

\$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

INSIDE:

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

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www.eshore.ca

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undeliverable items to:

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

Agreement#: 40718537



The 80's Are Back!

Or they were for one magnificent, spandexed, overly-perfumed and attitude-laden evening of lascivious glory... Pictured here are the band (missing Todd Lester (drummer) Paul Hindson, Billy and Mike Cullinane (singers) and guest singers from the **80's All-Stars Night** concert at the Junction Creek Hub on May 31. L-R, back row: Terry Fiddick, Christine Peel, Ingrid Baetzel, Jacqueline Wedge, Kate Page, Allan Hughes, Carol VanR, Kenji Fukushima (lead guitar, vocals), Robby Marcheterre (bass). L-R, front row: Tina Craddock-Henry, Galadriel Rael, Will Chapman (keys, vocals), Michelle Moss and Lea Belcourt.

Photo Beth McLellan

70+ MUSICIANS FROM
EASTSHORE MANY BAYS KIMBERLEY CRESTON SLOCAN VALLEY

COMMUNITY BAND FESTIVAL

FREE PUBLIC CONCERT
SUNDAY JUNE 22ND 2:00PM
THE RIONDEL CENTRE AUDITORIUM

Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

STRAWBERRY SOCIAL

Saturday, June 28, 1-4 pm 527 Walker's Landing Road,
Join us for Strawberries, 5 minutes from Kootenay Bay Ferry
Used Book Sale, Music, (250) 227-9224
and Community! www.yasodhara.org



MS Issues

by Ingrid Baetzel

Fresh off of the highly successful 80's All-Stars Night on May 31 at The Hub, many of us are still riding the high. We've got some serious r.o.c.k stars around here, folks. What an experience. I haven't seen that place packed as full since, well, maybe never. Thank you, community, for gracing us and holding us up.

I've been a part of theatre performances several times, so am familiar with the buzz of stage energy and crowd appreciation. I have never before attempted to SING in front of people. (I use the word somewhat loosely, because, wouldn't you know it - I got pretty downright ill the day before the big event so was definitely not "in voice" the way I wanted to be. When I'd open my mouth and push, the silence I was hoping to push through was followed by a surprising note that I didn't anticipate in the least... oh well. It was fun nonetheless, and there's always NEXT TIME... stay tuned.)

The thrill of the stage when you're singing is something totally different from theatre. First of all, your friends and neighbours are RIGHT there, in your face, smiling, howling and singing along. They are responding and feeding back an energy that is juicy, tangible and a bit intimidating. Putting on a show with music and attitude does something to the soul - many of us are changed, just a little bit. Big, loud, boisterous and loving props must go out to Kenji Fukushima, Robby Marcheterre, Will Chapman and Todd Lester - the band. These guys put wheels on this show and started pushing it down the road. Thanks guys -

you really welcomed us all in, supported us throughout and carried the show. We must also extend warm love to Kenji and Galadriel Rael for hosting the practices at their home week after week. What a gift you guys gave us. Thanks to Michelle Moss for taking on the role of B**chy Stage Manager and MC for the night. You were an unflappable and effervescent star (those leggings... sigh...).

Said one commenter on FB: *I want to thank all of you from the bottom of my Final-Net, Jordache-jeaned soul - you whisked me back to my teenage years and not only was I highly entertained by the supreme quality of musicianship and vocals, I was incredibly impressed with all of your hard work and joy you put into the songs. Just loved it!*

Finally, thanks to the Brian, Tracey, Carol and crew from the Hub for making the party what it was... We're already talking about show #2. And watch out - now that we are old hat at this, we're going to blow the roof off of the next show.

I'm a part of your circle of friends...

Edie Brickell (aka Lea Belcourt)

ESIS AGM

(East Shore Internet Society Annual General Meeting)

June 24, 7pm
Gray Creek Hall

All subscribers/members welcome.

LETTERS TO THE EDITOR

THANK YOU FROM MARY DONALD

Dear East Shore Community;

I was so very deeply touched by the wonderful retirement party given to me by my community on April 26, 2014 in the Riondel Community Centre, commemorating over 40 years of a nursing career. It was a very joyful and happy occasion for me and a memory I will treasure for a long time.

It was a lot of fun to show the DVD I created for this event and to talk about my varied nursing positions and experiences and share with everyone the paths I had been on since graduating from Montreal's Royal Victoria Hospital School of Nursing in 1972.

The food was sensational and the cake made by Alanna Miller, from Bob's Bar and Grill in Riondel, was so creative and artistic as well as delicious! A huge thank you to Bob and Wendy Miller and Chris Kenny along with Alanna for all the goodies.

I would like to express my overwhelming gratitude to Kathy Smith, receptionist of the East Shore Community Health Centre, for orchestrating the whole event, for her enthusiasm (and party know-how!) and her very kind words regarding working with me for the last ten years. I would also like to thank all the Health Centre staff who contributed to setting up the party for me, and as well for the wonderfully humorous and fitting gift of the bedpan 'flower pot' filled with flowers.

I also wish to say a huge thank you to all the Health Centre Staff again, along with the East Shore Health

Society, the Yasodhara Ashram, and Garry Jackman for the beautifully striking and unique caduceus sculpture presented to me by Cathy Poch of the Health Society.

This magnificent commissioned piece was created by Kootenay Forge Gallery artisans Cory Medhurst, Helene Carter and Chantal Legault Elias, with a lovely inscription on the bottom. As well, I feel so very fortunate to have received one of Barefoot Handweaving's Janet Wallace's gorgeous twist shawls from her and a group of others as a gift, and I say a heartfelt thank you for this too.

I wish to thank Lynda Leduc for helping with the party planning, the Many Bays Band for playing beautifully, Jenna Schell for taking photos, and a special thank you to Bruce Scott for videotaping the whole event. I would like to thank all who decorated the room and for the many colourful flowers.

I have been very fortunate in having had a very

interesting and rewarding nursing career. And it all started here in BC when Dr Roland Procter and I came to Riondel in 1973 and started the Riondel Medical Clinic, the first established community clinic on the east shore. In the ensuing years, I worked back in Montreal and then in Northern Quebec as nurse-in-charge of an outpost nursing station in the subarctic, and then back in the Kootenay's working in all the area hospitals in Nelson, Kaslo and Creston before becoming the first East Shore established community nurse in 2001, a position I had urged the local government to support for years.



I have had a 'great ride' of a career and so enjoyed being a nurse, as each day is different and fulfilling. It has been an honour and a privilege to have been able to serve my community members and gain their trust when they have needed help in health care. I have also so enjoyed working with so many dedicated and caring health professionals here and a wonderful Health Centre staff. And I am very grateful to my East Shore community for all the support and caring I received over the last year with the closure of my job position in the Health Centre.

Warm wishes to all,
Mary Donald, RN



Photos by Jenna Schell



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Next Deadline: June 25, 2014

Subscribers: Did you know?

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



RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

HIGH WATER FORECASTS:

On June 27 BC Hydro and the US Corps of Engineers provided an update on the 2014 runoff and high water forecasts as part of the Creston town council meeting. E-mail updates along with opportunities to call in for updates have, as usual, been available for the past several weeks but the in person briefing affords a chance to ask questions. A US Fish and Wildlife rep was also on hand to give an update on the white sturgeon channel enhancements which have been ongoing near Bonners Ferry.

This year the Columbia basin snow pack on both sides of the border is higher than normal, at around 120% of average. The actual readings from gauge to gauge vary widely, so you may see numbers ranging from 110% to considerably higher than 120% for various sites. The drawdown and refill process has so far been going as predicted, with weather being suited for a slow, steady melt in most areas. Peak levels on Kootenay Lake are forecast to occur in the second week of June (possibly June 8th) and are expected to be about 1751.6 ft. This year's forecast peak is more than two feet lower than the 2012 peak of 1753.8. A lower lake level is better for stream levels since the lake causes a backwater effect upstream from the mouths of streams, making flooding on the stream worse. Monitoring and consultation around adjusting flows from the various reservoirs to balance flood concerns throughout the

basin continues to be a daily process. There is some concern that Bonners Ferry will approach flood stage this year.

As in past years, emergency coordinators from the RDCK have been involved in monitoring local creeks. The Ministry of Forest, Lands and Natural Resources along with Emergency Management BC also have been monitoring several creeks as well as checking on possible landslide sites. I was reminded again by Provincial staff that the first point of contact for information around flood hazards should be the RDCK emergency coordinator, that being Alanna Garret for our area.

CRESTON VALLEY WILDLIFE MANAGEMENT AREA INTERPRETIVE CENTER PROJECT:

That's a title and a half. The province is working on changes to the governance of and legislation for the wildlife management area. The educational and public access aspect of the interpretive center is expected to be split away from the main operations. A committee has been struck (going back a few months ago) to engage the public around their suggestions on how to move forward with the operation of the existing or a renewed center, looking at educational and economic opportunities that may exist around the interpretive center and to draw up a business plan for governance and operations based on the information garnered.

A partnership has been formed to fund and facilitate the process of planning and public engagement. The first briefing with the successful consultant occurred on May 28 and the first public open house to invite input is tentatively set for June 23 in West Creston. Due to tight initial timelines official press releases with contacts for more information will not be available until the second week in June. If you want more information and are concerned about missing notices please just e-mail me directly and I will forward the information as soon as it is available.

RDCK WATER SUPPLY BOARD: The RDCK Board asked staff to prepare a bylaw to enable what we envision as a means to streamline and focus on the most efficient delivery of drinking water through local government in rural areas. Even though Area A has only two RDCK water systems (a fraction of the total) there has been a steady trend of small water systems asking to come under the RDCK umbrella as local volunteers are backing away from dealing with the evolving provincial regulations.

The water board bylaw was given third reading followed by a limited public input process. The ensuing debate has resulted in the entire bylaw being referred to January 2015, in part to give all involved more time to ensure the expected outcomes should materialize and also to avoid the issue becoming controversial during the fall local government elections. I expect there will be discussion and debate around the issue in the fall, which is a healthy process, just do not expect any action to be taken either way until 2015.

EAST SHORE FRESHWATER HABITAT SOCIETY:

Check out the website for this newly formed group. I believe they will be a strong organization bringing education and useful tools to our communities to protect and enhance fish and habitat. I am optimistic they will be able to help us leverage funding from the Fish and Wildlife Compensation Program and other sources. More to come in future submissions.

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

Visit us online!
www.eshore.ca

LETTERS...

Thank you to Jacqueline Wedge and Lori O'Neill

Dear Editor:

The week that the K to 6 students from Crawford Bay School went to Focus on Youth in Creston and the high school students performed at Shakesfest in Summerland, the principal Dan Rude was getting phone calls congratulating the school on their great performances.

I would like to thank Lori O'Neill who directs the drama program and does a splendid job. Every time our students performed in Summerland, they got a standing ovation. Congratulations to all.

At Focus on Youth in Creston, I got to be there and was blown out of my chair at the high quality of performance of K to grade 6 students who study music under the leadership of Jacqueline Wedge. The pieces the kids performed seemed sophisticated. At each piece, the children would get up and move (smoothly I might add) to a different marimba, and many children (including our special learners) took turns up top, leading the marimba beat. The children all bowed at the end of their performance, and the audience jumped out of their seats and clapped like crazy. I cried it was so awesome. Good job!

We have fabulous teachers at Crawford Bay School and all of them deserve our support in this uncomfortable labour situation.

Laverne Booth, Crawford Bay



JUNE Horoscope

by Michael O'Connor

The New Moon in Gemini occurs on May 28 at 11:40 am PDT. Though the Sun entered the 'sign' of Gemini, not the constellation,

on May 20 at 7:59pm PDT, the deeper effects begin at the time of the New Moon. Both constitute different cycles which overlap. Of course, there are always many overlapping cycles and deciphering each and their influence is core to the art of interpretation. As for the Gemini theme under this New Moon cycle, the emphasis is upon communication and especially upon mutuality, equality and fairness in relationships.

This is all part of a much larger cycle, the one linked to the recent Cardinal Grand Square. Yes, it continues to linger. What may be less commonly understood is that its roots reach back all the way to the mid-sixties! That is when the current thrust of the women's liberation revolution germinated. Over the past 50 years or so that revolution to achieve gender equality has grown into a mature tree and it continues to generate many new seedlings year after year. Yes, the steady evolution of modern civilization includes nothing short of complete equality between the sexes in every respect. It does not take a lot of insight to see this occurring. Yet, this reminder of its roots comes at a pivotal time.

So, this theme of equality is alive and well but many remain confused about it and challenged by it. This is especially true generally speaking of the male gender. While the women assert and rise to new positions of power and authority, men are challenged to yield. To some this may be regarded as the opposite of what nature intended. However, when we consider that

we each are comprised of male and female energies, as with the principles of Yin and Yang, which are found in every atom let alone every person, we can begin to understand that gender equality is not simply the new norm; it is the true balance of nature. As a result of this revolution a genuine state of equality is emerging and this will foster higher levels of justice than humanity has ever seen in recorded history. Yes, in this micro moment we see the reflections of macro movements.

Aries (Mar 21 – Apr 20)

A flood of new thoughts and perceptions are filling your mind. It's time to tie-up loose ends. Many of these are centered on home, garden and family. You are ready to make a few improvements. It will feel good to tend to long-awaited projects. You will likely invest to build. Gaining the cooperation of significant others will prove important.

Taurus (Apr 20 – May 21)

Tending to multiple streams and fronts continues. In fact, you may find yourself adding a few more to the list. The prospect of expressing your thoughts and feelings in beautiful and varied ways is inspiring. Yet your ability to focus on one project at a time may prove extra challenging. Your clear commitment and patient resolve will prove extra valuable now.

Gemini (May 21 – Jun 21)

Your energy levels are rising. This is helping you to build your momentum. Plans made weeks or even months ago are now in motion. A focus on family and security are tightly woven. Yet, it may seem like you have to give more than usual. Still, you are keen and determined to take new leads and initiatives. Energy invested equals energy earned.

"Horoscope" continued on page 5...

Next Deadline: June 25

www.eshore.ca

mainstreet@theeastshore.net

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

If you were going to live isolated and off-the-grid for a year, what one luxury item would you take with you and why?

One luxury item I would take would be a box of matches....as long as you have fire you can eat....and have warmth at night!

Lee-Anne Carew, Ontario

I was trying to decide between matches or a phone, in case of emergency... I too will go with matches.

Jacquie O Oh

I would take a survival guid let him lite the fire get the food find the medicinal plants Ect. Ect. You get my point.

Mel McClure

A time machine so I can go back in time and tell myself what a bad idea living off the grid was.

Iyra Cristofoli-Couling, Crawford Bay

Toilet paper!

Clive Derbyshire, Vancouver and East Shore

Books... lots of books.

Belinda Stewart, Crawford Bay

A big knife.

Janice McClure

Music, so perhaps an Ipod.

Lindsey Watson, Nelson

Hand crank coffee grinder and stovetop espresso machine.

Michelle Moss, Gray Creek.

I would take McGiver. (You have to be older to remember him!)

Pam Spiers-Newcomen, Crawford Bay

My golf clubs obviously.

Bryan Boyes, Crawford Bay and Nelson

Next Deadline: June 25

www.eshore.ca

RDCK Resource Recovery Facilities

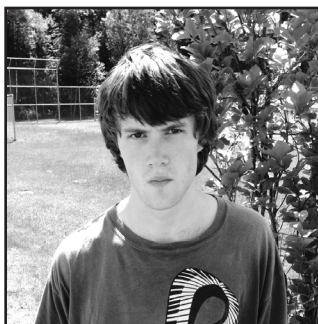


Canada Day Hours of Operation

All Waste Facilities will be CLOSED on Tuesday July 1, 2014

For more information contact:
Recycling Council of BC Hotline at 1-800-667-4321
RDCK at 1-800-268-7325 Office Hours: 8:30am - 4:30 pm
Mon to Fri (except holidays) or <http://www.rdck.ca>

GRAD CLASS 2014 - CONGRATULATIONS!



Louis Charles Ryde-Kruse

Your time with Crawford Bay School/Area: I lived in Riondel for two years and Kaslo for two years.

Your plans for the future: None, just go where life takes me since planning for the future is

too mainstream.

Message/Quote: "Why does Louis always have to take my girl?!" – **Everyone**



Seth Plishka

Your time with Crawford Bay School/Area: I started here in Grade 8 and I moved from Edmonton. It was really great that I moved here. Crawford Bay School is truly unique.

Your plans for the future: In September, I

will be moving to Edmonton to take Instrumentation at NAIT.

Message/Quote: "Start where you are. Use what you have. Do what you can." **Arthur Ashe**

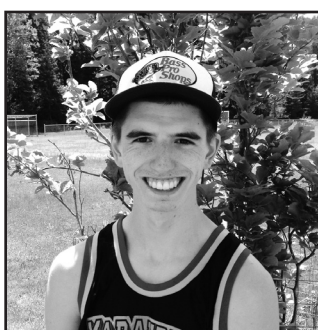


Drew Rideout

Your time with Crawford Bay School/Area: My family moved to the Crawford Bay area about five years ago. I have absolutely no regrets about moving here, and feel it has actually made me a better person.

Your plans for the future: I've applied at SAIT and NAIT for a two-year program for a Third Class Ticket in Power Engineering.

Message/Quote: "You only have to remember that what you've done in your life may change what someone else is doing in their life." – **Angels and Airwaves.**

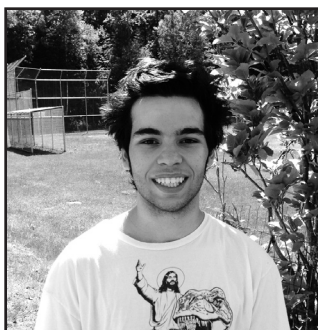


Braden Notte

Your time with Crawford Bay School/Area: My time at CBESS has been wonderful. I've been here since April 2012 and it has been the best two years. I'm originally from Kelowna and I would choose the Kootenays over the Okanagan.

