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+ GST =
\$2.50

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

Check us out online!

www.eshore.ca

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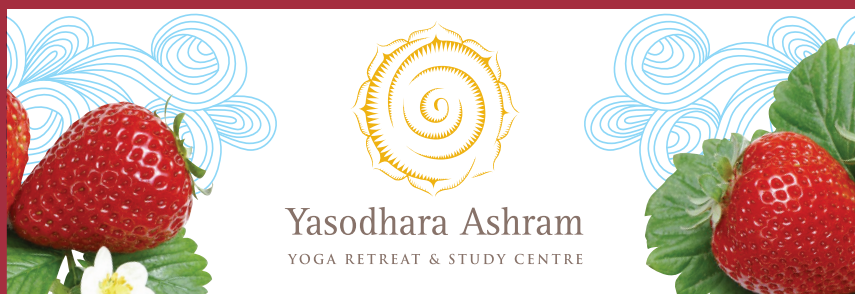
**The East Shore
Mainstreet**
Box 140, Crawford Bay, BC
V0B 1E0

Agreement#: 40718537



Who are the birds in your neighbourhood? Which one has the prettiest song? This Stellar's Jay perched happily and modeled for photographer Leone Lund. Check out her website for all sorts of local animal/nature/scenic shots. Her collection of birds shots is astounding - for a pretty thorough visual education on our region's rainbow of bird species, go to:

www.leonesphotocreations.com



STRAWBERRY SOCIAL

Saturday, June 27, 1-4 pm
Join us for Strawberries,
Used Book Sale, Music,
and Community!

527 Walker's Landing Road,
5 minutes from Kootenay Bay Ferry
(250) 227-9224
www.yasodhara.org



East Shore Internet Society
Annual General Meeting

Tuesday, June 16 @ 7 pm
Gray Creek Hall



Come out and meet
Bill Green,
the federal
Green Party Candidate

Dixieland Band, Juggler
and refreshments.

Crawford Bay School
Everyone welcome

4-7pm, Sat. June 20th

contact: 250 354-2948
email: green2015@greenparty.ca

THE HISTORIC **GRAY CREEK STORE** ← EST. 1913 →



Come in &
congratulate
Christy Musil on her
promotion to *Store
Manager!*
Meet **Ryan Davis**
(left), our *Building
Materials Specialist*,
and say hi to
Dan Silakiewicz
(centre),
our *Stove Guru!*



Editor's Word on the Mainstreet

by Ingrid Baetzel

Early in May, emergency response coordinator for Emergency Management BC (EMBC) Alanna Garret hosted an emergency services information session at the Crawford Bay Hall. Well over 30 people attended to learn about the steps involved in volunteering to assist in times of an immediate emergency evacuation. An emergency evacuation is different from other types in that residents are given no warning and no preparation time to evacuate – they are simply required to get out of their homes immediately. Such a situation might arise in the case of a wildfire, flooding, landslide, etc...

The meeting saw attendees from many East Shore communities and interest groups. One man said he was “just a retired guy looking for things to do.” Others attended as former emergency response volunteers, more from the Riondel Volunteer Fire Department, some were representing organizations like the Yasodhara Ashram, Starbelly Jam, or their own private businesses. Full and part time residents, contractors and RDCK directors alike attended. It was heartening to see the numbers of people who would likely step forward in the time of an emergency to help their neighbours.

A film was reviewed about taking appropriate measures to reduce the risk of fire around homes and what can cause the greatest risks in dry times. After the film, there was a session where attendees were taught how

to register evacuees and direct them to help should they suffer material or financial loss. After an emergency evacuation, there is financial aid available for people to have a place to stay, buy food and clothing, transportation and other necessities. This is a limited window, so it is important for people to know where to go in the case of an emergency (generally any major gathering centre like a hall, school or church – Crawford Bay Hall for instance), and how volunteers can help these people as conscientiously and quickly as possible.

On a dry year such as this one is shaping up to be, the risk of fire, in particular, is forefront in peoples' minds. The Selkirk College and the Learning Hub created a series of information sessions for residents, including a free public presentation at the Crawford Bay Hall on how to fire-proof (fire-smart) your home and property and one at the Gray Creek Hall on wild-land urban interface hazards assessment. If enough people want it, a second session could likely be arranged.

