISING RATES**

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

**Column Width:** 3 1/4 inches - double column width: 6 3/4 inches - full width: 10 3/8 inches

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

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

10¢/word after the initial 30.

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

## BULLETIN BOARD

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

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

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

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

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

#### PHYSICIAN COVERAGE FOR June 2013

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

JUNE 4, TUESDAY, DR GRYPONPRE

JUNE 5, WEDNESDAY, DR MOULSON

JUNE 6, THURSDAY, DR LEE

JUNE 11, TUESDAY, DR GRYPONPRE

JUNE 12, WEDNESDAY, DR MOULSON

JUNE 13, THURSDAY, DR LEE

JUNE 18, TUESDAY, DR GRYPONPRE

JUNE 19, WEDNESDAY, DR MOULSON

JUNE 20, THURSDAY, DR LEE

JUNE 25, TUESDAY, DR GRYPONPRE

JUNE 26, WEDNESDAY, DR MOULSON

JUNE 27, THURSDAY, DR LEE

**Please Note: Lab hours 7:30 - 10:30, Weds Mornings.**

**Call to make appointments at 227-9006**

**on doctor days and Thursday morning.**

**Tuesday, Wednesday and Thursday (8:30 to 12:30)**

**Phone: 250-227-9006 Fax : 250-227-9017**

#### WEEKLY EVENTS AT BOSWELL HALL:

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

- BADEV - Contact Rod Stewart 223-8089
- Boswell Book Club - Last meeting in June. Contact  
Melody Farmer, 223-8443
- Boswell Ladies Club - Contact Jean Stewart 223-  
8089
- Boswell nifty Needles Quilt Club, meets at 2 on  
3rd Tuesday, April-Oct. Diane Schaub 223-8273
- Tone and Trim Fitness - Mon and Fri 9 am  
Contact Darlene Knudson 223-8005
- Yoga with Lea - Thursday 9:30 to 11 am, \$6 a class  
- Contact Merilyn Arms 223-8058

#### CB LIBRARY/READING CENTRE AGM

East Shore Reading Centre's AGM - will be held Saturday,  
June 15 @ 3:00 p.m. at the Library. Everyone welcome.

#### AMBULANCE AUXILIARY GARAGE SALE

The annual Eastshore Ambulance Auxiliary Society  
Garage Sale will be held Friday, June 7 (4 - 8pm)  
and Saturday, June 8 (9am - 4 pm) at 1417 Ainsworth  
Avenue in Riondel. A large variety of items will be on  
sale along with a bake sale on Saturday. Donations  
of baking are gratefully accepted. When you come to  
shop, enjoy a coffee and muffin or a hot dog while you  
visit with friends and neighbours. Proceeds support the  
Eastshore Ambulance.

#### EAST SHORE HOSPICE

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

#### THANKS FOR THE FLOWERS

We would like to say thank you to Sunnywoods Garden  
Centre for their donation of two beautifully made hanging  
baskets for the East Shore Community Health Clinic door  
entrance.

#### FITNESS EXPERTISE

Fitness trainer Julia Schmidt will answer your questions  
about the equipment at The East Shore Fitness Place on  
Wednesday, June 19 from 6:00 to 8:00 pm. Wondering what  
to use and how to use it? Take this opportunity to find out.

#### EAST SHORE HEALTH SOCIETY ANNUAL GENERAL MEETING

7:00 pm, Crawford Bay School, Community Room. Election  
of Board Members, Financial Report. We urge all to attend  
and participate. New board members are required and  
encouraged. Be prepared to voice your concerns and goals  
for the future. Potential Board members please contact:  
John Rayson Chair, Ph. 250 227-9236 or email: [jrayson@theeastshore.net](mailto:jrayson@theeastshore.net)

#### O CANADA ART FAIR

June 29, 30 and July 1 in Wynndel - A Three Day Festival  
Event which includes two Art Shows and other fun happen-  
ings. Showcasing the works of two prominent Canadian arti-  
sts in the From Far and Wide Art Show celebration of the  
Arts. Upstairs at Wynndel Community Centre. Downstairs  
will be displaying our local BC artists in the O Canada Art  
Show. There will also be artist demos, including a sand  
sculpture, air brush, wood carving and camera-less anima-  
tion and an artisan market, lunch catered by a local restau-  
rant, beer/wine gardens with live music for the adult crowd  
and activities such as a petting zoo for the children. For  
more information contact Sandy Kunze 250-866-5728 or  
Bruce Johnston 250-254-0460.

#### BREAKFAST GRATITUDE

THANK YOU for Sunday Breakfast Series for Parents. Much  
appreciation to the Nelson and District Credit Union Farley  
Cursons for fabulous breakfasts, Lorinda English, Kira  
Dinam and Felix Wedge- Darshan for child care, Lee Reidl  
and Hot Lunch Program for the use of the kitchen, and to all  
the parents and children who participated!

#### EASEY NEWS

Next EASEY meeting on June 13, 3:15 at Crawford Bay  
School Library (with childcare and snacks). Father's  
Day Breakfast and Soccer Game - June 16, 10 am  
breakfast. Special meeting: Child Care for the Fall -  
June 18, 6:30 pm. at the Crawford Bay School Library  
(with childcare and snacks)

#### NOTICE OF PASSING

**Velma Lowen**, long time resident of this area,  
passed away in her sleep on May 7, 2013. A memorial  
service to be held at a later date, as she wished her  
ashes to be spread in the Riondel area.