Your plans for the future: My plan for the future is to become a paramedic in BC. I'm starting school July 7.

Message/Quote: "Way of the road." **Ray**

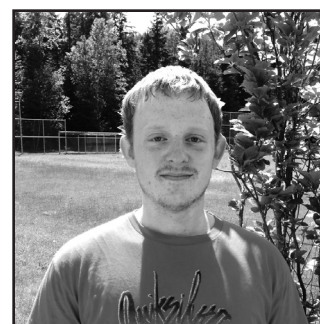


Theo Artzoglou

Your time with Crawford Bay School/Area: I've been at Crawford Bay School since Grade 9. It's a massive change from going to school in Vancouver. It was very unique and I've enjoyed the concept.

Your plans for the future: I intend to work during the summer and then going to college is the plan. I've been accepted into the Vancouver Island University in the Graphic Design program.

Message/Quote: "Fluorine uranium carbon potassium bismuth technetium helium sulfur germanium thulium oxygen neon yttrium."

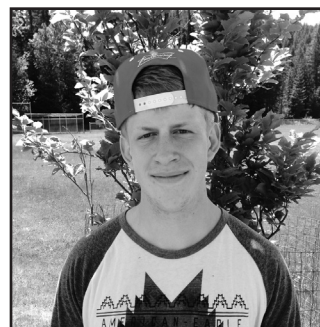


Riley Stuart

Your time with Crawford Bay School/Area: I moved here two years ago from Cranbrook. Living in the Crawford Bay area was a big change from living in a city, but I have really enjoyed my time here. I wish I moved here sooner.

Your plans for the future: I plan to go to SAIT and become an Instrumentation Engineering Technologist and go work up north. Or, I may stay in the Crawford Bay area and live in the super awesome tree house I am building.

Message/Quote: "The best way to lie is to tell the truth... carefully edited truth."



Richard Gomola

Your time with Crawford Bay School/Area: I have been at Crawford Bay School for one full school year.

Your plans for the future: I am thinking about travelling and post secondary and am looking into communities I might want to live.



Shen Halfnight

Your time with Crawford Bay School/Area: Long enough...

Your plans for the future: Make that Carbon, Rhenium, Americium.

Message/Quote: "When is this over?"

Yoga with Lea

Mon: Gentle/Beginners Yoga 8:30-10am
Community Corner, Crawford Bay

Thurs: All levels, 8:30-10am
Community Corner, Crawford Bay

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

learae75@gmail.com



Thank You, Leona!



She's retired! Leona Keraiff was feted for her years of dedicated service on the East Shore Community Facilities committee during the 5th anniversary celebration for the Eastshore Fitness Place.

Photo: Tony Leger

LOCAL INTEREST



Community Connections Annual Spring Forum is Sprung

by Greg Blackwell

On Saturday May 3 we held our 3rd Annual Spring Forum called "What's Happening" at Crawford Bay School. The event was organized and conducted by Community Connections and funded by East Shore Area A Economic Development Commission.

The doors opened at 12:30pm for mixing prior to the event and the session ran from 1PM to 4PM. Delicious snacks and refreshments were provided by Bocalino Restaurant. This year, we continued our focus on interesting and new activities in local businesses and services, as well as providing a perspective of special economic activity elsewhere in the Kootenays.

Tables of various organizations' brochures and handouts were available, including displays from Friends of Kootenay Lake, Yasodhara Ashram, and the Sustainable Green Boating Society.

Main speakers included Kokanee Springs Resort (Richard Bertram), KL Chamber of Commerce (Gina Medhurst, Lois Wakelin, Marion Johnston), Wynndel Update (Roger Bennett), the new Crawford Bay RV

Park (Cindy Anger), East Shore Ambulance Auxiliary (Christy Gillespie), and East Shore Fire & Rescue (David Soanes).

The featured speaker was Grand Forks 'Marijuana' Mayor Brian Taylor who was featured on a CBC documentary called Cannabiz about the medicinal marijuana industry. He provided a perspective on economics in the Kootenays with respect to the feasibility and challenges facing government, the medical community, business, and the public regarding the current and proposed changes to the medical cannabis industry in BC.

The Individual Speak-Up sections allowed attendees to spend two minutes speaking about their business, service, or upcoming event or projects. We heard from approximately 16 individuals who took advantage of this opportunity. Only naming a few, these included updates on Sunday Markets, Learning Hub, East Shore Internet Society, Riondel Parks, a new society based on fresh water habitat, Shared Land Series books, Gray Creek Historical Society, the Selkirk Loop, *Mainstreet*, CBT Community Directed Funds initiative, as well as other small businesses and upcoming events.

Approximately 50 people attended and the feedback was positive. A special thank you to all who attended, hope you enjoyed the Forum and took home something of value ... Let us know what you thought.

To contact Community Connections www.cconnections.ca or please call or email our Administrator Greg Blackwell at 250-227-9218x5505 or cell 250-509-0751, at skootenaylakeccs@gmail.com or gblackwell@theeastshore.net, or drop by our office 1-4pm Wednesdays at Crawford Bay School.

BladeRunner



Youth Training & Employment Opportunity

Looking for youth between 15 and 30 years who are not planning to go to school this fall to get qualified for forestry, fire suppression and tree planting work.

There will be an intensive training program at camp where you will get first aid training and a whole variety of certificates and then up to 320 hours of paid work. This will start before the end of June.

If you are interested or know someone who might be, please contact Laverne Booth at 250-551-5827 or email laverne@theeastshore.net VERY SOON!

lunch-dinner-esspresso

250-227-9596

BLACK · SALT · CAFÉ

blacksaltcafe.net

your eastshore bistro in Crawford Bay

"Horoscope" continued from page 3

Cancer (Jun 21 – Jul 22)

You are generally in an expansive cycle in your life. This trend will continue. But now is a good time to re-charge and restore your energy levels. Summer has not yet officially begun and your spring chores and errands are likely done or almost. While it may prove best to avoid starting new projects, creative attention given to existing ones should prove invigoration.

Leo (Jul 22 – Aug 23)

Forging new connections, friendships and alliances continues. These will inspire and perhaps require you to obtain new tools, techniques and methods. The more willing and able you are to comply and adapt the better. This may require that you access hidden reserves of faith and confidence, again. Take a deep breath or two, re-center and persevere.

Virgo (Aug 23 – Sep 22)

New leads and directions in your public and professional life are underway. A pioneering attitude and approach is a key to your success. The time remains good to ask for earned rewards and favours. Increasing the scope and quality of your network for the sake of practical, creative collaborations and longer term objectives is especially important.

Libra (Sep 22 – Oct 22)

What constitutes your best investments and where are they best directed? These and other such questions are playing on your mind. All forms of energy output count, not just money. Sometimes, we need what others have. This can include their talents and resources and sometimes the best way to obtain them is to emulate their choices and actions.

Scorpio (Oct 22 – Nov 21)

The time has come to make some sober and perhaps serious choices. 'Should I stay or go' may be a big question on your mind. This one of those times

when your ability to hear the voice of your heart is extra important. Your truth may not be that of others and pleasing all the people is simply not reality. Heed your heart to free your mind.

Sagittarius (Nov 21 – Dec 21)

Some new action on relationship fronts is getting the press on your headlines. Yet, your intuitions are telling you to proceed with some caution. Just because you speak the same language as others it does not mean you understand each other. You may have to give more than usual to succeed and be the one to adjust to the situation, but it may be worth it.

Capricorn (Dec 21 – Jan 19)

Key communications of late are leading you to reconsider your approach. It is all a part of a steady learning curve that began late last year. How can you shift your perspective to improve your business and/or your lifestyle? The time is right to reconsider things and this trend will continue over the coming weeks. Review to refine.

Aquarius (Jan 19 – Feb 19)

The time has come to take some creative initiatives. Commitment is a key word now and will be over the coming months. Only you know what the commitment is to. Creating beauty, comfort and a sense of security in your home is a likely area of focus. The deeper silver lining includes creating a space and atmosphere that feels empowering for all who live there.

Pisces (Feb 19 – Mar 20)

Opening new lines of communication with family and friends is an important theme now and will be over the coming weeks. It is a feature of deeper levels of change that are occurring within you. Old relationship associations are ending and new ones are rising to take their place. At least the usual patterns are changing. Trust this flow and share your thoughts and feelings.

Destiny Bay

...on the East Shore of Kootenay Lake

**Destiny Bay Resort will be open
for the 2014 season on
Friday, June 27!**

Open to the public.

Reservations required for dinner.
250.223.8234 or 1.800.818.6633

Celebrating 27 Years!

Members & Public
Invited for a Day of Fun!

Guiding Hands
Recreation
Society's

OPEN TIPIS

& AGM

Sunday,

June 29, 2014

At the Tipi Camp
on Pilot Peninsula.

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



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

Optional AGM

From 1:30 - 2:30 pm

Seeking new board

members... get involved!

For more information check out the
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The Status & Future of Internet on the East Shore

-One User's Opinion-

by Paul Hindson

The internet. Good or bad, it's here to stay. Like any other medium, (TV, radio, print media) the internet can be incredibly useful, entertaining, educational. It can also be a huge waste of time and an avenue for evil in the wrong hands.

Internet has become such an important part of our lives and businesses that the Canadian government has a mandate to "render reliable and affordable telecommunications services of high quality accessible to Canadians in both urban and rural areas in all regions of Canada." (from Industry Canada).

What does this mean for the East Shore? In doing research about our local internet history, I discovered some interesting details. Until 2005, we struggled with dial-up telephone internet--reliable and secure, but essentially useless for any high speed application. In late 2005, a fledgling non-profit society called East Shore Internet Society (ESIS) signed a contract with TELUS to buy a broadband signal and began setting up infrastructure to broadcast this signal throughout Crawford Bay and adjoining areas. Included in this contract is a non-compete clause forbidding TELUS to provide internet access to Crawford Bay.

The Board of Directors, with up to ten members, has changed over the years. The current Chairman is Glen Kinder (on board for seven years), the Treasurer is Rob Schwieger and Alex Lacovic of Crawford Bay Inn is also on the board. The main ESIS operating system and offices are located at Crawford Bay Inn, and Alex receives rent for this. The paid manager/contractor in charge of operations and installations is, and has always been, Bob Carter. His current salary stands at approximately \$6,500 per month. ESIS cash reserves are currently about \$100,000.

Around 2007, new members Mike and Ivy Jeffery, Sonni Greene, and Ben Bounds, joined the ESIS board. During the four years they were on the board, ESIS subscribership went from 60 to over 420. Major infrastructure was installed from Riondel Road, Crawford Bay, Kootenay Bay, Gray Creek and as far as

Sanca Creek.

...And then they all quit. Within one month in 2011, five of the 10 ESIS board members quit.

Before I explain what I learned about why they quit, I would first like to give readers the reason why I am writing this article. Over the past couple of years, I have heard more and more people complain about their ESIS service. Too slow, doesn't work, can't perform even basic tasks, not worth the money, etc... One customer, who did not wish to be named, says, "Anything I do on the internet relating to my business happens much slower than before. What used to take 15 minutes now takes 35-40. I can't be viable at these levels."

Most of these people feel powerless. Some refer to ESIS as Bob's Internet. They feel if they complain, it will fall on deaf ears, or their service will get even worse.

Everyone needs to understand that all ESIS customers are members of a non-profit society. Every ESIS customer is entitled to vote for directors or stand as candidates for directorship. They are also entitled to voice their opinions at the Annual General Meeting (AGM).

For this article, I interviewed Mike Jeffery, Sonni Greene, and Glen Kinder. I have also heard Bob Carter speak publicly about ESIS and asked him questions in those forums.

In my years as a stockbroker, any time a director resigns, it's a cause for concern and a reason to question the inner workings of a company, its function, and current board. When half the board quits, big alarm bells ring.

Sonni Greene: "The reason for our resignation was the board's irresponsible behaviour toward issues and problems raised by the members, lack of communication with the membership, lack of accountability as to how Bob Carter spends his time to justify his charges, and their laissez-fair attitude toward operational management (i.e. letting Bob do as he wished when he wished it). I served from 2008 to 2011 and despite repeated demands for a time-sheet or activity log, the board would not endorse the demand and we received only one log for a one month period in 2008."

Mike Jeffery paints the current board as non-active and totally deferring to Bob Carter. He also says that Bob has too much work and refuses to get help. "Upgrades that should have been done three years ago have still not been done."

Mike also comments: "ESIS has 13 towers, 11 on private property. Most of these locations have either no

contract or overdue contracts for their presence. One major tower that supplies signal for 70 people in Gray Creek has not had its contract renewed for three years. Any disgruntled or new landowner could demand removal basically at once."

But the final straw came when Mike (then chair) and other board members proposed ESIS send out a survey asking ESIS customers a series of questions about their internet service, level of satisfaction, etc. and were voted down. Four directors resigned immediately, and a fifth shortly after.

Mike and Sonni Greene have now formed "Broadband Choice Lobby Group" to try and encourage Shaw and TELUS into this area. Current ESIS upload is .75-1.5 MBPS. TELUS, now providing DSL internet as far as Eastshore Properties, would carry at least 6-7 MBPS and is capable of providing service to anyone with a landline. TELUS is from north of Wynndel to Lakeview Store and Shaw has 13 customers in Pilot Bay. Anyone wanting more information can phone Mike at 250-227-6807.

Note: You can easily check your up/download speed. There are numerous sites. The one I use is bandwidthplace.com. This evening at 9pm my download speed was 1.33 MBPS.

Here is an excerpt from a letter from Broadband Choice to Kootenay Lake Chamber: "At present, with a monopoly on internet services, there is little incentive for the local ISP to cut costs and meet demand for better efficiency, customer service, bandwidth and speed. Our ISP can be competitive with TELUS and Shaw given an incentive to do so..."

In my opinion, Glen Kinder is dismissive of Mike and the resignations. He questioned the point of quitting just because you don't get your way. Glen says, "A survey would be another thing Bob would have to do, and he has enough already. Besides, when we got the information, what would we do with it? We're already doing the best we can."

After the resignations, a major customer sent ESIS a letter requesting a special meeting to find out why so many directors had quit at once. Glen wrote back saying it wasn't necessary. Glen is upfront and unwavering in his support for Bob Carter. "Bob works really hard and we're lucky to have him."

ESIS has never had a consultant come in and do a network evaluation and be available for consultation as problems arise.

Glen says they are upgrading the system as quickly as possible but the process is tedious and he couldn't give a timeline. "Everyone wants more internet for cheaper. We haven't raised our rates in eight years."

In his talks, Bob says the reason things are improving slowly is lack of qualified manpower. But Mike says Bob doesn't want anyone else doing anything. Mike uses the example of APU's -Alternate Power Units that keep towers going when the power goes down. "We wanted to bring in a contractor to install APU's on our towers and other infrastructure" says Mike. "But Bob said that he'd do it. Three years later, it's still not done and we had a three day internet outage this winter."

Since the inception of ESIS, demand for bandwidth has increased dramatically. Things like Skype and Netflix take huge bandwidth and the question is, will wireless EVER be adequate to satisfy our needs?

I would ask in the meantime - is ESIS in its present form a real society or a façade for a de facto private business?

The ESIS Annual General Meeting (AGM) will take place Tuesday June 24, Gray Creek Hall, 7pm.

Please attend. Ask questions. Voice your opinions. Vote for directors. Stand for election to the board if you want. This is your society. Where it goes from here is up to you.

In my years as a stockbroker, any time a director resigns, it's a cause for concern and a reason to question the inner workings of a company, its function, and current board. When half the board quits, big alarm bells ring.

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 June 3, July 15 and August 12 at the
 Crawford Bay Motel.

ESIS Projects

by Bob Carter

We completed our renovation plan and are moving forward with our upgrades. We are undertaking an extensive renewal of virtually all aspects of ESIS's network infrastructure.

The radios we have been using are showing their age and just not up to the way we use the Internet now. They were fine so long as we were all mostly visiting web pages and using email, but those days are gone with the adoption of online services like Netflix, or streaming video in general, online backups, and other services which move very large amounts of data across our network. The line-of-sight radios on our network have been holding their own so far, but the non-line-of-sight radios used extensively to deliver Internet service through the forest are especially challenged; they have much less total capacity available to be shared between subscribers. They are all being upgraded to newer radios, bringing higher speed and greater capacity to subscribers.

Starting last fall we received our first pieces of new hardware and began upgrading radios on our high country towers. Once access to them was snowed in we continued installing new radios at our lower elevation sites. This spring we picked up where we left off, installing yet more radios on towers and conducting tests prior to turning them on full time. Introducing new tower radios in a busy radio environment requires careful planning so as not to disrupt what is already in place.

We've moved on to the next phase and begun replacing radios at subscribers' homes. Our tests allowed us to map out which of the older subscriber radios were most affected by the signals from the new, and we've used that information to order the queue of which subscribers need to be upgraded first. In addition to the tower radios upgraded we've converted 21 subscriber homes to date. We've initially focused on Riondel Road and part of Crawford Bay, which were the most congested sectors on our network. We're continuing by moving from one area to the next, so as to make improvements across the network in a balanced fashion. So far the performance of

the new radios has exceeded our expectations.

There is a lot of work to do yet, and all our available time is being dedicated to the renovation project. To help expedite the upgrades we've grown our workforce, adding another skilled installer and a new trainee, sourced from the local community.

We're also adding newer servers and routers to the network to better manage traffic and make more efficient use of the local network backbone's carrying capacity.