We are seeing a substantial decrease in snow-pack this year and started our spring with unseasonably hot weather. The more educated we are, the better likelihood that we can decrease risks and also manage ourselves in the case of emergency. Bravo to those volunteering their time to stay informed and help their neighbours.

Please see page 14 for a comprehensive Grab & Go Kit list provided by EMBC for residents to consider having at the ready in case of just such an emergency.

The phone number for EMBC (to report an emergency, get on the radar, start a response) is:

- **1-800-663-3456**

To report a wildfire in BC, call:

- **1-800-663-5555 (or *5555 toll free on your cell phone)**



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or Best Yet, Email to: mainstreet@eshore.ca

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

Copies every issue: 1000

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in June 2015 issue items by:

Next Deadline: June 24, 2015

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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.

LETTERS TO THE EDITOR

Riondel Firefighters Address Signs

Dear Editor,



We would like to thank the Riondel Firefighters for taking the initiative of putting in place highly visible and reflective address signs.

We were not going to do ours at first, thinking our number was good enough. How-

ever, one night we were driving home; only one of our neighbours had put up the new signs - and his number leapt out at us. Nobody else's signs along Riondel Road north showed up at all!

The fire department and the first responders often have trouble locating homes, especially at night. We now have a sign on Riondel Rd. N. with all four properties on our communal driveway listed - bright and clear, day and night.

One of our neighbours couldn't sign up fast enough; two years ago, he had a heart attack and they called the ambulance. They watched the ambulance drive right past their driveway because they did not have an address sign at the road. For your own sake, order your address sign as soon as possible. The forms are available on bulletin boards along the East Shore. Again, thank you, Riondel Firefighters, for always thinking about service and safety.

Ross and Deberah Shears

CRUCIAL TO OUR COMMUNITY

Dear Editor,

A year ago I wrote an article in the *Mainstreet* outlining some of the issues I perceived regarding ESIS, our local internet society. At last June's AGM, a new ESIS board was elected and there appeared to be great hope that the organisational stability and level of service from this crucial entity would be much improved.

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Instead, what seems to have ensued is a huge amount of turmoil and conflict, and the level of frustration and time consumption experienced by these unpaid board members has resulted in stress and reported family conflict. Nine out of ten of these board members will be resigning at this year's AGM. To the best of my knowledge, ESIS still does not have a contract in place with its operations manager, nor proper access to ongoing financial information.

A strong and reliable internet service is crucial to both businesses and private individuals. It is also increasingly scrutinised by potential buyers of real estate. Many people now make their living online, and internet is a major part of their home-buying decision. In my understanding, the government of Canada minimum bandwidth standard is now 5 megabytes per second (MBPS) and the current ESIS bandwidth strength is substantially below that. Government grants are available to improve telecommunications in rural areas, but the entities receiving those grants should likely be strong, accountable, and transparent.

The ESIS AGM will take place June 16, 7pm at Gray Creek Hall. Please attend and listen to the current status of this crucial society in our community. Please remember that ESIS is a non-profit society and its enterprise and assets are owned by its members and represented by their board of directors.

Please note I am writing this letter as a private individual and not as a member of any organization with which I may be affiliated.

Paul Hindson, Crawford Bay

**Next Deadline:
June 24/15**

ACCESSIBLE LOCAL FOOD PRODUCTION?

Dear Editor:

While sitting at a barbeque recently I listened as the discussion turned to a local greenhouse project. One person commented that it is simply too bad that the landowner has had so much trouble by attracting bad people to the project. I really disagree with this statement. There have been no bad people at the greenhouse. Nor are the owners/investors bad people. What appears to me to have happened is a resource rich local food project that excites people has been without clear structure, direction, mandate or leadership since the start.

That kind of situation makes lines of accountability and boundaries on all sides really hard to know, acknowledge and nurture. It is difficult to feel successful when participating in a project without having understandings of what is expected, needed or accessible - personally, or publicly. All that is trouble. In this particular case, this far into things - the piles of personal compost can seem pretty big. But you know, compost, when worked well, makes amazing soil.