## CHURCH CALENDAR

#### RIONDEL COMMUNITY CHURCH

##### June 2013 SCHEDULE

**June 5:** Canon Jim hearne, 11am

music - Marie Gale

**June 9:** Bill Gooding, 1pm

music - Marie Gale

**June 16:** Rev Robin Ruder Celiz, Anglican, 3pm

music - Brenda Panio

**June 23:** Bill Gooding, 1pm

music - Marie Gale

**June 30:** Brenda Panio, Anglican, 11am

music - Marie Gale

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

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

For information call Christ Church Creston 428-4248

July 7: 1:30 pm Rev Robin Ruder Celiz

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

Crawford Creek Rd., Crawford Bay Everyone Welcome!

June 16: 1:00 pm - Rev. Robin Ruder Celiz

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

#### KOOTENAY LAKE COMMUNITY CHURCH

*A Lighthouse on the East Shore*

Pastor Bill Gooding

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

#### TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

#### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2:30 pm

1st Sunday of the month, Fellowship Sunday.

#### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

#### CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

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

*Next Deadline:*

*June 26, 2013*

## MEETING PLACES

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

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For more info, call Lion David at 250-227-9550

or Lion Jim at 250-227-9622.

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

#### PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School library  
on (usually) the second Monday of the month. (or Tues if Pro-D)

Call Ingrid to be put on the agenda - 250.227.9246

**NO MORE MEETINGS UNTIL SEPTEMBER!**

**June 2013 Mainstreet 23**



*Next Deadline: June 26, 2013*

*[mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)*

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Strong Start is every weekday at the Family Place at the school from 10-1	Fitness Place open 8-10am & 6-8pm, Mon-Sat					1 Slo-pitch, 2pm, Riondel Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am
2 Bottle Depot, 10-2	3 Yoga w/ Lea, CBay, 9am	4 Dr. Grymonpre	5 Volleyball, CB School, 7pm Dr. Moulson	6 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	7 Amb Aux Garage Sale, 4-8pm, 1417 Ainsworth Women's Soccer, CB Park, 5:30 pm	8 Slo-pitch, 2pm, Riondel Amb Aux Garage Sale, 4-8pm, 1417 Ainsworth Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am
9 Bottle Depot, 10-2	10 Rural Matters Land Use Planning, Wynndel, 6-8 Yoga w/ Lea, CBay, 9am	11 Rural Matters Land Use Planning, Gray Creek Hall, 6-8 Lions Mtng, 7 pm Dr. Grymonpre	12 Rural Matters Land Use Planning, Riondel Rec, 6-8 Volleyball, CB School, 7pm Dr. Moulson	13 EASEY mtng, 3:15 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	14 Women's Soccer, CB Park, 5:30 pm	15 Slo-pitch, 2pm, Riondel CB Reading Centre AGM, 3pm, Library Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am
16 EASEY Father's Day Pancake Breakie & Soccer Bottle Depot, 10-2	17 Yoga w/ Lea, CBay, 9am	18 Child Care Meeting, 6:30pm, school library Chamber Meeting, CBESS Dr. Grymonpre	19 Fitness Expertise at Fitness Place, 6-8pm Volleyball, CB School, 7pm Dr. Moulson	20 Comedy Contest Deadline Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	21 CBESS GRAD Women's Soccer, CB Park, 5:30 pm	22 Slo-pitch, 2pm, Riondel Solstice Celeb, Rio Campgrouch Peter Duryea Celeb of Life, GC Hall Strawberry Social, 1-4 Ping Pong/Pickle Ball/ Badminton, CBESS gym, 9am
23/30 Open Tips and AGM Bottle Depot, 10-2	24 Yoga w/ Lea, CBay, 9am	25 ESIS AGM Lions Mtng, 7 pm Dr. Grymonpre	26 Mainstreet Deadline Volleyball, CB School, 7pm Dr. Moulson	27 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	28 Art Connections, ArtWalk Starts	29 Slo-pitch, 2pm, Riondel Sacred Journey opens GC Store 100th, 10-4



# Kootenay Lake Art Connections

Kootenay Lake Art Connections Starts June 28<sup>th</sup> and ends Sept 3<sup>rd</sup>

**Tour the studios and galleries and pick out your favourite piece of art...** The galleries and venues would like to help you with your purchase. If you have 10 stamps or signatures from ArtWalk members proving that you came to check us out, you are eligible to have your name in for a **\$200 voucher** to be drawn on August 3 and Sept 3. Our brochure is your passport and your draw card. Drop off your signed brochure and check out the art pieces in the galleries and venues from Wynndel to the ferry landing at Kootenay Bay. **You could win** one of two vouchers for \$200 at your favourite art spot. Drop off your completed entry at **Barefoot Handweaving, Emerald Eastcliff Gallery, Mervin Robertson's Art Gallery or Arrowsmith Art Gallery.**

**For more information call Geri @ 250-227-9085 or 250-777-1479**

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## Transfer Station Hours

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

**BOSWELL:**  
**Weds/Sat:**  
**12-4**

## Library Hours:

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

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

## ES Health Centre 227-9006

### COUNSELLORS

Drug & Alcohol: 353-7691 Child & Youth: 353-7691

Public Health Dental Screening/Counseling: 428-3876

Community Nursing: 352-1433 Hospice: 227-9006 Mammography Screening: 354-6721

Baby Clinics: 428-3873 Physiotherapy: 227-9155 Massage Therapy: 227-6877

For more on facility, call Kathy Smith, 227-9006