ESIS will be adding another fibre connection to its existing Telus fibre connection – these fibre optic connections are how our community network accesses the rest of the Internet. Columbia Basin Trust has started a new enterprise, the Columbia Basin Broadband Corporation, which is dedicated to improving connectivity

As the overall capacity of the network increases and proves out, and additional fibre connection to the larger Internet gets added, we'll be increasing speeds to all subscribers.

throughout the basin. They have secured fibre circuits on the new Shaw cable going through town, and plan on making capacity available to our community network this summer.

What will all of this mean for subscribers? Initially, as subscribers' radios get

upgraded it will mean fewer slowdowns and generally a more consistent Internet experience. As we get further along in our project and get all subscribers' radios upgraded in an area we'll be able to decommission the older hardware and fully turn up the new. As the overall capacity of the network increases and proves out, and additional fibre connection to the larger Internet gets added, we'll be increasing speeds to all subscribers. This will be done in phases; we want to be sure that delivery is consistent across the network before each speed increase. There will be an accompanying increase in the amount of traffic included per month as well. In the end the goal is that all subscribers will be able to do most of the things they want to do, most of the time, including streaming standard definition video with a minimum of buffering.

Look for a status update in next month's *Mainstreet*.

Want to learn more? Please join us for an informational presentation at the ESIS AGM, 7pm on Tuesday, June 24 at the Gray Creek Hall. All are welcome.



Hidden Taxes

by David George

Why is our BC government trying to force us to burn fossil fuel when we have ample electricity supplies right

here, especially in the Kootenays?

If you have electric heat, and natural gas is not available, what are your options? You could burn wood. You could burn propane (which has three carbon atoms, as opposed to one in natural gas). You could even try burning coal--there's lots!

All of those other energy sources cause more CO2 to go into our atmosphere, much more than is caused by generating electricity. So again, why raise the rates for electricity to the point where people who use it for electric heat are screaming about the rates? Why the dogged insistence that the new rates are "revenue neutral"? It is time to ask another question.

The question is--who benefits ("cui bono" for you who studied Latin). People who sell natural gas, that's who benefits. Did you know that our electrical company Fortis now owns Terasen Gas, which used to be owned by the people of this province as the BC Hydro Gas Division? Well they do, and I say that Fortis is reaping the benefit big-time from all those people who are able to switch to natural gas from electricity for heat. Can't get natural gas in your area? Tough!

Even the province benefits from those whose BC Hydro bills increased a lot, because the province for years has been milking BC Hydro for at least \$250 million each and every year instead of paying down Hydro's long-term debt.

Don't count on any protests to the BC Utilities Commission, either. They are under orders from our Liberal government to do everything they are told, and also to rubber-stamp every rate increase Fortis applies for. Oh yes, you remember that Fortis was ordered to report on the new residential rates to the BCUC, by the end of last October. For anyone willing to take the time to look at it, the report in its entirety is available online from Fortis at this URL... <http://www.fortisbc.com/About/RegulatoryAffairs/ElecUtility/ComplianceFilings/Pages/default.aspx> and click on this-- *Residential Conservation Rate Information Report - July 1, 2012 to June 30, 2013* (PDF file.) There are 580 comments about the new rates, mostly unfavourable, many scathing.

Then look at the letter the BCUC sent Fortis in January. Go to the BCUC's elaborate website at www.bcuc.com and look up this pdf document: *DOC_40473_L-7-14-FBC RIB Evaluation Report.pdf*. You might also look at the two Commission orders referenced in it...

If you really want to complain to the BCUC, email to complaints@bcuc.com or even use their toll-free number: 1-800-663-1385. It would be most interesting to learn whether some of our Liberal politicians have personally benefitted from all these increases.

Oh, you say, "Don't blame me, I voted NDP?" Well, obviously not enough people did, so we are still stuck with the smug bunch in Victoria who are running our province.

I will again put forward the notion that we just might get something done if we can stir things up with the help of our own MLA, Michelle Mungall. By the time you read this column, the session of the BC Legislature will have been over for a week.

I have spoken with her office people in Nelson, and there is some hope that Michelle can be persuaded to meet some of her constituents here on the East Shore this summer. I suggest meetings at both Riondel and East Shore Libraries, on a Saturday, as both are open then. It would be a day trip, but she could be home on the 3.40 ferry unless tempted to stay for a weekend on our East Shore main street. Michelle's office phone number is 250-354-5944 or 1-877-388-4498, and her email address is: michelle.mungall.mla@leg.bc.ca.

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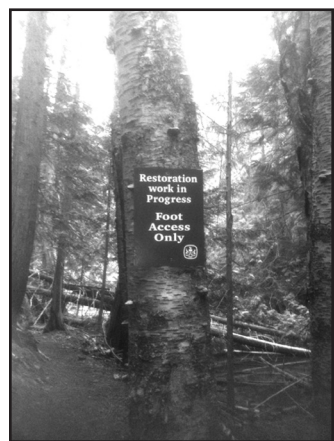
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Crawford Bay Peninsula Trail System Maintenance

by Farley Cursons

Though the rains occupied most weekends in May, the Tipi Camp Trail crew found a few windows to begin general maintenance of the trail system. This year's effort with the trails includes a plan to re-paint and reassess the placement of the existing signage as well as GPS the primary routes in order to develop an updated and more user friendly trail map.

Throughout the year storms and heavy snows bring down a variety of debris to the forest floor. Trail routes can virtually disappear in a few seasons without clearing. Most of the Crawford Bay Peninsula trail system was developed by local residents in the 1980's with the Eastside or Homestead Trail and old postal route over the hill from Kootenay Bay built in the early 1900s.



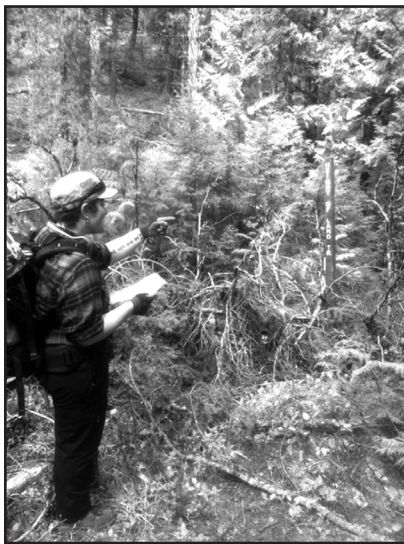
The Lakeside trail to Sawmill Bay and further out to Boomers Landing, McDonald Beach and Tipi Camp have likely been there for thousands of years.

The Ktunaxa First Nation would come up from their winter camp in Bonner's Ferry, Idaho. They would fish, trap, pick berries and hunt deer, elk and even Caribou which were plentiful here at that time. These primary trail systems are truly a historical wonder. We know the Ktunaxa were here because of certain artifacts that have been found.

It's a true pleasure to hike these trails and take in the many spectacular view points as well as the diverse flora and fauna within the forest itself.

Several years ago BC Parks put a user counter at the head of the Lakeside Trail near the Pilot Bay Marine Park parking area. At that time they found the user rate was substantial enough to allocate more funds to the park and trail systems.

It was then that Guiding Hands Recreational Society became formally involved in the maintenance of the trails in a partnership with BC Parks. Recognition for the parks trail maintenance must also



go to residents of Pilot Bay Road who keep the trail to the light house and Sawmill Bay clear almost year round.

Another user group deserving a great deal of credit for trail maintenance and development are the local mountain biking community. A devoted group of riders who have firsthand knowledge of all the routes and have a deep appreciation of how magnificent our lake peninsula is. Mountain biking is not permitted within the park boundaries. This is understandable with the park user numbers up; however, the park trails on the higher elevations of the system are used infrequently by anyone other than local cyclists most of the year. With the above average user groups using the Marine Park trails and Lakeside routes almost exclusively, I wonder if we need to reexamine the existing policies

with regards to park trail use in the higher secondary routes and even go so far as to establish a mountain bike trail system that would welcome visitors and their bikes from around the region.

In discussion with local business owners, educators, cyclists and hikers I have found a lot of support on this issue. As our community explores strategies for economic development I feel that we just might have something here. With our focus on the health and safety of all user groups I'm sure we could create a destination attraction for mountain biking and hiking with the right approach.

Back to the Tipi Camp Trail Crew...maintenance and remediation efforts will continue through to the end of June. Our high visibility team will be working with chainsaws and we might not hear other trail users approaching. Mountain bikers are asked to dismount as they pass and hikers please keep dogs on a leash.

If there are readers who have interest in the conversation regarding our trail systems we would like to hear from you. Perhaps in this publication? If you have never explored the Crawford Bay Peninsula trail system it's worth the trip. You can pick up a trail map at the tourist info booth in Crawford Bay as well as many fine local businesses. Thanks to the EDC and the RDCK for grant support and interest in this project.



East Shore Ambulance Society Fundraiser

by Christy Gillespie

The 4th annual Garage/Bake Sale, sponsored by the Eastshore Ambulance Auxiliary Society, will be held in Riondel on Friday, June 6 & Saturday, June 7.

Saturday's events include a bake sale (including Brenda & Beth's world famous pies), coffee & muffins with your neighbors, a cake raffle, hot dogs by Tom, and a special children's corner. You will also get to meet and chat with our ambulance staff.

Funds raised from this event go to support the operations and staff of the Eastshore Ambulance. In particular, funds are directed towards training for existing staff and consideration is given to initial training costs and related associated expenses for someone expressing an interest in pursuing working for BC Ambulance Service and providing service to the Eastshore.

DATE: Friday, June 6, 2 - 7pm and Saturday, June 7, 9am - 4pm

LOCATION: 1506 & 1510 Russel Avenue (Gillespie & Miller Residences). NOTE: New Location - Follow the Signs

All donations of clean, working order items may be dropped off starting May 27. (No clothing please.) Arrangements for a pick-up of items or assistance with larger items can be accommodated. As always, cash contributions are also gratefully accepted. Contact Christy (250 225-3558) or Wendy (250 225-3516).

Your continued support and assistance in this fundraiser is very much appreciated. We hope to see you at this Eastshore Community event.



pebbles

by Wendy Scott

The Afterlife Of Trees

The first was a sprawling and ancient apple tree that stood in front of our Ladysmith home. The heavy limbs creaked in the wind and threatened to split from the

impressively thick trunk. A major pruning job ensued and was heard and felt up and down the block. During the process, a man arrived to beg a piece off one of the fallen limbs. He would, he said, fashion a drum. We could not quite picture the finished product, but readily agreed. A few weeks later he came back to show us an instrument that was, without a doubt, the loveliest drum that anyone could wish for. It held the warmth of summer in its carefully crafted form and almost sang without his helping hand.

Cherries are difficult in Riondel and shortly after our arrival in this little town, our neighbour had his tree taken down. He asked for help with the remaining stump, and again, word travelled somehow and the piece we kept was reincarnated into a smooth, satiny bowl that glows with the warm, deep red of its original fruit.

Just last week another pruning job was carefully and expertly accomplished on the many-jointed fractal shape of our mulberry tree. The tree is as tall as our house and now its open spread is pleasing against the back-drop of the Selkirk mountain range. And just as surely, I suppose - a request. This time a piece was needed for the creation of yet another musical instrument. Of course we agreed, for who in the world has ever seen, or heard, a mulberry flute? The music, I'm sure will be sweet and mellow.

Grape vines are put to crafty use as well and ours have been gathered, bundled and braided into baskets, vases, and bowls - strictly decorative but attractive enough to qualify as ornaments, if nothing else.

My legs and arms, however, belie my latest pruning efforts, but these clippings have not been as popular for future use. The berries, however, are always favourites. Wild blackberry bushes have followed our many moves around the province - from my Vancouver childhood to Ladysmith on the Island and all the way to our back fence here in Riondel. I must admit though, I've yet to be asked for extra vines to be put to use for anything but starters for more blackberries. And that's just fine because those deep, dark purple berries need no enhancement at all. Even the frozen fruit still bursts with the intense flavour of late summer afternoons.

Raspberry canes are also friends of my youth and are easier to prune and handle than their rugged black cousins. The taste of those red gems is unsurpassed and a neighbour with many more canes is always willing to share with the option to gather her bucket or two from my abundant blackberries.

Now I must get back to those stiff, prickly vines. I hope to complete the afternoon without losing too much blood - all for the sake of the anticipated, and lingering, taste of summer.

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From FoodRoots to You

submitted by Branca Lewandowski

Many thanks to all who participated in the Mothers' Day Plant and Bake Sale on May 11. How could it not succeed with such an involved community, great weather and the bounty of many dedicated gardeners?

FoodRoots would like to acknowledge all donors (you know who you are), whose abundant and healthy plant contributions came from far and wide along the Eastshore of Kootenay Lake, the volunteers who planned and pulled off the event, and the enthusiasm of all who visited, socialized and financially supported the sale.

From what we hear, people would be interested in more vegetable starts, annual & perennial flowers: this goes on the list for next year. Please feel free to keep the conversation going with any of the FoodRoots team you meet or know, so that we can continue to make this fine spring event serve our community.

Congratulations to the Pashmina raffle winners (Corilee Allen, Ingrid Baetzel and Florence Teriff), the bean count winner (Doug Stokes) and all the people that went home happy with such wonderful plants.

RHUBARB ORANGE PIE

by Branca Lewandowski

This combination of rhubarb and orange is an amazing taste sensation. Try it, you might love it!

1) **Prepare pastry** for a 2-crust pie. Roll half the dough into a 13" round, fit into a 9" pie pan and trim the overhanging dough to 3/4" all around. Refrigerate. Roll the other half into a 12" round for the top crust (or generate strips for a lattice top) and refrigerate also.

2) **Position rack** in lower third of the oven and pre-heat to 425F.

3) **1.75 - 2 lbs rhubarb stalks** cut into 1" lengths, measuring about 5 cups.

4) **Combine with:**

- 1 1/4-1 1/2 cups sugar
- 1/4 cup quick cooking tapioca (or cornstarch)
- zest & juice of 1 orange
- 1/4 tsp salt.

5) **Let stand for 15 min**, stirring occasionally, pour into bottom crust and dot with 2 tbsp butter cut into small pieces.

6) **Brush overhanging crust** with cold water, cover with top crust/lattice then seal edge, trim and crimp or flute. If using closed top, cut steam vents.

7) **Bake for 30 minutes**, slip a baking sheet under pie, reduce heat to 350F and bake until juice bubbles through vents - approx. another 25-35 minutes.

8) **Cool on rack....**

9) **YUM!**

The Next Big Idea

by Scott East

I have been involved with our local food group, Food Roots, since 2011. I have attended meetings, shared ideas and inspiration with friends, and have volunteered to take on responsibilities. I am grateful to witness how a small group of people, dedicated to a common objective, can affect positive change.

I came across an idea in a book about Ancient Greece recently that struck me as relevant to the local food movement. The author was exploring the possibility that culture on earth once viewed matter being created out of mind. This differs from the scientific worldview that perceives thought as being an eventual byproduct of the material universe.

The author then drew a distinction between two contrasting ways that we can experience thought. One is that "people think". This is probably what most of us normally experience. The other is that "thoughts people".

It may sound unwieldy at first, but I like the idea of thoughts peopling. Consider the influential leaders who have stepped forward through history to affect change in a radical and organized manner. These larger than life figures, like Martin Luther King, Joan of Arc and Leonardo Da Vinci, created transformation on the earth that we still remember to this day; that is still relevant to us now. They lived as channels for big ideas.

Food resilience is one of the big ideas that is floating around in our local and global communities. Millions of people around the world recognize that corporate agriculture is irresponsibly destructive (watch the documentary *Food Inc.*). They are outraged that such an irresponsible system is allowed to exist and are thus organizing to create alternate food systems.

Here on the East Shore, Food Roots is our local expression of responsible food resilience. We are normal folks like you who have responded to a call from deep within us that is telling us that Now is the time to start growing more food locally.

Have you had similar thoughts? Maybe the thought that has been "Peopling" through us wants to "People" through you, too. Your help is valuable to us.

So I extend this invitation to you. Come sit in on our next meeting.

It will be held at the Community Learning Place (corner office of the school building) on June 5 from 7-9pm.

Spread the word. We look forward to seeing you there.



Are you interested in being part of a broad community-based collective of

FOOD & GARDEN BUSINESSES?

There is a fantastic opportunity imminent (land, buildings, resources). Let's talk!

Meet Monday, June 16 at 6pm at the Learning Place at Crawford Bay School & be prepared to go on site tour!

Volunteer Program And Bursaries For Medley Fans

submitted by Lorna Robin

We want everyone who wants to be at Medley Arts Camp (July 28 to Aug 1) to have that opportunity. If you are unable to pay the registration fees, you are welcome to apply for a bursary or volunteer position.

Bursaries are given to low-income students and cover up to 70% of the camp fees, and must be applied for by July 5. Bursary applicants are still required to submit a registration fee, \$20 per course selected, with their camp registration.

Volunteers may trade tuition for work. The volunteer could be the parent of a student. Volunteers work 1-4 hours a day before or at camp in exchange for tuition. Jobs include helping with snacks or in the kitchen, setting up and taking down equipment, helping with registration, poster, cleaning up, photography, and providing first aid. There are a limited number of volunteer positions, so contact us soon if you are interested. You will still need to register for courses desired and pay \$20 per course selected. You will be "paid" for your volunteer work with \$10/hour vouchers that then may be applied towards the balance.

To apply for a bursary: Please have your child write us a letter or email explaining why they want to come to Medley Arts Camp, or write a letter yourself using your child's words. A child may also write on behalf of brothers and sisters. Send the letter along with your registration form (s) by July 5. Write to: Medley Arts Camp, c/o Box 22, Crawford Bay, BC, V0B 1E0, or email to the address below.