I also found myself irked with last month's thank you in this paper by Marie Spicer. I didn't 'donate' time, personal energy and materials to the project. I invested into a core dream I feel many people here hold - accessible local food production, especially outside of the summer growing season, that supports the community.

I personally would like to see a return on my investment, which at this point equates to clarity for the general public of at least what, when, how and where food could be accessed. Ideally a more complete plan would be shared that could be the basis for conversations filled with understanding, curiosity and excitement.

Many people, have invested a lot into a dream that now has physical existence and production ability. In the coming months and years I hope everyone feels proud about what it becomes.

Lee Reidl, Riondel Road



RDCK Area "A" Update

by **Garry Jackman,**
Director - Area "A"

On May 26 in Creston, BC Hydro provided an **operational update for the spring of 2015 along with their summer forecasts.** They were joined by representatives from the US Corps of Engineers, US Fish and Wildlife and the National Weather Service as well as the local rep for the Fish and Wildlife Compensation Program.

Within much of the Columbia Basin, total winter precipitation was close to average but it came more than usual in the form of rain rather than as snowpack. While storage of precipitation in the form of snow is relied upon for managing reservoir and lake levels in most years, rapid influx of runoff from spring rain (with the concurrent melting of snow) is more difficult to predict and manage. Basic objectives are to save sufficient volumes in reservoirs for flood protection while accumulating enough reserve to meet legislated flows for fisheries and target to have several reservoirs at near full pool levels at the end of the spring freshet to generate electricity during the peak demand to power air conditioners in the later summer. The presenters pointed out that in spite of coordinated efforts between the Corps and Hydro they did not manage to achieve the spring low water level for Kootenay Lake as set out in the International Joint Commission Order for Kootenay Lake. The high water level for Kootenay Lake is currently predicted to be around 1747 ft, plus or minus 6 inches.

On May 7, RDCK emergency response coordinator Alanna Garret hosted a well attended **emergency services evacuee registration and referral training session** at the Crawford Bay Hall. The risk of an active fire season in our region is on the minds of many and several fires are already burning in parts of BC and

Alberta. The recent fire in the West Kootenay which started in a back yard fire pit is a sign of how dry our yards and adjacent forests are.

In order to assist individual landowners to prepare for the fire season, there is another information session in early June, this one coordinated by our Selkirk College rep Laverne Booth. On June 4 at 7 pm there was be a free public presentation at the Crawford Bay Hall on how to "firesmart" your home and property. The next day, June 5 at Gray Creek Hall, there is an all day course on wildland urban interface hazard assessment and mitigation. I realize this is short notice, but if sufficient interest is shown Laverne could be approached to arrange a second session.

MORE ON LOCAL SERVICE AREAS: I need to apologize for the way I worded concerns around funding for the Crawford Bay Hall and Parks Society last month. Two comments I received after the article was published made me realize my error in interpretation that while the hall society is looking to increase the funds they received they did not ask for the mil rate to increase, just the payment within the existing structure. The problem is that the total assessment for the service area for the Crawford Bay Hall and Parks Society has gone down slightly over the past two years, so since they are already at the maximum mil rate their funds received also goes down slightly. They are, of course, facing higher costs for fuel, maintenance, etc but their

WHAT'S HAPPENING ?

ON THE EAST SHORE

Area A EDC hosts

Spring Forum at Wynndel Hall Saturday June 13th, 12:30 to 4 PM

**MAKE CONNECTIONS...DISTRIBUTE INFORMATION...
CREATE PARTNERSHIPS....BUILD COMMUNITY**

12:30 - 1:30 - Mix and Mingle:

Businesses, events, and groups are invited to bring displays, brochures, handouts, everything East Shore from Riondel to Wynndel!

.... REFRESHMENTS WILL BE SERVED

1:30 - 3:00 - Speakers:

What's happening with food? – *Jen Comer* speaks on growing food as a business, small scale agriculture, and farmer's markets

What's happening with the Lower Kootenay Band? – *speaker tba*

What's happening with trails? – *Farley Cursons* and *Creston Valley Trail Society* speak on trails for hiking, biking, and more

"State of the East Shore" – RDCK Area A Director *Garry Jackman*

3:00 - 3:15 - Refreshments

3:15 - 4:00 - Focus Groups

1. Growing food for profit
2. Trails Enhancers
3. Economy of Area A

*For information, or to book a table for your business or event display,
phone 250-225-3333 or email lornarobin@bluebell.ca*

revenues are not growing. This was my rationale for suggesting a discussion within the community around the situation. Even though Crawford Bay is seeing some growth in the tax base though new construction and land subdivision (which tends to yield a higher total assessment after subdivision), the depreciation of the bulk of properties (as existing houses age) and slow market conditions have resulted in a net decrease in the tax base. Most homeowners therefore would be paying slightly less to support their hall while real costs are increasing.