To volunteer: Please contact us by mail, email or phone by July 1. Phone Laverne Booth, by email laverne@theeastshore.net or at work 250-227-9218 ext 5518 (Tues, Wed, Thurs) or cell phone 250-551-5827 or email: medleyartscamp@bluebell.ca

Many thanks to the Nelson & District Credit Union for making the bursary program possible. Kids love Medley!

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Crawford Bay Sunday Markets

submitted by Liz Donnison

The new 2014 season of the Crawford Bay Sunday Markets starts June 29 and runs to September 14. No market Starbelly Jam weekend.

New vendors every week so make sure you don't miss a market. New vendors are always welcome; please send us an email if you would like a copy of our vendor information letter.

Crawford Bay Sunday Markets

Crawford Bay Park

10am - 2 pm Sundays

cbsundaymarket@live.ca

Check us out on Facebook



Hacker's Desk

by Gef Tremblay

A Short History of Graphic Design

Mentoring a student in the field of graphic design was an awesome experience. Not only did it have a really tangible outcome (the student got accepted into a graphic design program at university), but it got me to go back to my books to study and further understand the art and the trade of graphic design. Studying its history was surprisingly refreshing as it made me realize that from its inception to what it has become, graphic design is something of an oddball. It is mixed between commercial and creative, a profession and a trade, and filled with problem resolution and a dash of cognitive psychology.

We can say that design starts the moment we started creating our own tools. Humans started using more complex tools around 400,000 years ago, and that was the first use of design. The human mind, well the Neanderthal mind (or even previous species) decided to create tools for hunting and other tasks, using design principles to work more efficiently.

In a way, architecture and mechanical design (and maybe fashion design) are the first type of designs. It's maybe why even today graphic design is sometimes regarded as a lesser form of design. The idea of creating images, or the inception of graphic design came way later, but archaeologist and pre-historian aren't too sure why we started drawing.

Homo Sapiens have been on the planet for about 200,000 years, but it took us over 150,000 years to figure out how to draw. Around 40,000 years ago, in what archaeologist call the creative explosion, humans started to draw. But why?

It's still a mystery, but most of the hypotheses revolve around prehistoric shamanism, trance-like experiences and animal magic. So, from the beginning, the art of creating imagery had its root in the mystical perception of reality.

From its nebulous beginning, graphic design has been hard to classify. Even today in the education system, it's unclear if it's a strictly commercial profession, an aspect of advertising, or it's more of a creative communication process. For instance in the US, graphic design is not recognized as a profession like architecture and industrial design. Some university programs classify it under commercial art, or advertising design. It's partly due to the many facets of the task at hand but also to its modern renewal.

The industrial revolution is known to be the catalyst of the creation of modern graphic design. With an increase of productivity, there was a need for an increase in consumption - advertising and design was the solution. From sign-maker to illustrator and writer, a momentum was created and a new mission was attached to the role of the graphic designer - to sell and to sell a lot. There wasn't yet any official design school, and it took until the beginning of the 1900's to see the emergence of few design schools. Bauhaus in Germany and Parsons School of Design in New York were two institutions that deeply influenced the place of graphic design in today's world.

A hundred years later, there are still ideas and concepts from the Bauhaus school in graphic design education, but we had to wait until 1980 to get somewhat of a history of graphic design. At the same time that computers started to revolutionize the world of graphic design, Phillip Meggs published *The History of Graphic Design*, a cornerstone in the education of the graphic designers. Although there was somewhat

of a strengthening of the education of the graphic designer, the advent of computers changed the game completely once again.

An advertising or design creative team used to bring together illustrators, typographers, letterers, writers and copy editors, but with this new technology, a designer could do without most of them. Many designers consider this the dark ages of modern graphic design, as anyone could 'create' something relatively decent in a fraction of the time.

As the tools become easier to use, graphic designers have to not only diversify in web design, user interface creation and printed design but also to deepen their roles in the creative and communication process. Studying history, cognitive psychology, information theory and anthropology in order to grasp not only the creative process but the foundation of communication, is becoming more and more important to remain relevant in today's graphic design world.

I quite like to see the evolution of graphic design and its expansion in a more global human understanding. This ever expanding process is what really got me interested in the first place, and will probably keep me in this field for a long time.

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Applications for building permits are also reviewed for compatibility with land use regulations relating to the Provincial Agricultural Land Reserve, floodplain management, and Regional District zoning bylaws.

Applications for permits and other construction-related information can be obtained at the Regional District of Central Kootenay Building Inspection office nearest you, or online at www.rdck.ca For residents in Areas A, B and C (not including the Town of Creston), please contact:

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Office Hours: Monday-Friday: 8 am - 4 pm

Summer Activities for Gray Creek Historical Society

by Janet Schwieger

This summer will be a busy one for the Society as we plan the annual Museum Days and weekly guided tours.

Museum Days at Gray Creek Hall will run for four days - Friday July 26 through Monday July 28, from noon to 6pm. As always, admission is free, as well as refreshments. This year you will see a large display on Gray Creek WWI veterans, as it is the 100th anniversary of the beginning of the First World War. Creston Museum will be showing their display on the 50th anniversary of the opening of the Kootenay Pass, an event that changed the East Shore. Over 30 images of the art of Will Bayliss will be shown and much more.

Watch for details about a book signing by Tom Lymberry at Gray Creek Store sometime early July. Bring or buy your copy of *Tom's Gray Creek*, and he will autograph it for you.

2014 summer guided tours on Thursday mornings will carry the theme of Tom's Gray Creek, and will start on June 26, at 10:30 am to accommodate a group of people from the Nelson side of the lake. All other tours begin at 10 AM. Below is a simplified list of locations; please see posters or emails for more details of each tour. Contact Janet at schwig@theeastshore.net if you would like your own detailed copy.

- June 26 - Old Gray Creek Store, wharf, & Hall
- July 3 - Old Gray Creek Store & Lymberry homestead
- July 10 - Pennacre Ranch, Crawford Bay
- July 17 - Riondel Museum and mine site
- July 24 - cancelled due to setting up for Museum Days
- July 25-28 - Museum Days at the Gray Creek Hall - 12-6 pm
- July 31 - Golden Pine/Sacred Journey, Gray Creek
- August 7 - Pilot Bay hotel and assay sites, and private museum
- August 14 - Ledlanet ranch on Fraser Lake, Crawford Bay
- August 21 - WWI Molybdenum mine and uphill Gray Creek
- August 28 - Armstrong farm in Boswell.

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Former Boswell Man Named Creston Valley's Citizen of the Year

submitted by Larry Brierly



Peter Hepher, formerly of Boswell, whose picture hangs on the Boswell Memorial Hall's east wall with Boswell's other war veterans, was named Citizen of the Year at the opening ceremony of the 2014 Blossom Festival in the PCSS Auditorium.

Peter attended the Boswell school, a small log structure still located on Rod Stewart's property. Peter's family name continues on Hepher Road at the old homestead.

Peter, after WW 2, followed a career in journalism in Saskatoon and Lethbridge ending in Calgary as editor of the *Calgary Herald*. He retired to Creston. He continues to write letters to the editor and news releases for the many groups he supports.

Peter received this recognition for his many volunteer efforts in alleviating poverty, improving health services, improving the environment, providing low cost housing to name but a few. His efforts have been directed through his church, social clubs, charities, and community groups.

I know many East Shore businesses and others worked with Peter by donating to many charitable causes.

Of interest in Crawford Bay, on which Tom Lymbery has commented, Peter's father, a master carpenter, taught wood working in the Crawford Bay school back in the 1930's.

It's nice to see one of our own from the East Shore being recognized.

Kootenay Lake Lions Club Report

by Hope Fortune

The Kootenay Lake Lions Club celebrated the 35th Anniversary of their charter with a celebration dinner on April 22. Past District Governor, Lion Bill Inman attended from Cranbrook Lions Club and spoke to the assembly congratulating the Kootenay Lake Lions Club on this momentous occasion and wished the Club continuing success in endeavours to assist the community and those in need throughout the world – as members of Lions Clubs International. Lion Bill stated that the leadership within our club is what enables support from the community to help those less fortunate than ourselves. The dinner was held at the Crawford Bay Hall, a lovely roast beef dinner catered by Kathy and Liz Donnison. Our 35th anniversary pins were designed by Lion David George and are unique. Good job Lion David. (For information purposes, the Lions Clubs cannot use money collected through fund raising for personal purposes – i.e. dinners, member barbecues).

The Lions Club has been busy with the distribution of our Community Service Calendars, one of our major fund raising ventures of the year.

The collection of cans and bottles has been well received and supported by the communities along the East Shore. Collection barrels are situated at the Crawford Bay Transfer Station, Gray Creek Store, Riondel Recycling area as well as the Boswell Transfer Station.

Eye glasses, cell phones and hearing aid collection boxes can be found at the Riondel Market, the Credit Union in Crawford Bay, Gray Creek Store and the Boswell Post Office. Eye glasses are collected by the Lions Clubs in the area and shipped to a distribution centre in Calgary where they are checked and shipped world wide, including the Americas and third world countries. Patients are checked by volunteer optometrists and glasses are distributed free of charge enabling thousands of sight impaired to have the gift of sight. This international Lions project is called "Sight First II".

Guide Dogs Canada is supported by Canadian Lions Clubs across Canada. The training centre for the dogs is in Oakville, Ontario. It costs approximately \$30,000 for one dog and the need is great and there is a long waiting list for individuals in need.

Donations: CARE Canada (\$100) - Supports abused women and children in Nicaragua. As well, CARE Canada has donated funds for the building of two homes for abused women and children in BC and Alberta. BC Cancer Society (\$100). Smile Train (\$250) – To supply one surgery for one child with cleft palate disfiguration. *Smile Pinki* won the 2008 Academy Award For Best Documentary Short – a real world fairy tale and very moving. Heart and Stroke Foundation (\$100). Camp Winfield (\$200) – a camp for children and young adults with diabetes. Philippine Relief (\$500). Lions Foundation of Canada for Guide Dogs (\$100). Easter Seal House (\$200). CNIB

(Kelowna area office) (\$100). BC Cancer Society Memorial Donation in memory of our Past President, Lion Steve Mills (\$50). Timmy's Telethon (\$200). East Shore Christmas Hamper Fund (\$300). Cam School in Mexico for bus fare to enable children to attend school. Cops for Kids (\$250). Cops for Kids Luncheon (\$107). Kootenay Lake Fall Fair (\$102). CBESS Bursary (\$1200) – towards graduates qualifying and going on for further education. **Total Donations: \$4,559.** This is the total at the time of going to press, there may be more donations in the month of June that will be duly noted. The Lions calendar year is from June 30 2013 to June 30 2014. Considering that the Lions Club consists of only 17 members, the club does great work.

The Lions Club volunteers as a community service activity to cook hamburgers and hot dogs at the Canada Day Celebration. Five members of the club repaired and assisted in placing the Christmas decorations at the Crawford Bay Park.

Fund Raising: The Lions Club cooked hamburgers, hot dogs and our "famous French fries" at the Kootenay Lake Fall Fair. The collection of cans and bottles and the Kootenay Lake Lions Club Community Service Calendar have been our main fund raising events.

The Lions Club would like everyone to be aware of the fact that we are prepared to cook pancake breakfasts for reunions, weddings or any group gathering. We are also available for the cooking of hamburgers and hot dogs and our french fries. Our trailer (now being renamed *the Silver Bullet*), is being overhauled and will enable us to be more efficient in movement throughout the East Shore.

The election of a new executive for the coming 2014-2015 year is as follows:

President: Lion Mike Jeffery, **1st Vice President:** Lion David George, **2nd Vice President:** Lion Jim Fortune, **Secretary:** Lion Fraser Robb, **Treasurer:** Lion Gerald Panio, **Membership Chair:** Lion Garth Norris, **Lion Tamer:** Lion Ivy Jeffery, **Tail Twister:** Lion Mike Jeffery.

The new executive is a very enthusiastic group and will bring new and refreshing ideas to the club. The members thank this group and wish them good luck in their new positions.

The Lions Club is instituting a new policy whereby those applying for monetary assistance will have an application form available.

The Lions Club meet on the 2nd and 4th Tuesday of the month at the Kootenay Lake Community Church. The exception being July and August at which time we plan to meet at least once a month, usually at a member's home.

For more information please contact: Lion Mike Jeffery at 250-227-6807 or Lion David George at 250-227-9550 or any member of the Lions club. We welcome anyone wishing to join a service club to assist their community. The Lions International Motto is: *We Serve.*

Wishing all of our East Shore communities a wonderful and safe summer – yes, it is here!

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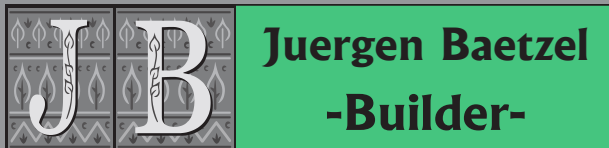


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 Sun: Breakfast Brunch Buffet - \$15

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Kootenay Lake Art Connection

BEGINS JUNE 27 & ENDS SEPT 2

There are **twenty-eight venues and galleries** this year and **over fifty artists** involved.

This Art Connection connects artists and artisans as well as businesses and galleries from Wynndel to Kootenay Bay to Riondel.

There is something for everyone. Besides the wonderful art, the venues provide you with food, gas, and clothing and specialty items not found anywhere else.

Don't miss this community spirited event and your chance to appreciate the talented people in the East Kootenays.

There are **two \$200 gift vouchers** to be drawn for as well, and all you have to do is visit twelve of twenty eight members and get twelve signatures on the brochure. The art must be used for member's art; be sure & ask who the members are.

Brochures available at Creston Chamber of Commerce & venues & galleries.

For more information call Geri at Emerald Eastcliff Art Gallery 250-227-9085, Nancy at Wedgwood Manor 250-227-9233, Karen at Arrowsmith Gallery, 250-223-8177, and Val at Mellowood Gallery 250-866-5314

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African Children's Choir Coming to East Shore

press release



On Wednesday, July 2 at 7 pm, the internationally acclaimed African Children's Choir will be performing at Kootenay Lake Community Church, 16190 Hwy 3A, Crawford Bay BC

The African Children's Choir melts the hearts of audiences with their charming smiles, beautiful voices and lively African songs and dances. The program features well-loved children's songs, traditional Spirituals and Gospel favorites. Concerts are free and open to all. A free-will offering is taken at the performance to support African Children's Choir programs, such as education, care and relief and development programs.

Music for Life (The parent organization for The African Children's Choir) works in seven African countries such as, Uganda, Kenya, Rwanda, Sudan, Nigeria, Ghana and South Africa. MFL has educated over 52,000 children and impacted the lives of over 100,000 people through its relief and development programs during its history. MFL purpose is to help create new leadership for tomorrow's Africa, by focusing on education.

The African Children's Choir has had the privilege to perform before presidents, heads of state and most recently the Queen of England, Queen Elizabeth II, for her diamond jubilee. The Choir has also had the honor of singing alongside artist such as, Paul McCartney, Annie Lennox, Keith Urban, Mariah Carry, Michael W. Smith, and other inspirational performers!

Harmony in the Kootenays

by Karin Larsen

The East Shore Many Bays Band is hosting its first ever Music Festival in Riondel from June 21 to 22 and invites you to share in our musical collaboration.

This immersive weekend unites four small community bands in a rehearsal performance weekend workshop. Local participants include musicians from the surrounding areas of Kimberley, under the direction of Ian Ferrie; Creston, under the direction of Monte Anderson; Slocan Valley, under the direction of Gail Elder; and our East Shore Many Bays Band, under the direction of our own Donnie Clark.

Through sharing music from each band's music library, this comprehensive weekend experience is a fantastic chance to practice and perform selected concert pieces in a full 70 piece-combined band.

Daily teaching sessions will take place throughout the weekend inspiring musical expression, and exposing musicians to different conducting styles.

Watch for posters advertising a public band concert on Sunday, June 22 at 2pm in the Riondel Community Centre gymnasium. Admission is Free. Also, please come by Bob's Bar and Grill on Friday June 20 at 7:30pm for the Band Festival Jam Session.

We hope to see you.

14 Mainstreet June 2014

Notes from a Circle of Friends

submitted by Fran O'Rourke

On the door of the Circle of Friends Artisan Shoppe, which opened in Riondel May 17, there is a little motto:

A ball is a circle, no beginning no end

It keeps us together like our Circle of Friends

But the treasure inside for you to see

Is the treasure of friendship you've given to me

I include the verse, despite the risk of plagiarism, because it describes so well the spirit of the enterprise.

The Circle of Friends Artisan Shoppe is the first new storefront business to open in Riondel in who can remember how long, and community support for the project has been staggering. It is the brainchild of Sherrie Sutcliffe and Beth Alguire who managed to connect the dots between an available empty building, the wealth of talent on the East Shore, and the need for a little economic stimulation. The decision to operate as a social enterprise under a not for profit society and a welcome grant from RDCK's Economic Development Commission provided the financial foundation for start-up. The Riondel Commission of Management offered a very favourable rental agreement for ongoing buoyancy. Business people along the lake, recognizing that economic energy in any corner of our community is a boost to all, have been generous with discounts, advice and encouragement. The project has bubbled along on a wave of widespread enthusiasm.

The biggest impetus has come from volunteers. For almost a month of cleaning, prepping and painting

the old clinic building below the fire hall in Riondel, people arrived daily with tools and cleaning gear and painting equipment. Not just people involved in the project or artists who expected to exhibit in the finished shop, but individuals who just wanted to contribute a couple of hours or days. Others brought goodies or coffee to cheer on those climbing the ladders and manning the paint rollers. The general feeling of excitement had others driving by just to keep track of what was happening. The Circle of Friends is truly the product of a groundswell of community interest. And as the opening day crept closer, and rooms still looked like a decorator's nightmare, everyone worked just a little harder, gave a little more.