LOWER KOOTENAY BAND: A few interesting developments have evolved for the Lower Kootenay Band (LKB). As many noted from news reports, they have purchased Ainsworth Hot Springs as a means of reconnecting with the healing waters of the springs and as a long term economic investment.

The LKB has also been preparing for their member referendum on the proposed incremental treaty agreement which would see a land transfer between the province, the LKB reserve lands and the RDCK. I have gone over the proposal, which involves land in Area A at Burdens Cut, in past submissions so I will not elaborate here. Please call me or contact the LKB directly if you want more information. The news is that the referendum date has now been set for July 23.

The third event involves the Ktunaxa Canoe Team which has been in training for this years trek. They have scheduled the event for June 19 and 20, finishing at Burdens Cut. This team has made some significant treks over the past few years in their sturgeon nosed canoe, including from Bonners Ferry to the Creston flats a couple of years back. I hope east shore community members will come out to support their team.

We are hoping to hear a presentation from the LKB economic development staff on their new and evolving projects as part of the economic development forum sponsored by the RDCK Area A Economic Development Commission. The forum is planned for June 13 at the Wynndel Hall. Look for details in this issue or contact Greg Blackwell at Community Connections.

If you have questions or comments on any topic please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.

TIPI CAMP IS HIRING!

Full-time Student Summer Employment Opportunity

Must be 15 years or older, currently a full-time student & returning full-time in the fall of 2015. Food Safe & First Aid an asset but not necessary

*Funded by Federal Government's
Student Employment Grant Program.*

Submit your resume and creative cover letter telling us about yourself and why you are interested in working out at Tipi Camp to Guiding Hands Recreation Society by **June 5.**

Guaranteed 8 weeks of work

Starts June 27, 2015.

Resumes to be sent to:
tipicamp@theeastshore.net



Newkey's Tip of the Month

Happy Father's Day! (*Fete des Peres, Frohen Vattertag, Feliz dia del padre*). In Canada, the 3rd Sunday in June is the day to celebrate fatherhood, paternal bonds, father figures and the influence of male role models in our society..

Father's Day at Newkey's means...

BBQ Steak & baked potato

with homemade baked beans and salad..

Watch for:

- ♦ New menu items
- ♦ Live music events

Open 7 days/week (Sunday breakfast 9-noon).

RV Park and Camping available year-round.

Thanks everyone for the support & patience over winter.



250.227.6911



June Horoscope

by Michael O'Connor

Tip of the Month:

In terms of the dawning of the Age of Aquarius it is very early in the morning, about 6:15 am

or so, and humanity continues to experience a steady and rapid pace of awakening. Aquarius itself is symbolically linked to the concepts of awakening, illumination and sudden intuitive insights so the effect is all the more powerful and pervasive. This awakening has many fronts. In the more dire sense it is linked to the plight of the world due to modern technology. For all it has and continues to provide, it has also produced a lot of negative side effects. Extreme global pollution on one hand and extreme power and corruption on the other, but the list goes on and is long. Appreciating the human condition from this cyclic perspective can be very helpful. It provides a rhyme and reason as what may otherwise appear to be a relatively random and arbitrary state of affairs is actually not so and the current state of the world may be better understood. What this New Age model implies is that outer realities must and will and are in a steady state of change in accordance with the new themes implied by Aquarius and the frequencies it hosts. Yes, its sign can be understood as a different note, sound or frequency and so on. The more immediate question we each must answer is how to best tune-in, adapt, maintain health and actualize our material and spiritual potential and responsibilities all the while. This is where astrology, when applied with genuine vision of human nature and evolutionary destiny provides insight, guidance and wisdom above all others because its logic is that of the natural world, the rhythms and intelligence of nature. **(Read more in my Newsletter. Sign-up is free on my website.)**

Aries (Mar 21 – Apr 20)

A steady stream of thoughts, ideas, communications and information exchanges are keeping you busy. A reconsideration of various perceptions and interpretations is featured. Beyond mere curiosity, circumstances close to home are prompting your focus. You yearn for greater harmony and to create a supportive environment. Change your own mind and leave the rest as it is.

Taurus (Apr 20 – May 21)

You have entered new territory. The situation calls for a multi-task approach. The challenge is to overcome narrow thinking. Your ambition levels are high. Yet to succeed you must dig deeper than usual. As well, the changes that are required are as much within you as linked to outer realities. Fortunately your confidence levels continue to rise.

Gemini (May 21 – Jun 21)

You are experiencing a growing urge to explore your options. Your focus is sharp and your resolve is firm. The main challenge is to decide which direction to take. A variety of options are available. Yet, more information, education, or training may be required to pursue the best ones. Financial considerations are emphasized.

Cancer (Jun 21 – Jul 22)

Tending to matters behind the scenes continues. In some respects, this will require extra effort and perhaps more courage. As well, you may feel more challenged than usual to concentrate. Yet, the urge to express yourself, especially your feelings, is extra strong. Taking risks to increase your overall exposure and to develop your talents feels important.

Leo (Jul 22 – Aug 23)

Dreams of what might be vie with realities of what is. This classic tale may last for several weeks as well. Reaching out to communicate your visions and ideals

may prove helpful. Yet, you must also be willing to take a leap of faith, or two. While there may be a lot of surface activity, the deeper realities of your current situation will take longer to change. Yet the process is already underway.

Virgo (Aug 23 – Sep 22)

Gaining the attention and recognition you want and feel you deserve continues. Highlighting past performances, achievements and successes will help. Overcoming fears is implied and includes directing your imagination to work for you, not against. Acknowledge and nurture important friendships for added inspiration.

Libra (Sep 22 – Oct 22)

Travel and adventure are in the forecast for you now. If it does not occur in fact, you may at least be inspired by movies and books that emphasize it. Gathering various tools, techniques and strategies is featured. Like a secret agent, you may be required to assume a different identity for a while. If you can manage not getting lost in it, your mission will be a success.

Scorpio (Oct 22 – Nov 21)

You remain at an important point of decision. It is basically between taking the path of least resistance and accepting a higher path. The latter will likely prove more challenging especially in the short term; yet will yield greater returns over time. Either way, arts and cultural activities with an alternative twist are featured. Think deeply, speak less and go big.

Sagittarius (Nov 21 – Dec 21)

Your social life should be getting busier. Preferring more harmony than usual, you may be less inclined to speak your truth so casually. In fact, you may be inclined to sugar coat your communications. This phase will not last but may see you through a few gates that could remain closed otherwise. All in keeping with the game aim to win hearts to gain favors.

Capricorn (Dec 21 – Jan 19)

You are in an extra practical cycle. You are determined to get a lot done. Your faculties of critical analysis are on full volume. Yet, you are not inclined to be abrasive in any way to achieve your goals now. You prefer to exercise grace and diplomacy. In fact, this has emerged as your new strategy for life. Whether it will last is uncertain, but for now it feels right.

Aquarius (Jan 19 – Feb 19)

You are in the mood for some fun and frolic. You may have to give a bit more than usual, but you are willing. With your public life expanding, opportunities to do just that are increasingly available. These are the result of returns for past efforts. The intensity will rise and you will feel more sober again in a few weeks so get in some extra playtime now.

Pisces (Feb 19 – Mar 20)

A good deal of sifting and sorting close to home is keeping you busy. This could prove very productive supporting you to get extra organized. Yet, you are also open to splicing some fun into the mix. Sharing quality time with someone you love is featured. Yet, focus to give more than usual for best results. Focus to manage your time well to have it all.

Next Deadline: June 24, 2015

Grad of 2015 Congratulations to Zoe Ryde-Kruse



Sometimes grad classes at Crawford Bay School aren't very big. 2014/15 graduating student Zoe Ryde-Kruse makes up the entirety of this year's graduating class... Congratulations Zoe... Your community salutes you!