When the space was finally ready to receive display items, there was a fresh wave of enthusiasm and new tasks. The energy ramped up a notch as beautiful quilts, paintings and hand crafted objects found a fitting home. Only artists and crafters who are resident on the Eastshore at least part of the year are eligible to display, but more than 15 are already exhibiting with others contributing as the summer approaches. The talent that lives among us never ceases to amaze; it is a delight to just walk through the display rooms and see what our neighbours can produce.

The opening day was an exuberant success. People poured in all day. Many purchased a treasure or two, but others just sat with a coffee or a goody to enjoy the atmosphere. No doubt there will be slower days, and slimmer sales, but there is already success in the palpable rise of optimism. Sitting across a shared table, a neighbour said to me, "Now this is community building!" I believe he was celebrating the opening of a new place for the community to gather, but I prefer another interpretation: that this lovely place is an example of what a community coming together can build.

The East Shore Mainstreet: Creativity. Community. Conscience



Kootenay Lake Art Connection 2014

by Geri Gomola

Exciting news! The Art connection runs from June 27 until September 2, 2014. There are twenty eight venues this year and there are over sixty different artists involved with the Kootenay Lake Art Connection. Some are not members but are in galleries of members. Some are in clubs, like the Riondel Art Club. There are over thirty five member artists and artisans. We are having the brochure available at the Creston Chamber of Commerce and every member's venue and gallery. There will be two \$200 gift vouchers drawn again, as that was such a hit last year. This year you will have to have the initials of twelve venues or galleries to be eligible for the draw. The two hundred dollars may be used towards any art or artisan work by a member of the Kootenay Lake Art Connection.

Number one stop this year is at **Wynndel Foods Ltd.** This store, under new management, has provided groceries and fishing supplies for many a camper, tourist and community member and is showing **Harry Millers** rustic wood carvings as well as **Geri Gomola's** raku fish sculptures.

Number two is Mellowood Studio and Art Gallery is next and **Val van der Poel** will be showing her superb watercolors as well as other mixed mediums. Watch for the Art Connection directional signs along the way.

Number three is Stone Cold Ice Cream, with your choice of thirty flavors of ice cream, picnic benches and **Dan Komar's** masterful stone carvings is a stop worth making.

Number four will be the local winery overlooking Kootenay Lake. The June 26 juried paintings will be exhibited in the **Wynnwood Cellars Estate Winery** tasting room July and August.

Number five is Destiny Bay Store. There is a small restaurant here with homemade cabbage rolls and lasagna. In a hurry to get up the lake? There is take-out, phone ahead. 250-223-8055. **William Zyha**, a retired cabinetmaker of 44 years has some of his turned bowls and utensils on site.

Number six is Arrowsmith Gallery where you can peruse the delightful watercolor art of **Karen Arrowsmith** and 12 other artists in her lovely gallery.

Number seven is Geri Gomola's Emerald East-cliff Art Gallery. Original artworks include paintings, sculptures and jewelry. There are a number of new creations this year.

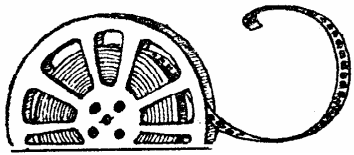
Number eight is Sacred Journey and along with the inspiring artwork of **Zora Dorval** and **Danielle Tonossi**, **Khyati** has her own designs and imports from exotic lands as well as the availability of spas. Her new store is in Crawford Bay.

Number nine is The Lakeview Store, Campsite and Marina. Here **Melody Arnold** is exhibiting some of her lovely smaller pieces. Outdoors, south of the store a Crawford Bay student mural was painted by fifteen year old **Julia Middlebrook**.

Number ten is the historic **Gray Creek Store** where **Val van der Poel's** smaller water colors can be found by the coffee bar. Enjoy a latte and peruse her artistic creations.

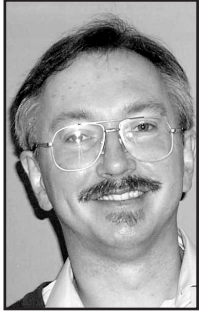
Number eleven is the **Wedgwood Manor.** Experience walking into the past with all the antiques and ambiance here. **Sharon de Witt** is showing her love of nature in acrylic and **Laura Leeder** is showing her love of florals in water color.

Number twelve is **Flickering Goddess and AFreaking Beads.** This kid-friendly establishment is a perfect stop with **Lorrie Rhead's** soaps and candles, and **Laura Kernohan's** bountiful beads.



Seldom Scene

by Gerald Panio



"Coriolanus is hardly a taciturn character, but he is perhaps Shakespeare's most opaque tragic protagonist, for he is not inclined to reflect upon his own motives either in conversation or alone."—Katherine Maus

For those of us unable to make regular visits to the meccas of live Shakespearean theatre—Stratford, London, Stratford-Upon-Avon, Ashland, Bard on the Beach, Shakespeare-on-the-Saskatchewan, etc.—we can always rely on the movies to remind us that William actually does deserve the libraries of books written about him, his work, and his times. Two of the most recent, and highly successful, transfers of Shakespeare to the screen are Joss Whedon's low-budget *Much Ado About Nothing* (2012) and Ralph Fiennes's *Coriolanus* (2011). I'm still trying to get ahold of a copy of *Much Ado*, but *Coriolanus*, with a DVD cover that would work for one of Sylvester Stallone's *Rambo* films or the latest entry in Bruce Willis's *Die Hard* series, turned up in Wal-Mart.

Coriolanus, one of the last of Shakespeare's plays and the last of his political tragedies, is not a title that springs readily to mind. Yet Ralph Fiennes demonstrates yet again that there really isn't bottom-drawer

Shakespeare. Even working with so inherently unlikable and inflexible a protagonist as Coriolanus, Shakespeare can flesh out a character who holds our attention and, incredibly, moves us. He's perhaps most reminiscent of Achilles, another temperamental, tragically limited warrior-hero.

But let's backtrack. Caius Martius, later surnamed Coriolanus after the name of a city he's captured almost single-handedly, is one of early Rome's greatest generals. At this time (the late 400's BCE), the Roman republic is still vulnerable and surrounded by enemies. Martius earns his laurels by defending Rome like a pitbull. In particular, he repeatedly crushes attacks by the neighboring Volscians, led by another larger-than-life hot-head named Tullus Aufidius. It would seem only natural that a Roman hero of Martius's caliber be shouldered into the political arena, joining the ranks of the patrician consuls who steer the ship of state.

One slight problem. Politics, even Roman politics, is still baby-kissing and handshaking. A candidate for consul must stand humbly before the people and ask for their blessing in his new position. It is, of course, just a formality. All the real powerbrokering and schmoozing and deal-making has already played out backstage. Show the wounds you've gotten for your country, say a few trite words to the crowd, and the universe will unfold as it should.

But Coriolanus hates the common people. With a passion. To him, they're a stinking, verminous rabble. He's fine on the battlefield, slaughtering Volscians, because that's what he's been bred in the bone to do. He'd almost certainly agree with arch-enemy

Aufidius, who says that a good mano-a-mano knife fight is more of a turn-on than one's wedding night (and if we're being Freudian here, Aufidius, played by Gerard Butler, carries a very big knife). Not surprisingly, the populace Coriolanus despises picks up on his vibes. His friends try to get him to temper his venom, to play the game an eensy-teensy bit, but he's a shark out of water. The people accuse him of being a jerk, he accuses them of being idiots, they banish him from Rome and, in Caius's finest moment, he verbally banishes the entire Roman republic:

"You common cry of curs, whose breath I hate

As reek o'th'rotten fens, whose loves I prize

As the dead car-

casses of unburied men

That do corrupt my air: I banish you."

So where's the tragedy? In his typically incisive way, Shakespeare gives us a backstory that goes a long way towards explaining how a man with a potentially brilliant future can self-destruct. The main character in that backstory is Caius Martius's mother, Volumnia. Volumnia, played by the always extraordinary Vanessa Redgrave, is the proverbial mother (and mother-in-law) from hell. For her, love means molding her son into exactly what her driving ambition wants him to be. And at first she succeeds. She drives her son into becoming the perfect soldier, the ultimate killing machine. What she doesn't realize is that she's done her initial job so well that Martius can never be anything else. She herself has likely never seen the warrior role as anything more than a stepping stone to

Continued on page 16



Number thirteen is **Kokanee Chalets**, and here you will find a hotel and RV park as well as a laundromat and in the lobby check out **Kent Jantzies** original one-of-a-kind prints. They are called monoprints, but definitely not printed in a print shop.

Number fourteen is the **Nelson and District Credit Union**, your one stop banking, with friendly associates to help you. You will find the walls graced with **Shirley Wyndgaard's** wonderful paintings. Shirley has a gallery named after her in Lethbridge and has years of experience as an art educator.

Number fifteen is **Mervin Robertson's Art Gallery** and here you will find Donna arranging all the art in this gallery. Mervin will be in his shop with his chain saw carving a bear, or one of his other creations. This gallery houses many local artists work.

Number sixteen is the new **Sacred Journey** with equally wonderful exotic designs and creations found here, as in the Gray Creek and Nelson locations. **Nadine Boyd's** Photography and **Janaki Pogrba's** encaustic paintings are featured.

Number seventeen is the **Black Salt Café** and now it is definitely time for dinner or lunch with the gourmet cooking available. **Gary Sly's** large paintings are extremely interesting this year. Color is the main theme of these minimalistic abstracts. You will also find a few other great art pieces from various artists on these walls.

Number eighteen is **Dog Patch Pottery** and besides **Lea Belcourt**, other potters are contributing to this gallery. Wonderful glaze colors adorn these clay works. A lot of unique pieces and great coffee mugs are featured.

Number nineteen is the **Kootenay Forge** where there are three studios to visit here. **Lorna Robin** and **Helene Carter** work in enameling upstairs, the forge is operated by **Gina and Cory Medhurst**, and then you have the delicate hand blown glasswork in the third gallery.

Number twenty is the **Junction Creek Hub**. This neighbourhood pub is a great place to relax and meet friends. The food is great. The menu has been extended and this is where you can peruse the artwork of **Garth Low**. Garth has his masters in Fine Art.

Number twenty-one is the **Barefoot Handweaving Studio and Gallery**. The woven shawls and artisan creations are a kaleidoscope of colors. **Ted Wallace**, also an art educator, hangs his paintings here. These intricate paintings depict Ted's view of the world.

Number twenty-two is **Celts and Vikings**. There are a lot of things going on here. **Brahva** is a leather tool smith artisan. There are replicas of ancient Celts and Viking décor and art, as well as walking sticks, wizards and jewelry and more. Check it out.

Number twenty-three is the well-known **North Woven Broom Company** where you can watch the designer and specialty brooms being made. Harry Potter's broom was designed here.

Number twenty-four is located a few kilometers off of 3A, but well worth the jaunt. **Kokanee Springs Golf Resort** has a restaurant and hotel as well as a world class golf course. At the pro shop this year **Mervin Robertson's** carved bear will welcome you into the pro shop.

Number twenty-five is the **Pilot Bay Resort**. Here you can charter your boat or camp out. There is also a small marina. You will find **Dena Kubota's** high realism drawing in this location. Dena has won awards for her work.

Number twenty-six - Over a thousand people a year find their way through the **Yasodhara Ashram offers**. The Ashram offers yoga and other meditative courses year round. **Gary Sly's** painterly work is also found here in the serenity of the location as is the intuitive work of **Leah Wilson**.

Number twenty-seven is located north on Riondel Road past the Ashram in the village of Riondel. Watch for the signs. **Bob's Bar and Grill** remains a perfect

spot for refreshments as well as wholesome food. The pub houses the works of the **Riondel Art Club** with about fifteen members that show who work all year round in this establishment.

Number twenty-eight is a new enterprise this year. **The Circle of Friends** houses and sells the works of local artisans and artists. There is stained glass and fused glass work as well as paintings and jewelry. Musicians will also be entertaining you. A last, but must stop.

For more information call:

Geri at 250-227-9085

Val van der Poel at 250-866-5772

Karen Arrowsmith at 250 223-8177

Nancy Galloway at 250-227-9233

ESIS AGM

(East Shore Internet Society Annual General Meeting)

June 24, 7pm
Gray Creek Hall

All subscribers/members welcome.

RDCK Resource Recovery Facilities



Canada Day
Hours of Operation

All Waste Facilities will be **CLOSED** on **Tuesday July 1, 2014**

For more information contact:
Recycling Council of BC Hotline at 1-800-667-4321
RDCK at 1-800-268-7325 Office Hours: 8:30am - 4:30 pm
Mon to Fri (except holidays) or <http://www.rdck.ca>

Book Reviews

by Tom Lymbery

THE DEANSHAVEN STORY –How to Move a Grand Piano and Other Necessities of Invention by Pauline Butling, Self Published, 190 pages, \$65.00

Here is an important work of Kootenay Lake History compiled with great care by Pauline Butling, granddaughter of R. T. and Dorothy Deane who arrived on our lake in 1912 from England. There were two boys and five girls in the Deane family, with Pauline's mother being Helen, third of R.T. and Dorothy's family. Richard Teesdale Deane is the central character for much of this book, for his wife Dorothy apparently enjoys his travels and amazing enterprises. He loved cars, boats, Kootenay Lake and his family (and quite possibly in that order)

And the enterprises – Deanshaven Development Co., a Floating Hotel, the Berengaria Mine, gold mining in Arizona – he tried them all and more. We always called him Commander Deane as he had served in the navy in both WW1 and WW2. He built a boat in England that was shipped to Kootenay Lake – packed with other items. He purchased the out of service Kokanee sternwheeler from the Canadian Pacific Lake and River Service, anchored the boat at Deanshaven advertising it as accommodation and also as a type of community hall for the customers that his Deanshaven Development Co hoped to sell lots to.

He built a house, in fits and starts, and installed a water powered electric system to provide lights. This gave his son, Richie his start in knowledge of power generation. Richie became the chief electrical engineer for the CM&S CO (later COMINCO and now Teck). Son John went into the Canadian Navy becoming Commodore of the Pacific Fleet. Daughter Helen (Butling) became a physiotherapist and is remembered by a bronze plaque in the physiotherapy department of the Kootenay Lake Hospital in Nelson.

Driving and repairing older cars was a lifetime passion. Since the only early vehicle access to Deanshaven was by boat from Ainsworth one classic photo shows a car about to be gingerly unloaded from a raft. I can remember seeing one of R.T's cars with a log across the rear, supporting the springs. Winter trips to Arizona towing a home built trailer became an annual affair – and were enlivened by hard work at a gold mine somewhere near Yuma. Topsy Peters went along on one of those trips and helped Ruth Deane driving for water in that desert. Yuma at that time advertised that your motel was free if it rained.

Since this is a family history much of the book includes colour photos of Deane reunions at both Deanshaven and Gray Creek with more than 100 years of Deanes pictured. "The land itself becomes a charac-

ter in the story, as it too changes along with the people who inhabit it," says the back cover blurb, (once we were able to unstick the bar code label that the printers had placed over this). Since I am a Deane enthusiast I had better not fill this issue of *Mainstreet* with more Deane stories. There will be many more in Part 2 of *Tom's Gray Creek*.

ONE FAMILY'S JOURNEY –Canfor and the Transformation of the Forest Industry by Peter Bentley Publisher Douglas & McIntyre, 310 pages, hardcover special \$25 (listed at \$35)

The dustcover photo of Peter Bentley looks exactly like he was when we both attended St. Georges School in Vancouver. However, he was a day boy so I didn't get to know him as well as I did my fellow boarders. Thus in reading his book I find out that he had arrived in Vancouver in 1938 at age 10, speaking no English, as his family had come from Austria, escaping Hitlerization. By the time I met him in 1943 he had only a little trace of his first language. He also belonged to an elite group of boys with well off fathers who owned cars, a rarity in those days. He did not write this book himself – it carries in small type "As told to Robin Fowler."

His father and uncle built a veneer plant in New West Westminster and started producing decorative furniture veneer and plywood. They found there was limited market for this so purchased a sawmill at Eburne, across the north arm of the Fraser River from Marpole. However before long the veneer operation came into its own because of the need for birch and spruce plywood for wartime airplane manufacture. I can remember that they were looking for birch peelers as my dad had much birch in those years, but no way of shipping it. However spruce took over – for the famous Mosquito, the twin engined Wooden Wonder.

Bentley's book contains the story of his family's continued expansion in logging and sawmilling – followed by pulp mill construction that led to Canfor becoming the biggest hewer, shipper and processor of wood products in BC. It really is a story of amazing success. Walter and Leon Koerner also came to BC in 1939 from Czechoslovakia to found Alaska Pine and Cellulose using hemlock which was almost a waste wood at that time. They also were enormously successful but sold out to Rayonier Inc. so didn't continue to grow as the Bentleys did.

He takes claim for assisting St. Georges School to become the successful institution that is today, with students from all over the world, and a scholarship program that allows boys with lesser resources to attend. This book was a runner up to Sam McBride's *The Bravest Canadian* – Fritz Peters V C in the BC Geneological Society's 2013 book contest.

Seldom, continued from page 15
the final goal of triumph in the political arena. Musso-
lini's mom. But Caius has become incapable of see-
ing anything beyond the battlefield. He's a cipher in
peacetime. And his son, who Shakespeare pointedly
observes has a penchant for killing things, is a chip off
the old block. (The director of *Coriolanus* is surpris-
ingly generous to Young Titus. I picture him as an
incipient psychopath like Joffrey in *Game of Thrones*,
but Fiennes makes him more of a Boy Scout. Odd,
given the film's unflinching violence.)