What is your history with the East Shore and CBESS?

I've lived on East Shore for 3ish years. I started at CBESS in my grade 10 year, and I have really enjoyed the time I have spent at this school.

What are you plans for the future?

I am attending UVic this fall, and I hope to eventually get my education degree and do my practicum in the Kootenays.

Message to impart/quote:

"You can catch flies with honey but you catch more honeys bein' fly."

Michael O'Connor - Life Coach Astrologer

sunstaraastrology.com

sunstaraastrology@gmail.com

250.352.6871

Affirmation*Inspiration*Vision*Strategy

Author of the forthcoming book:

What Astrology Can Do for You



Hacker's Desk

by Gef Tremblay

Close your eyes...

When I was younger I learned to wake up in my dreams while having nightmares. I would first realize it was a dream, then force my eye to open so that I could wake up. Similarly, in a roller coaster I would close my eyes for the entire ride in order to not be scared. While everyone was yelling and screaming, I would simply feel my surrounding and not see anything. Although both tactics worked pretty well, I realized that it was pointless to close my eyes on a roller coaster ride, and since I was able to be aware that I was dreaming, why not turn around and fight the nightmare? Isn't it the point to be scared in a roller coaster, and enjoy being in a dream?

Staying at the hospital for a few days, I hoped to close my eyes and wake up from my bad dream. Luckily there was a small box on an articulated arm that was doing exactly that. Once I pressed a few buttons on the box, random images would come up, making me forget about my situation and helping me to get away from myself as far as possible. 'Crave More' President's Choice would say; 'Never stop exploring' North Face would invite; numerous movies were announced to be released in the next weeks, months, years, making the present and near future simply a waste of my time. This nice little box would help me get away from myself so easily, hours would pass by..

Eastshore Ambulance Garage & Bake Sale

by Christy Gillespie

The 5th annual Garage/Bake Sale, sponsored by the Eastshore Ambulance Auxiliary Society will be held in Riondel, Friday, June 5 and Saturday, June 6.

Saturday's events include a bake sale (including Brenda's famous pies), coffee & muffins with your neighbours, a cake raffle, hot dogs, a special children's activity corner, tarot card readings and more. You will also get to meet and chat with some of our ambulance staff.

Funds raised from this event support the operations and staff needs of the Eastshore Ambulance. It should be noted that the ambulance crew has more than doubled in recent months, benefiting both residents and visitors to the Eastshore.

DATE:

- Friday, June 5 @ 2:00 – 7:00pm
- Saturday, June 6 @ 9:00am – 3:00pm

LOCATION:

- 1506/1510 Russel Ave. Riondel

All donations of clean, working order items can now be dropped off to the above addresses. To date we have a good selection of tools, bikes, appliances and other household goods. Please, no clothing or older model large TVs.

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
- 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.

But I ask again: what's the point? What's the point of it all if I only close my eyes and wait for it to be done?

When death is a probable outcome, a quite fertile ground for reflection about what is important in life is stilled. In the last few years, focus on my family, creativity, running a business and spiritual practice have taken the lead position. All of these aspirations seemed noble, but there was a major fundamental issue: if I don't care for my own health and stay alive, I can pursue none of these dreams. Thus caring for myself so I can care for others around me comes before anything.

I tend to forget about the basics - breathe, drink water, stay alive, care for my body and mind - so that I can care for others around me. What else is important after that? I really couldn't come up with anything; once I care for myself and people that I love, what else is there of importance?

I don't often have the chance to watch television, but it gave me a good pulse on what is promoted out there. At no time was there a moment of slowing down, reflecting and caring for myself. There was nothing really positive, or even hinting toward helping me support myself. Looking back at my education, I am not even sure that socially we're trained or shown how to care for ourselves. Success, fame, fortune and pleasure are by far more important and advertized all around than caring and kindness.

I probably haven't digested the whole event yet, but hopefully this traumatic experience will help me bring more care and more awareness of my life, and I hope in the future I won't need such a strong reminder to reflect on what is needed. Caring for myself and others with eyes wide open...



AREA "A" EDC Economic Development Commission

**next application deadline:
Oct 31st, 2015**

Projects for Area A (East Shore, Riondel to Wynnndel) for the promotion of economic development may be eligible for a grant from the Regional District of Central Kootenay.