Ralph Fiennes takes on the title role in his own
film, and does a superb job of it. With his shaved,
bloody, bullet-shaped head he's every bit the lethal
weapon. He's also, convincingly, the mama's boy,
who's vulnerable where one least expects it. Given
the limitations placed on Shakespeare's playwriting
by the demands of working with an all-male company,
it's amazing the punch he manages to put into some
of his smallest female roles. *Coriolanus's* Volumnia,
Hamlet's Ophelia, *King Lear's* Cordelia. In only eight
of the plays do women have more than a quarter of
the lines, and those plays don't include Lady Macbeth,
Cleopatra, and Desdemona.

I found Gerard Butler a little less satisfying as
arch-enemy Tullus Aufidius. I don't think he nails the
Shakespearean diction as clearly as others in the cast.
It's only noticeable because so many of the play's lines
come through so clearly in this production. I also don't
think there's quite the homoerotic charge between the
two antagonists that the play lends itself to. Ironically,
Butler's King Leonidas from *300* might have made
a better foil for Coriolanus than Aufidius's rumpled
rebel look.

One of Fiennes's cleverest moves as director was
his handling of the tribunes and consuls. Shakespeare
never seemed to put much stock in the common peo-
ple as a political force. He wasn't exactly what you'd
call a democrat. Instead of letting us hear the wis-
dom of the voice of the people, Shakespeare tends to
show us the fickleness of the affections of the mob (the
word itself, coined 50 years after Shakespeare's death,
comes from Roman times: *mobile vulgus*, "fickle mul-
titude" *Asimov's Guide to Shakespeare*). Fiennes
wisely pulls the focus away from the mob and onto the
leaders who sway it. What we see are men and women
who are more interested, perhaps, in pushing their own
agendas than they are in the health of the common-
wealth. In this *Coriolanus*, the tribunes of the people
are styled after Trotsky/Lenin and some of the more
strident voices of the Occupy movement. The patri-
cian consuls are Goldman Sachs types, bankers, and
fatcats. The voices that claim to speak for the people
are focused on endgames that breed chaos, confusion,
conflict. *Coriolanus* becomes collateral damage in a
different kind of war.

Another of Fiennes' excellent directorial choices
was setting his film in Serbia and Montenegro, where
the ruins (and wounds) of civil war are still fresh after
two decades. The Serbian and Montenegrin landscapes
and cityscapes lend the whole film a visceral quality
that makes the power struggles, the civil unrest, the
outbursts of brutal violence utterly convincing. Much
of the movie shot in a faux-documentary style that
creates the urgency of breaking news. This is Shake-
speare ripped from the headlines. I'd love to compare
this version with the more traditional 1984 BBC film
featuring Alan Howard (which a quick check indicates
is available online).

Caius Martius, aka Coriolanus, is a dog of war. No
standing down. No home. No future.

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Riondel Library

by Muriel Crowe

Thank you Howard Sempf! Howard has been work-
ing on the roof of the Community Centre and we
are almost completely leak free. We just have to find
the source of one very stubborn leak in the library and
we will once again put away the pails. Hopefully if I
ever mention pails again it will be in relation to throw-
ing them away permanently.

Lots more new books in the library and there is a
new selection of BBC videos on its way too. Included
is a selection of Dame Judy Dench performances. We
have ordered a new magazine for runners and are con-
sidering one about biking. Are there any good Cana-
dian or BC magazines about hiking?

Next Deadline:
June 25, 2014
www.eshore.ca
mainstreet@theeastshore.net

Our next event will be a table at an event in June
that is planned to let all know about what clubs, orga-
nizations, activities and any events that are planned in
our area. Watch for notices about this and come check
us out. After that comes our giant book sale on the
August long weekend and possibly another smaller sale
in conjunction with the J. V. Cochran school reunion.
We have a multitude of books so will offer even better
prices for those who buy in bulk.

We are busy updating your records with us. If we
haven't asked you yet please remind us the next time
you are in. We still have member cards that should
be picked up, so if you don't have your super special
Riondel card please ask. Not quite time to hang the
hammock but I hope you can find a cozy corner and
curl up with a good book. Come visit, browse and bor-
row so you can relax your way into summer.

Next Deadline: June 25

www.eshore.ca

mainstreet@theeastshore.net

Goff Riondel

by Glen Kinder

If you watch the Goff Channel, you'll get it.

So, for \$400 per year (including tax), you can golf a beautiful executive golf course in Riondel, whenever you want, as often as you want, for at least eight months of the year. If you golf 18 holes, once a week, for that period of time, each game will cost about \$7.00. Twice or three times a week... well, you do the math.

I want to introduce a couple of new options. If you have visitors who love golf, we have a one week pass for \$120. For that, you can golf all day every day for a week. Now, if you have visitors staying for a month, god forbid, we have a one month unlimited golf package for \$225.

Besides being fun, social and inexpensive, it's good exercise. I figure, if you walk 18 holes, you've covered about 5 km. There are, however, power carts for rent.

If you would like to get to know some of your neighbours, come out for Men's Day (Thursday @ 12:15 pm.) or Ladies' Day (Wednesday @ 10 am.). Men's Day has an average of 30 golfers out each week. We have a shotgun start at 12:30, so everyone is usually finished and in Bob's Bar for prize distribution by about 4:00 p.m. You don't have to be much of a golfer to enjoy the day. Our members' handicaps range from about 10 to 36.

There's a junior golf program, too. It's a great opportunity for your child to learn a game they can play for the rest of their life. Juniors' Day is Tuesday at 4 pm. It's free for ages 6 to 12, if accompanied by a paid adult (twilight rates) or a member. For older kids it's \$5 for 9 holes and \$10 for 18 holes. A season's pass for juniors is \$84 (including tax).

Riondel doesn't take tee-time bookings, so show up and have a great time! If you do phone the course you'll likely be talking to our new club house manager, Jan Ricker.

Tom Sez

by Tom Lymbery

The pink cherry on the corner by the store was too late to make the deadline for the May *Mainstreet* but was out in bloom by April 28. Many years, it's flowering by April 20.

Thanks to those who nominated me for the Community Service Award I received April 29 at Government House in Victoria.

Please look at the sign "Know Your Ducks" between the Chahko Mika and the soccer fields. No Zed in Merganser – thanks to Susan Hulland, who corrected last month's "Tom Sez".

Why do some people call it the Chuckhole Mika Mall? Perhaps this is because of the subsidence – this is all built on sawdust and bark fill from Koote-nay Forest Products – an alternate to burning sawmill waste in a beehive burner. People in Fairview had been complaining about the fly ash for years.

How do you appreciate Nelson's rental sculpture policy – changing those on Baker Street each year? Personally I wish they would move along the rusty bucket on Railway St. near Nelson Ford.

A Creston gentleman reports that he frequently eats at the Rockwood and rates our Gray Creek Restaurant as the best Chinese food this side of Vancouver.

85 per cent of teens sleep with their cell phones and about 58 % of adults also. Did you know it pos-

Ladies 'Kick-Off' at Kokanee

by Lynne Wood

Kokanee Ladies Golf finally began the 2014 season on April 29 after their original 'kick-off' date was rained out! Eleven women teed it up for the first game of the season - 'Puttz-A-Round'. Coming in first with a total of 31 putts was Paula Howe. It proved a great start to the 2014 season.

May 13th the Ladies Club had a farewell party for Ann Carbert. Ann is a long time member of the Kokanee Ladies Club. She and her husband, Don, are moving to the Okanogan in June. It was a great day of golf and a fun party with some of the Kokanee Ladies Club Alumni joining us for the event.

Kokanee Ladies Golf Club is open to any and all interested golfers whether you are a member at Kokanee Springs Golf Resort or not. We have golfers with virtually every category of handicap. We typically gather at the Kokanee Springs Pro Shop each Tuesday at 11:30 and our first tee time is 12:20

After golf, we enjoy a beverage and supper together in Wood's Pumphouse Grill. Chef Randall is great at whipping up tasty specials for the ladies as well as offering a wide selection of yummy food items from both the main menu and the bar menu.

We are small in number but mighty in spirit. We'd love to have you join us. For more information contact Lynne Wood at kokaneeladiesgolf@gmail.com or telephone Lynne at 250-551-4413.

Next Deadline: June 25

www.eshore.ca

mainstreet@theeastshore.net

sible to text while you are sleeping? Mostly gibberish apparently.

Wasp and Hornet spray is more effective than bear spray as this can shoot up to 30 feet – who wants to be nose to nose with bear before the spray works?

The ice broke on the river at Dawson City, Yukon on May 2, 2014 – about an average date. Within a week the river is clear of floes so that the ferry George Black can be re-launched and people from West Dawson can get to town again, as well as access the Top of the World Highway.

Please keep an eye out for anyone throwing a lit cigarette from a car and call the RCMP with the license plate number if you see this. Please see the cover of the summer issue of *BC History Magazine*.

Gray Creek Pass Report

by Tom Lymbery

Whether or not the road will be open by the first of July is a gamble each year. Earliest ever was June 14. Please look at www.graycreekstore.com for pass condition reports.

Waterbars are essential on the pass - as they are on every steep gravel road – keeping runoff soil from the creeks that 250 Gray Creekers use for drinking water. The waterbars are also there to preserve the road surface, as without them the gravel would go down the banks, leaving only stones.

Pickleball

by Glen Kinder

The name is enough to get your attention, I think. You get used to it after a while. I still can't get my head around the term 'dink' shot though. (a short shot just over the net). I've discovered that Americans have no history with the word.

Anyway, I'm here to let you know that pickleball has had a nice shot in the arm (as did tennis - both groups are working to come together and create a broader "net" society/organization). Thanks to the generosity of the Rec 9 people we now have a portable net, some paddles and balls, and enough money left over to paint lines on part of the tennis court surface in the park.

The game is relatively simple to learn and not too hard on the body either... and a lot of fun. Wherever I've played there seems to be a lot of laughter.

Paul Hindson at Kokanee Chalets has kindly offered to store paddles and balls, so go see him if you would like to get out and play. Fran and I will be there quite a bit practicing our dink shots, so if you would like to learn the game give us a call (250 227 9416) and we'll meet you there.

If it ever stops raining, we'll soon be painting lines in preparation for our first **Beginners' Tournament, scheduled for June 14**. This is in conjunction with a car wash fundraiser supporting the school swim program.

Health & Happiness

by Dr. Sid Kettner

Stuffed and Sick

A recent *Ideas* program on CBC gave an excellent summary of why 75% of Americans and 60% of Canadians are now obese or overweight. It is worth pondering. Basically, we are not winning the battle. We are getting fatter—and faster than ever before. In the last 30 years we have gained an extra 20 pounds. Exercise rates are stable. But we are eating more—on average, 200 to 400 calories per day more than we did in 1980 and we're eating more often.

Three trends are now seen. Firstly, the additional sugar—75% of today's foods and beverages have sugar added. Secondly, we snack more. That habit was rare before World War II but now many people have six eating events a day, instead of 2 or 3 and 35% of people have 10-12 eating events per day. That is almost constant eating. And those snacks are getting larger. Remember: even "Small snacks make big slacks." Thirdly, our portion sizes have increased a lot, especially the beverages, fast foods and fatty foods like pizza or Mexican dishes. As the least healthy food portion sizes have gone up, the healthy, nutritious foods like fruits and vegetables have gone down. No wonder we find our clothes getting too small.

And about 750 more calories are available to us on a daily basis than before. Frozen dinners have expanded dramatically in the last few years. Not plain frozen peas and other veggies, but ready-for-the-oven processed meals with lots of fat and sugar. Ice cream is now eaten all year around and whole aisles are dedicated to it. There are long aisles of sugar coated cereals, soda pop, snack and junk foods—all of which represent 50% of our food source. We had about 10,000 bar code items in the 70's and now we have 200,000. Food is not just found in the corner grocery store, but now tempts us in huge supermarkets, pharmacies, gas stations and at vending machines on the streets, in businesses and even in hospitals.

Whole foods have been replaced by processed foods, loaded with sugar, fat and salt. Real food has become "edible food-like substances". The more we process food, the less nutritious it becomes and the more calorie-dense it becomes. The anti-oxidants, micro-nutrients and fiber disappear, but the more attractive it is to people who love sugar, fat and salt. No wonder we have epidemics of heart disease, diabetes, hypertension and cancer. The research is clear—the choices are ours. Get smart. Eat smart. Enjoy a long and healthy life.



From the Principal's Desk

by Dan Rude

One of the highlights for me, this school year, was experiencing the work of David Hatfield (www.davidhatfield.ca), who was on the East Shore for two days in April. His time with us included a full-day community session on 'Transforming Conflict', a morning 'Rites of Passage' session with our grades 9-12 students and a few adults, and an afternoon session working with particular conflicts among adults to help us advance our relationship with conflict. Through these experiences, those involved had the opportunity to create deeper connections, understand each other better, and experience some of our own personal wisdom. A huge thank-you to Lee Reidl for her work in getting David connected with the East Shore.

In our work in education, there is no shortage of conflict. This is particularly clear right now as we are in the midst of a very high level provincial labour dispute in British Columbia education, yet is also a part of our daily experience all the time. Sometimes it is in the form of challenging conversations among adults with a wide range of perceptions and takes on what is best for kids. Sometimes it is in helping young people resolve and come to terms with their differences and the challenges of growing up. And sometimes it is in knowing that we need to make significant decisions while often feeling like there isn't as much time and clear information as we would ideally like.

David's work re-grounded me in the fact that conflict is all around us all the time and that we have work to do in how we approach it to transform it into growth and connection. It also reminded me of all the great learning there is for us around conflict. Based on how valuable I think this work is, and based on work I had done years ago while I wasn't involved directly in education, I asked David about his recommendations for me for next steps in my own learning. He referred me to the Process Work Institute (www.processwork.org), which "offers a unique approach to inner work, therapy/coaching and group facilitation that can discover unexpected solutions from our most difficult challenges and promote a culture of deep democracy".

One of the dilemmas (and opportunities) that always comes up for me around conflict, is the reality that all conflict is truly personal, as we all bring to situations our own "stuff". A great quote for me around this is work on 'mindfulness' from John Teasdale, Mark Williams, and Zindel Segal.

"Our interpretations of events reflect what we bring to them as much as the reality of the events themselves."

I could write a lot more about this, but I'd prefer to share a recent story from our school that highlights the brilliance of each of us addressing our parts in conflict and boldly rising to make a situation better.

I recently observed an intense interaction among some secondary students toward the end of week and decided, while ensuring that it was physically safe, to play the role of observer, as the conflict seemed to be something that had been brewing for awhile and seemed to need to be released. Since I have also repeatedly found (sometimes the hard way) that there is way more wisdom in not rushing and in not being reactive, I slept on this and planned to come in after the weekend to lead a process with the students involved. When I approached one of the students early on the following Monday morning, he informed me that all was now well, as one of the students had approached the others to say, "Sorry, I was out of line." Wow. This one simple statement had the power to transform a conflict into an opportunity for an individual to connect with who he/she wants to be in the world and to connect more deeply with others in recognizing the importance of our relationships. This makes me very proud of these young community members – and makes me want to keep getting better at helping this along.

The Wake Up Call

by Addi Fowler, Grade 7, CBESS

"We are a generation of idiots, smart phones, and dumb people" - Gary Turk

We are all distracted by the electronic age. A big part of the world is addicted to cell phones. It is one of the main necessities for most adults and teenagers all over the world - or so we think. Phones used to only serve the purpose of communication with sound. Mobile phones have completely changed the concept of phones in general. Now, a phone is not only used as something to contact people, but it is used as a whole new world.

Everywhere you go, whether you are going out on a date, or you are going to the mall with your friends, even if you are just sitting on a bench in a nearby park, you look around and everyone is staring at a small screen held in their hand. There are opportunities for humans to connect and they are being missed every minute because of cell phones. "The average teen in America sends 3339 texts each month." That is a lot of talking without even talking. "In 2010, Americans spent \$42.8 million on mobile devices." That money could feed many poor people in America and throughout the world. Gone are the days of Beauty and the Beast, when Belle was a book worm, and would always have her nose in good classics. Adults and youth have stopped reading and exploring books because they are so caught up in their phones or tablets.

The problem normally starts early, somewhere between the ages seven and twelve. That is when you ask your son or daughter what they want for their birthday, and they say something like an iPhone, or an iPad, or an iPod touch. They beg you for a long time, and eventually you give in because perhaps it is convenient for the parents, or because "all the other kids" have one. Then, those kids have them everywhere. When grandpa and grandma come over for a visit, they are on it. When you are having a family dinner, they are on it. The worst one is when they invite a friend over to "hang out" and they are both texting their boyfriends or changing their profile picture. The socializing and

talking has stopped and is being replaced with texting. The problem has been getting bigger through the years. Once they get into high school, kids barely are paying attention to where they are walking because they are looking down at their phones in between classes. Then there is the problem where the phones go into the classes and every student uses the excuse "Oh, I'm just using it as a calculator." I'm sure that excuse works sometimes, but I have seen people say that in English class. They don't need a calculator in English class. You also see a lot of hiding-phones-under-your-leg-so-teacher-doesn't-see.

Another big problem with cell phones and texting is that they can make bullying a lot quicker, more accessible, and harsher. It also can't go away. Once you make a Facebook Status about someone, or post a picture of someone, it is there forever. You can try to delete it, but there is probably some kid who has already screenshotted it or they've saved the picture and posted it on site after site. People do not realize that the internet is a "public domain". Nothing ever really goes away, pictures, words and your personal conversations. By now, it can be seen by everyone and anyone or stored somewhere in the cyber world. Do we ever really know what happens after we hit send? Cyber bullying can lead people to depression, eating disorders, make people feel bad about themselves, and to even become suicidal.

Back in the old days, you would never see a kid just sitting at home staring at a phone. They would be out on their bikes with their friends, doing cartwheels down a hill, getting grass stains, climbing trees and wearing out their shoes. Now the parks are so quiet. Everyone is on a phone, and nobody will talk to one another for the fear of looking insane. Is our generation missing out on nature, meeting people and not discovering the wonders of the world because we are addicted to our little screens? Are we missing precious moments that we will never be able to get back? Is technology actually contributing to us having fewer chances to create beautiful memories?

Stop looking down at your phone. Leave it at home. There are so many chances you miss when you aren't living life. Make the most of what you have. Talk to people. Make friends. Fall in love. Go out to the real world. Leave all your distractions behind.

Learning Hub Advisory Meeting

by Laverne Booth

Thanks to the fourteen people who came out to the first official meeting of the advisory council for the East Shore Community Learning Hub partnership on May 8. The advisory council will meet twice a year to set a direction for the Selkirk College/CBT funded two year pilot project.

"The community is driving the bus" says Gregg Neelin who is Manager of Community Education and Workplace Training (CEWT) of Selkirk College. "The discussion with local partners- the volunteer organizations on the East Shore who are concerned with education, culture, work and training- is critical to the success of the pilot project. The college is following the lead of the community- we were approached by the East Shore Health Society to get involved so three of our third year nursing students conducted a health strategy which has now gone back to the ES Health Society for action. The community courses organized out of the Learning Place at Crawford Bay School all correspond to a need or demand expressed by the community".

"What I heard from the community based advisory group is that things are going well, we have had an Advanced Computer Training program and other potential training programs are being investigated. Tom Lymbery spoke in support of forestry based development as it is our primary resource, interface fire management is important, and the wood lab at the school is a fantastic asset. Verna Mayers stressed the importance of communication systems so that all of our residents have access to information. Sandra Bernier talked about the importance of work and job creation to attract and keep young families. It was a fruitful

discussion. The website is just about ready and there is an announcement imminent" says Laverne Booth, Community Education Coordinator.

The next meeting of the Advisory council will be in October where regional partners will be invited to hear the gains made by the east shore community. For more information or to volunteer at the Learning Place, please call: Laverne at 250-227-9218 ext 5518 (Mon, Tues, Wed. from 10 am to 4 pm) or email laverne@theeastshore.net.

Swimming Lessons & Fundraising Fun

by Danielle Linn

The Riondel Youth Recreation Group Society is excited to announce that swimming lessons are returning to the East Shore September 8-12 at the Gray Creek Hall Beach. This is a partnership between the Creston Aquatic Center and the Crawford Bay School. The grants that have funded this project are the Columbia Basin Trust, Rec9, and a Discretionary Grant.

Save the Date: June 14 2014

We are having a car wash, selling hot dogs and hosting a Pickleball Tournament at the Community Corner. The car wash begins at 11-2 and the Pickleball Tournament from 2-4. Fun for everyone! Call Glen Kinder for information on Pickleball 250-227-9416.

All youth living on the East Shore are welcome to participate in the swimming lessons. To enroll, to learn more or to donate, please contact the Crawford Bay School 250-227-9218 or Danielle Linn 250-225-3388. A huge thank-you to everyone that has made swimming lessons a reality for our East Shore youth.



Tom's Corner

by Tom Lymbery
Veneer & Plywood

Who can remember that Nelson had a plant which peeled logs to make veneer, and then glued these pieces together to produce plywood? This operation came to Nelson as George Devorjetz, the manager and driving force of the operation, knew that the West Kootenay had a plentiful supply of trees with the high grade of the cottonwood needed. Cottonwood logs were cut in the Lardeau country and rafted to the BC Veneer Works in Nelson. The plant was situated on the Nelson waterfront with a spur rail line so that carloads could be conveniently loaded right at the site.

In the book *Lardeau Duncan Memories* by J. W. E. Alexander, an article on page 95, "Cottonwood Now in High Demand" goes on to say, "Giant first growth cottonwood grew on the flats of the Lardeau and Duncan Valleys. With such an abundant supply of wood the veneer plant in Nelson had a good future. Some wood was shipped by railway. Some was sent by river drive to Kootenay Lake then towed by tugboat in log booms down Kootenay Lake to Nelson." I suspect that the logs needed to be tied together as these very heavy logs do not have much buoyancy, and could be so low in the water that they would slip under the boom logs which encircled them.

This was a welcome market for timber that had been in little demand, except for some mills which used it to make "shook" as the bundles of parts for fruit crates and boxes were called. Wynndel Box and Lumber was still using some for boxes as recently as 1990. Monrad Wigen said that they needed to keep the logs until the suckers and sprouts (that grow even after the logs are piled) had their leaves died off. Otherwise the moisture in the wood makes lumber twist too much after it is milled. Growing in very wet ground, a tree of this species cut in springtime can be called "turning on a tap."

British Columbia Veneer Works set up a plant on the Nelson waterfront in 1926, and shipped its first carloads of *Maple Leaf Plywood* in 1928. In an article on Devorjetz from Touchstones Museum, two photos of the Nelson operation are too indistinct to establish its exact location. Another photo shows piles of logs to be used after the bark was peeled off by two men. Steam was used extensively in the process. Frozen logs were even immersed in boiling water to thaw them in winter. The photos show the chimney stack from the steam plant, but the report doesn't say what generated the steam. It may have been hog fuel (scrap material) from another sawmill, as the cottonwood bark and unusable peelings would be hard to burn by themselves.

This operation employed about 35 men through the Great Depression of the 1930s. This is possibly one reason why the City of Nelson guaranteed a \$50,000 bond, as a payroll of up to 50 men was so important. The major shareholder was James Richardson of Winnipeg who had connections with the Canadian Pacific Railway. Richardson also helped found one of Canada's first airlines, Western Canadian Airways.

George Devorjetz had long experience in plywood production, first in Russia, then England and the US. Here he managed the Utility Manufacturing Co. of Goldsbro, North Carolina, and then the Fiona American Plywood Co in Portland, Oregon. In England he had worked for Vickers and came to Canada to work for the development branch of the CPR, before taking the position as manager of BC Veneer in Nelson.

The logs were peeled on a Merritt lathe and then dried on a Coe drier. The panels were laid up by hand, cross - banded (the grain of the wood goes at right angles to the one below, which gives plywood its strength.) Using a supposedly waterproof glue, the three or four ply panels were stacked in a pile of some 15 panels, each with a board between. Then they were loaded into a five - opening Seimpkamp Press with three panels going in each opening, and pressed for three minutes at 200 lbs pressure. After being allowed to dry for 24 hours, they were reinserted in the press for another 20 minutes. After cooling, the panels were ready for shipment.

Did cross-banding (placing the thin sheets of veneer on the one below) employ some women in Nelson? There were few jobs for women in those years, except for sorting knots out of the matchblocks at the W. W. Powell mill before these went east to Eddy Match. Peter Bentley in his book *One Family's Journey* explains that when they were making high quality product at Pacific Veneer, they needed to employ women to do this cross -banding with the thin and fragile sheets of veneer, as men did not handle these carefully enough.

My Dad saw this plywood as the way to go for lining his buildings, but unfortunately he was too economical – nailing the plywood directly on the two – by - fours, instead of on strapping. The result was that much of the ply warped somewhat. However it was quick and easy compared to shiplap boards. The old store and some of the cabins had this. The bedrooms above the lodge dining room / gift shop have 1932 larch plywood from the Nelson operation, which was more resistant to distortion.

Johnny Oliver and Bill Burge gathered leftover pieces of the cottonwood product and constructed a canoe. This was OK for a while, but the glue did not compare to that of marine plywood so all too soon the canoe was coming apart.

Devorjetz maintained production and was able to produce a small profit each year for the Nelson operation, except for the first year, 1928, and 1933, the only other year that saw a loss. He shipped about 30 carloads a year, sometimes more if sales held up. The company distributed throughout the Prairies with the largest market in Ontario. Competition from eastern birch plywood was hard to handle, so Devorjetz made some panels of larch in 1932 but cottonwood continued to be the mainstay of the operation. There were local sales, some orders went to the US, and even a few to New Zealand.

January 1942 saw record sales of cottonwood plywood through Canadian distributors, but production was gradually shifted to birch veneer for aircraft. However the local supply of birch was not as consistent as cottonwood, and the Nelson plant closed at some point after the war years.

Most construction today uses Oriented Strand Board (OSB) which is considerably cheaper than plywood. This is made by gluing long wood chips together, using 95% wood and 5% glue. Tolko Industries makes this out of poplar wood at their OSB plant near Meadow Lake, Saskatchewan.

ATCO Wood Products Ltd. has an "OSB Free Zone" tee shirt, as their product is veneer made of fir, larch and spruce. Many people know that plywood is preferable to OSB and build their homes using the more expensive product. ATCO has a very successful plant in Fruitvale, B. C., shipping 30" high bundles of veneer that weigh from one to two tons per bundle, depending on the moisture content of the wood (i.e. heartwood versus sapwood.) Much of the production is loaded directly onto railcars alongside the mill and goes to operations in the US to be dried, glued, and processed into plywood. Some is trucked to plywood makers in BC and elsewhere.

The 4 x 8 sheets are the standard size for plywood – having resisted the metric efforts which started in the 1970s when Canada thought that the US would follow it into the metric world. Naturally in truly metric countries such as Mexico, the plywood is in metric dimensions. There we have found that what looks like solid plywood can have a core of wood of lesser strength and quality.

It would be nice to see a use for the many cottonwoods that grow so large near waterways, such as you see along the Elk River near Fernie. These old growth trees are not long - lived so they start to die off from the top down. Cutting them allows almost immediate regrowth from their large root systems. One write-up for this long gone product says, "The distinctive grain of Maple Leaf Veneer gives it a very beautiful surface, adaptable to any number of treatments." I am sure there are many classic homes across our country that still have some of this paneling.

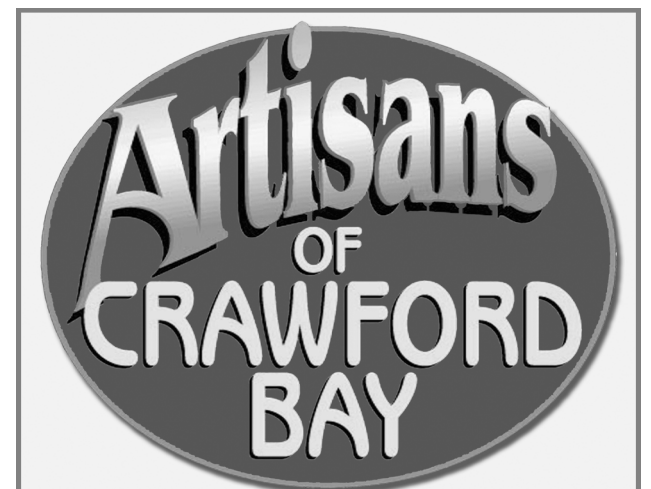
Thanks to Kathleen Nichol, volunteer researcher at Touchstones Museum, Nelson, who found an article on George Devorjetz and the Nelson operation from the Royal BC Museum. The article credits Henry Stevenson for having researched the Nelson Daily News. Thanks also to Scott Weatherford of ATCO Wood Products. Please see this Mainstreet issue's Book Reviews for Peter Bentley's book *One Family's Journey – Canfor and the Transformation of BC's Forest Industry*.



Are you interested in being part of a broad community-based collective of FOOD & GARDEN BUSINESSES?

There is a fantastic opportunity imminent (land, buildings, resources). Let's talk!

Meet Monday, June 16 at 6pm at the Learning Place at Crawford Bay School & be prepared to go on site tour!



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

A hotbed of creativity ~open every day

info: 250.227.9467 or 9655 or 9245
www.artisansofcrawfordbay.com

Health Action Steps- You Are Invited!

by **Laverne Booth**

Join a community effort to upgrade our health and emergency services. HOW?

Become a member of the East Shore Community Health Society and attend the AGM on June 24 at 6:30pm.

1) **All health care providers** including nurses (retired or not), home care aides, home support workers, EMR, and community people who provide aid for the ill and elderly to remain in their home **are invited to a screening of *Civilizing the Economy*** a short 30 minute video produced by the BC Coop Association. Then we will talk about the possibilities and potential of a co-op business model to deliver home health care to residents on the East Shore.

WHEN? Thursday, June 12 6:30 to 8:30 pm

2) **Health Society Sub-committee** for Coordinated training and emergency services. **Let's coordinate services and training** throughout the East shore to lower costs and make sure we get what we need.

WHEN: Tuesday, June 17 at 4 to 5:30 pm

3) **Health Society Sub-committee** on Information and Promotion. What information do residents need? How can we get it out most effectively?

WHEN: Wednesday, June 18 at 6:30 to 8:00 pm

Call Verna Mayers for more information: 250-223-8474. To express interest call Laverne at 250-227-9218 ext 5518 or cell phone 250-551-5827 or email laverne@theeastshore.net.

Visit from the Nurses

by **Verna Mayers**

In the winter, the East Shore Health Society were told two things. One was that the IHA was going to reorganize and that services for the East Shore were to come from Creston. The other was that the nurse and nurse supervisor would come to speak to the community and explain what services they could provide. Unfortunately neither has happened BUT they did come to visit the community to see where and what services they could provide in the most time efficient way.

One of the nurses is from Creston and does know the lake quite well. I picked her and others up at a marina, and we rode together up the lake, and I showed them where the community halls were and the subdivisions and houses that were not visible from the road. I also pointed out the possible location of the new AED'S. They were impressed that we have so many first responders in the area.

We had a visit and lunch in Riondel and they met the chair of the ambulance service and toured the Bluebell Manor. We then went to the clinic and saw their facilities. On the drive back they explored many thoughts on how best to provide services to the communities. They thought they might be able to offer some services from the clinic or maybe the halls. Nothing was decided as the funding and responsibilities have not come under the Creston jurisdiction. Nonetheless they are in the midst of hiring people to fill those positions.

At the **East Shore Health Services AGM on June 24 at 7pm in the Crawford Bay School**, John Rayson will give you an outline of our discussion with the nurses. We will also have copies of the completed report and our own report. We will decide what steps the board wants to take with the distribution. Gregg Neelin will tell us about the fall students and our discuss the updated by laws and constitution. Hope to see you there.

20 Mainstreet June 2014

Health Society AGM

by **Cathy Poch**

The East Shore Health Society will be having its AGM on June 24 at 7PM in the Community room of the Crawford Bay School.

We will be:

- 1) Electing new officers
- 2) Discussing the results of the survey and the direction to take
- 3) Updating our bylaws and constitution

To ensure voting rights at the AGM, please renew your membership in the society (\$5 per person per year). C. Poch PO Box 32 Crawford Bay V0B 1E0, Verna Mayers, Boswell, John Rayson in Kootenay Bay and memberships will be available at the door on the evening of our Annual General Meeting.

Please come out and help us define the future of health care on the East Shore.



AREA "A" EDC Economic Development Commission

next application deadline:

October 31, 2014

A submission can be made at any time -- submit early so we can help you to succeed.

Projects for Area A (East Shore, Riondel to Wynndel) relevant to the promotion of economic development may be eligible for a grant from the Regional District of Central Kootenay. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

Please phone for an application form or request by email:

Lorna Robin, EDC Chair 250-225-3333

lornarobin@bluebell.ca

Approval/funding lag time 6 to 8 weeks

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

email skootenaylakeccs@gmail.com

Sunnywoods Farm

Your East Shore Garden Centre

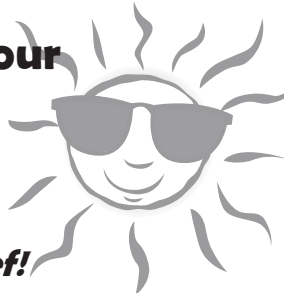
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Asana of the Month

by **Jayanti Holman**

Adho Mukha Svanasana

Downward Facing Dog Post



Benefits

- Develops suppleness and strength in the arms and shoulders
- Elongates the spine
- Creates greater flexibility in the hamstrings and calves
- Helps calm the nervous system

Doing the pose

- Start on your hands and knees with them directly under your shoulders and hips
- Spread your fingers & tuck toes under you
- Inhale and pressing down thru the hands, lift your hips up and back
- Roll the shoulders out and back by rolling the inner elbows forward
- Exhaling bring the heels down towards the ground
- Gently straighten your legs drawing the knee caps up to enliven the legs
- Relax the head and neck, letting it release toward the floor
- Breathe deeply and evenly for 5-10 breaths

Focus while in the pose

- Spread your fingers pressing down evenly
- Spine is long and decompressed
- Open armpits lengthening the upper pectorals
- Elbow creases rotate to face thumbs
- Tops of thighs lift and press back
- Sitting bones roll toward the ceiling
- Backs of legs extend thoroughly
- Knees straight, not locked or hyperextended
- Heels reach toward the floor

To come out of the pose

- Bend the knees coming down onto all fours

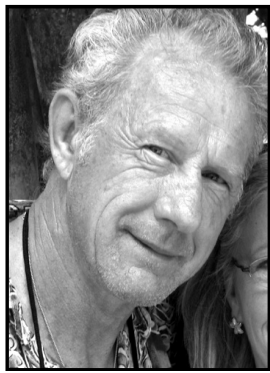
Going to Trail for Medical?

from pennywiseads.com
submitted by **Cathy Poch**

Need surgery or treatment in Trail? Do you or someone with you need an inexpensive place to stay?

Sanctuary House is a downtown building on Bay Street. Two of the apartments, a one bedroom and a two bedroom, are designated for use as hospital accommodation for people from outside the Greater Trail area who are accessing the hospital. The fee is on a sliding scale based on length of stay. Call 250.231.3272.

Dire House is run by the Catholic Church. It is located close to the hospital, is a fully furnished small house right next door to the church. The contact number is 250.368.6677 or 2650.231.4728. The cost is \$40 per night.



Notice of Passing

In Loving Memory of Rudi Lauritzen

Rudi was tragically taken from us on May 7 in a motor vehicle accident.

Rudi was born in Denmark on August 27, 1949 and immigrated to Canada at the age of 7 with his parents Armand and Jenny and brother John. They settled in the Deep Cove area of North Vancouver.

In 1973 he met and married the love of his life Jamie Lynn Smith. Their first home was on the Sunshine Coast where they lived on a houseboat in Gibsons. Eventually, with their young family, they moved to Skookumchuck in the East Kootenays. Their home for the last twenty years has been at Riondel in the West Kootenays.

Rudi was a talented "Mr. Fix-It" and through his company R&R Repair served a grateful community. His work ethic was matched only by his unfailing generosity.

He leaves behind his grieving wife, eldest son Kalum (Mary) and grandchildren Silk, Sequoia; son Clayton and grandson Javin. Rudi will be sadly missed.

A service was held Saturday May 24 at the Crawford Bay Hall. For more information please visit <https://www.facebook.com/groups/rudi.lauritzen/>.

From the family: Rudi would have been so humbled, proud, overwhelmed and pissed off at all the attention and love he received at his celebration of life service on May 24 at the Crawford Bay Hall.

The amazing community support our family has received has made all the difference in what would otherwise be a heartbreaking time.

The meals, cards, flowers, food baskets, service preparations, condolences, and so much more were greatly appreciated and so invaluable. The love and caring we received from the heart of this amazing community truly helped make this a less lonely and tragic time.

We thank you all from the very bottom of our hearts - the Lauritzen family.

For those that missed the celebration of life please visit <https://www.facebook.com/groups/rudi.lauritzen/> for photos and videos.



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

Our Hours

8-10 am Monday - Saturday

6-8 pm Monday - Friday

Questions answered at: thefitnessplace@theeastshore.net

RUDI

by Wendy Scott

A strange image comes to mind when I hear Rudi's name. It's always that of a face looking up from the floor. I imagine I'm not the only one to remember Rudi in this supine position, for even though he liked to talk, he never stopped fixing whatever was in need of his attention. Either that or he just liked lying face-upwards on kitchen floors.

And viewing Rudi from counter height, it was those bright blue eyes that proclaimed his Danish heritage and it was his light-hearted humour and his sincere generosity that endeared him to so many here in Riondel and Crawford Bay.

As a young child, Rudi travelled with his parents from post-war Denmark to Canada. It must have been good in this new country to live in North Vancouver beside the sea, and somehow quite natural that as teen-aged sweethearts, Jamie and Rudi, would be instantly in love and spend a considerable length of time floating around on a houseboat.

It would be destiny for Rudi and Jamie as a married couple with two sons, to seek dry land; after all, llamas do not do well at sea. Yes, it's not difficult to picture Rudi's adept fingers buried in the soft fur of an animal that always manages to appear aloof and surprised. This husbandry along with his skill and knowledge of satellite dishes were among the many reasons and projects that brought Rudi and Jamie to the Kootenay's and then to the lake that all of us on the East Shore call home; the lake that in the winter months smells of the sea. And, as Rudi declared, It never gets hard!

God speed, Rudi, till we all meet again.

Rudi Lauritzen: 1949-2014

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Hospice News

by Nicole Schreiber

Being a Good Friend to Someone Who is Grieving

"Companioning the bereaved is not about assessing, analyzing, fixing or resolving another's grief. Instead, it is about being totally present to the mourner, even being a temporary guardian of her soul."

-Dr. Alan Wolfelt

When someone we care about is grieving it is natural for us to want to help. But many of us struggle, not knowing what to say or do. Some of us try to offer comfort and unintentionally make the person we are trying to support feel even worse. How can we best support someone who is grieving?

This year the East Shore Hospice is hosting an evening presentation series 'Being a Good Friend to Someone Who is Grieving'. The first evening in the series is Monday June 23 at the Crawford Bay Hall from 6:30-9pm and will feature Dr. Duncan Grady. Dr. Grady is of Siksika/Sauk aboriginal and Scottish heritage. He is a psychotherapist, Buddhist practitioner, hospice trainer and college professor. Admission is by donation. We hope you will be able to attend and will help spread the word about this event series.

**Due to a family health emergency of the coordinator, the spring Hike for Hospice fundraiser was postponed until the autumn; we will be sure to keep you posted when details about the new date become available.*

We are always looking for new volunteers as well as input from the community on workshops, discussion groups, articles, or information that you would like to have access to on the East Shore. Please call us to discuss your ideas.

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 Community Health Centre. For information or an appointment, please call Nicole Schreiber (East Shore Hospice Coordinator) at 250-227-9006 ext. 29 or email at hospice@theeastshore.net.

Eastshore Garden of Remembrance

by Wendy Scott

Springtime has really arrived. The garden is green again and the latest new bench has been crafted and installed.

Many thanks to the Poch family for their generous donation towards this bench and the marble dedication plaques.

We are fortunate to have Miroslav Doval in our community and most grateful to him for his willingness to build this bench, place it in the garden and install the remaining plaques.

I've had some more inquiries regarding new plaques. Please don't hesitate to call or send us emails if you have questions about the garden.

And take a walk through. It's a lovely place to be.

Wendy: wmescott@gmail.com

Muriel: mcrowe@bluebell.ca

June 2014 Mainstreet 21

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 16 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.

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

STEEL WHEELS - Septic systems planned & installed. We dig too, mini hoes for you. Dave or Donovan. 250-227-9646.

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

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

PERSONAL CARE/HEALTH

ACUPUNCTURE - Christine Peel R.Ac. 16210 hwy 3A Unit 9, Crawford Bay Motel. For an appointment please call 250-505-8130.

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

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

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

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

FINGERPRINTS AND HAND ANALYSIS - P. Danielle Tonossi IHA. Discover your Life Purpose and what it takes to live it fully or host a Self-Discovery Hand Reading Circle. My expertise is at your service - 250-227-9478. Info: www.crystalgardenspirit.com

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

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.

MASSAGES & WELLNESS FOR WOMEN - Reflexology according to the clock of Chinese medicine, Rebutology: European method for deep tissue, Breuss spine massage with St. John's Wort oil, relaxing massage, Reiki, hot and cold stone therapeutic massage. Call Geraldine, certified therapist in Europe, over 15 years of practice, 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 AND NAMBI'S FAMILY RESTAURANT: Open 7 days a week. Sunday Breakfast 8 till noon. (located beside Newkey's)

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

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

Creativity, Community, Conscience

mainstreet@theeastshore.net

www.eshore.ca

CLASSIFIED SECTION

AUTOMOTIVE

2005 Chev Uplander AWD. AIWI - \$4000 OBO. 250.227.9246.

BIZANNOUNCEMENTS

Sirdar General Store:

A unique place to shop on Duck Lake. Fishing & Hunting Licenses, Tags & Tackle, CVWMA Fishing & Hunting Permit. Groceries, Island Farms Dairy Products, Ice Cream, Magnum, Klondike Ice Cream Treats, Popsicles, Yogurt cones. Chips, Nuts, Chocolate & Energy Bars, Soft Drinks, Water, Juices, Ice Tea. Greeting & Post Cards, Local Crafts, Souvenirs, Post Office & Faxes, Ladies & Men's Straw hats. Children's PJ's, Dress Sets, Sun bonnets. Bird Houses, Cutting Boards, Cribbage Boards, Puzzles & Board Games. 8050 Hwy 3A, Phone 250-866-5570 or Fax 250-866-6811. Drive with care and watch for wildlife, cyclists, & pedestrians.

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

BUSINESS SERVICES

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

NOTICES

'Being a Good Friend to Someone Who is Grieving' - The 2014 evening presentation series 'Being a Good Friend to Someone Who is Grieving' begins Monday June 23 at the Crawford Bay Hall from 6:30-9pm. This first evening in the series will feature Dr. Duncan Grady. Dr. Grady is of Siksika/Sauk aboriginal and Scottish heritage. He is a psychotherapist, Buddhist practitioner, hospice trainer and college professor. Admission by donation. 227-9006 ext 29. Hosted by East Shore Hospice Society.

Do you have something to say? Do you have a rant or an idea that you want to shout from the rooftops? Send it in - we'll make it happen.



Building Permits- Do You Need One?

Building permits are required for any new construction within the Regional District of Central Kootenay. A building permit is required **before** starting new building construction projects, as well as addition or alteration projects such as:

- Decks
- Placing manufactured homes
- Carports, garages or sheds
- Modifying or adding to plumbing systems

All building permit applications are reviewed for health and safety related design details, as regulated by the BC Building Code. This review will save you time and money through the construction process. The cost of a permit is 1% to 1.5% of the construction value of the project (material and labour at market rates).

Applications for building permits are also reviewed for compatibility with land use regulations relating to the Provincial Agricultural Land Reserve, floodplain management, and Regional District zoning bylaws.

Applications for permits and other construction-related information can be obtained at the Regional District of Central Kootenay Building Inspection office nearest you, or online at www.rdck.ca For residents in Areas A, B and C (not including the Town of Creston), please contact:

**531B - 16th Ave. South
Creston, B.C. V0B 1G5
Ph: 250-428-5717
Fax: 250-428-3408
E-mail: crestonblddept@rdck.bc.ca
Office Hours: Monday-Friday: 8 am - 4 pm**

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)

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time - Winter Schedule in effect until weekend of June 14, 2014				
Vessel Name	Balfour	Terminal	Kootenay Bay	Terminal
	Summer	Winter	Summer	Winter
Osprey 2000	6:30 am	6:30 am	7:10 am	7:10 am
Osprey 2000	8:10 am	8:10 am	9:00 am	9:00 am
Osprey 2000	9:50 am	9:50 am	10:40 am	10:40 am
MV Balfour	10:40 am		11:30 am	
Osprey 2000	11:30 am	11:30 am	12:20 pm	12:20 pm
MV Balfour	12:20 pm		1:10 pm	
Osprey 2000	1:10 pm	1:10 pm	2:00 pm	2:00 pm
MV Balfour	2:00 pm		2:50 pm	
Osprey 2000	2:50 pm	2:50 pm	3:40 pm	3:40 pm
MV Balfour	3:40 pm		4:30 pm	
Osprey 2000	4:30 pm	4:30 pm	5:20 pm	5:20 pm
MV Balfour	5:20 pm		6:10 pm	
Osprey 2000	6:10 pm	6:10 pm	7:00 pm	7:00 pm
Osprey 2000	7:50 pm	7:50 pm	8:40 pm	8:40 pm
Osprey 2000	9:40 pm	9:40 pm	10:20 pm	10:20 pm

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

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

EAST SHORE 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: Call to cancel if you can not make your
appointment. We always have a wait list for
patients needing to get an appointment.**

June 3: Dr. Grymonpre
June 4: Dr. Moulson
June 5: Dr. Lee
June 10: Dr. Grymonpre
June 11: Dr. Moulson
June 12: Dr. Lee
June 17: Dr. Grymonpre
June 18: Dr. Grymonpre
June 19: Dr. Lee
June 24: Dr. Grymonpre
June 25: Dr. Grymonpre
June 26: Dr. Lee

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

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

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 Nicole Schreiber (East Shore Hospice coordinator) at
250-227-9006 ext. 29 or email at hospice@theeastshore.net.

BOSWELL HALL HAPPENINGS

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

Merilyn Arms 250-223-8058

Tone & Trim Fitness: Mondays & Fridays 9am

Darlene Knudson 250-223-8005

Vinter's Group: Weds, June 11, 7pm

Jeanne Kay Guelke 250-402-3791

Book Club: 2nd Thursday of the month 2pm

Melody Farmer 250-223-8443

Quilter's Guild: June 17, 1pm

Jan Brooks 250-223-8667

Boswell & District Emerg Vols: June 12, 9am

Rod Stewart: 250-223-8089

BOSWELL SPECIAL EVENTS

Father's Day Breakfast: Sunday, June 15, 8:30am

Contact Melody Farmer - 250-223-8443

Canada Day Dinner: Sat, June 28, 6pm

Contact Garret and Judy Harvey: 250-223-8664

Next Deadline:

June 25, 2014

www.eshore.ca

EASTSHORE HEALTH SOCIETY AGM

The East Shore Health Society will be having it's AGM on
June 24 at 7PM in the Community room of the Crawford Bay
School. We will be; 1) electing new officers and 2) discussing
the results of the survey and the direction to take. To ensure
voting rights at the AGM, please re-new your membership in
the Society(\$5.00 per person per year). C.Poch PO Box 32
Crawford Bay V0B 1E0

COMMUNITY CONNECTIONS AGM

East Shore Community Connections will be holding its AGM
on June 23rd at 7PM at Community Corner in the Crawford
Bay Park. For more information please contact Greg Blackwell
at or 250-227-9218x5505 or skootenaylakeccss@gmail.com.

CRAWFORD BAY READING CENTRE/ LIBRARY'S AGM

Saturday, June 21 @ 3 pm at the Library.

REC 9 APPRECIATION

The Crawford Bay "NetWork" group (tennis, badminton,
pickleball, ping-pong, volleyball) would like to gratefully
thank the RDCK Rec #9 committee for the grants to
help us maintain and support outdoor net activities this
summer. Pickleball got a generous donation, as did
tennis, and we will be working together to improve and
grow court sports at the Crawford Bay Park this summer.
Thank you so much for keeping fun, outdoor recreation
viable in our community!

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzal

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

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

E-mail: mainstreet@theeastshore.net

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\$50.00 - 3¹/₄" wide by 4" high

\$55.00 - 3¹/₄" wide by 4¹/₂" high

or 6³/₄" wide by 2¹/₄" high

\$65.00 - 3¹/₄" wide by 6" high

or 6³/₄" wide by 3" high

\$85.00 - 3¹/₄" high by 9" high

or 6³/₄" wide by 4¹/₂" high

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Sample Sizes - more sizes available.

Column Width: 3¹/₄ inches - double column width:

6³/₄ inches - full width: 10³/₈ 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**

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

JUNE 2014 SCHEDULE

June 8: Derrick Smith, 1pm

music - Marie Gale

June 15: Rev Robin Celiz, 3pm

music - Marie Gale

June 22: Linda Moreau, 1pm

music - Marie Gale

June 29: Brenda Panio, 11am

music - Deberah Sheares

May 25: Brent Mason, 2pm

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

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

For information call Christ Church Creston 428-4248

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

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

June 15: Rev Robin Ruder Celiz, 1pm.

For information call Karen Gilbert: 227-8914

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

16190 Hwy 3A, Crawford Bay 250.227.9444

TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2:00 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

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

Next Deadline:

June 25, 2014

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

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

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

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

ment. Call Marilyn for more info: 227-9129

PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School library

on (usually) the second Monday of the month. (or Tues if Pro-D)

Call Ingrid to be put on the agenda - 250.227.9246

Nov PAC Meeting: June 16 (Monday) at 7pm in the

CBESS school library.

All parents/guardians welcome!

June 2014 Mainstreet 23

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Yoga w/ Lea, 8:30am, Comm. Corner	Lions Mtng, 7 pm Dr. Grymonpre	16+ Vball, CBESS, 7pm Dr. Moulson	FdRoots Mtng, Leaming Place, 7pm Yoga w/ Lea, 8:30am, Comm. Corner Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Amb Aux, Gar Sale, 2pm Fit Club, CB Hall, 6pm	Amb Aux, Gar Sale, 9am
8	9	10	11	12	13	14
	Yoga w/ Lea, 8:30am, Comm. Corner	Lions Mtng, 7 pm Dr. Grymonpre	16+ Vball, CBESS, 7pm Dr. Moulson	Hospice Video Screening Yoga w/ Lea, 8:30am, Comm. Corner Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Fit Club, CB Hall, 6pm	
15	16	17	18	19	20	21
	Food/Garden Collective Mtng, ES Leaming Place, 6pm Yoga w/ Lea, 8:30am, Comm. Corner	Health Soc Sub-Comm, Coordination Mtng, 4 Dr. Grymonpre	Health Soc Sub-Comm, Info/Promo Mtng, 6:30 16+ Vball, CBESS, 7pm Dr. Grymonpre	Yoga w/ Lea, 8:30am, Comm. Corner Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	Fit Club, CB Hall, 6pm	
22	23	24	25	26	27	28
Community Band Festival, Rio Comm Centre, 2pm	Hospice Session, CB Hall, 6:30pm Yoga w/ Lea, 8:30am, Comm. Corner	ESIS AGM, GC Hall, 7pm Health Society AGM Lions Mtng, 7 pm Dr. Grymonpre	Mainstreet Deadline 16+ Vball, CBESS, 7pm Dr. Grymonpre	Historical Tour, Tour GC, meet at GC Store, 10:30 Yoga w/ Lea, 8:30am, Comm. Corner Many Bays Practice, 7pm TOPS, KLCC bsmnt, 8:30am	Sacred Journey CB Opens Art Connection Begins Destiny Bay Resort Opens Fit Club, CB Hall, 6pm	Strawberry Social, Ashram, 1-4 Sacred Journey GC Opens
29	30					
Sunday Markets Begin Open Tipis/AGM	Yoga w/ Lea, 8:30am, Comm. Corner					



Kids Golf

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

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

\$125 for the week

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

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

Come in for a fantastic new dining experience at...

WOODS'
pumphouse grill

Try Chef Randal's all-new menu...

Open every day, 6:30am - 10pm

Featuring a nightly gourmet three course dinner special for just \$35!

Check out the Pro Shop for Father's Day Sales!

ES Health Centre 227-9006

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

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BladeRunners	5	
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Transfer Station Hours

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

BOSWELL:
Weds/Sat:
11 - 3 pm

Library Hours:

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

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