Potential applicants are invited to tell us about your idea... we will help round out your plan and connect you with an appropriate umbrella organization.

For information please contact:
Lorna Robin, EDC Chair 250-225-3333
lornarobin@bluebell.ca

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

Why not visit www.InvestKootenay.com ...? over 1000 investors are registered!!... list your business opportunity FREE compliments of Area A EDC.

Grants totalling \$17,000 have been approved this year for: Guiding Hands Society, East Shore Summer School, Circle of Friends Society, East Shore Community Learning Hub, Art Connections, East Shore Trail and Bike Association.

Volunteer at Starbelly!

by Nicole Plouffe

Once again the festival season is upon us, and Starbelly Jam Music Festival (July 17, 18, & 19) is looking for some great volunteers to fill some fun, fulfilling positions on well-run crews. Whether you are a returning volunteer or you are participating for the first time, go to our website www.starbellyjam.org, and click on the **Volunteer** page, fill out a quick application, and you will be transported to the wonderful world of volunteering. If you have any questions, email me, Nicole Plouffe, at volunteer.starbelly@gmail.com.

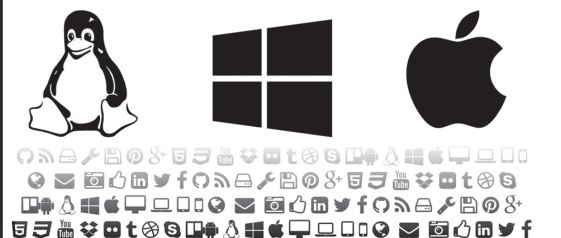
In exchange for volunteering, you will receive a weekend's pass for ten hours of volunteering, a day pass for four hours and a Friday night's pass for two hours. Youth 13-18 will receive a weekend's pass for five hours of volunteering. We need your community spirit and your ability to have fun, so sign up soon to make this year's Jam a continued success.

EAST SHORE TECH SUPPORT

Riondel - Crawford Bay - Gray Creek - Boswell

computer, laptop, ipad, iphone
MAC+WINDOWS+LINUX
network, internet, upgrades, repairs

☎ 1.877.782.2843
✉ help@ponnuki.net



Off-Road Vehicle Registration

**press release, submitted by
Kootenay Insurance Services**

As of November, 2015, the BC government is implementing the Off-Road Vehicle (ORV) Act. The ORV Act introduces registration and number plate display requirement for all off-road vehicles, including snowmobiles operated on Crown Land. The following off-road vehicle eligible body styles are: golf carts, snow vehicles, snowmobiles, wheeled all-terrain vehicles, trucksters and restricted use motorcycles.

Owners will have the option to register and obtain a number plate for their off-road vehicle. However, ORV's that will be used on highway for limited circumstances will be required to obtain registration, number plate, licence and basic insurance, which can be processed through ICBC office. You will have to produce a bill of sale or if no bill of sale, a statutory declaration must be completed for legal proof of ownership.

You must purchase private insurance for the liability coverage on public and crown land, which is also sold through Kootenay Insurance Services.

June 2015 Mainstreet 5

The New Temple Design!

submitted by Yasodhara Ashram

One Year Later...

On June 5, 2015, it will be one year since fire destroyed the Temple at Yasodhara Ashram. We would like to thank everyone on the East Shore for your support and well wishes over the year. We would especially like to thank the Riondel Fire Department and Ambulance Society for their dedication during the fire and their ongoing service to the community.



More about the Design

The new Temple of Light, designed by Patkau Architects of Vancouver, BC, incorporates familiar elements of the original Temple, such as the eight sides, the many doors and windows and the dome shape. The intent is also the same – to symbolize that all spiritual paths lead to the same place of Light. The Temple represents this coming together in peace, hope and unity.

The new design moves beyond a geometrical form. The building is an organic collection of windows and panels that come together to create a luminous inner space. The Patkaus' intent was always to use light as 'a primary building material.' They accomplished this by creating portals of light that extend from the foundation to the skylight. Light then enters the building from every angle, washing the interior surfaces.

The new Temple promises to be a beautiful, luminous, welcoming space that will attract many new visitors to the East Shore.

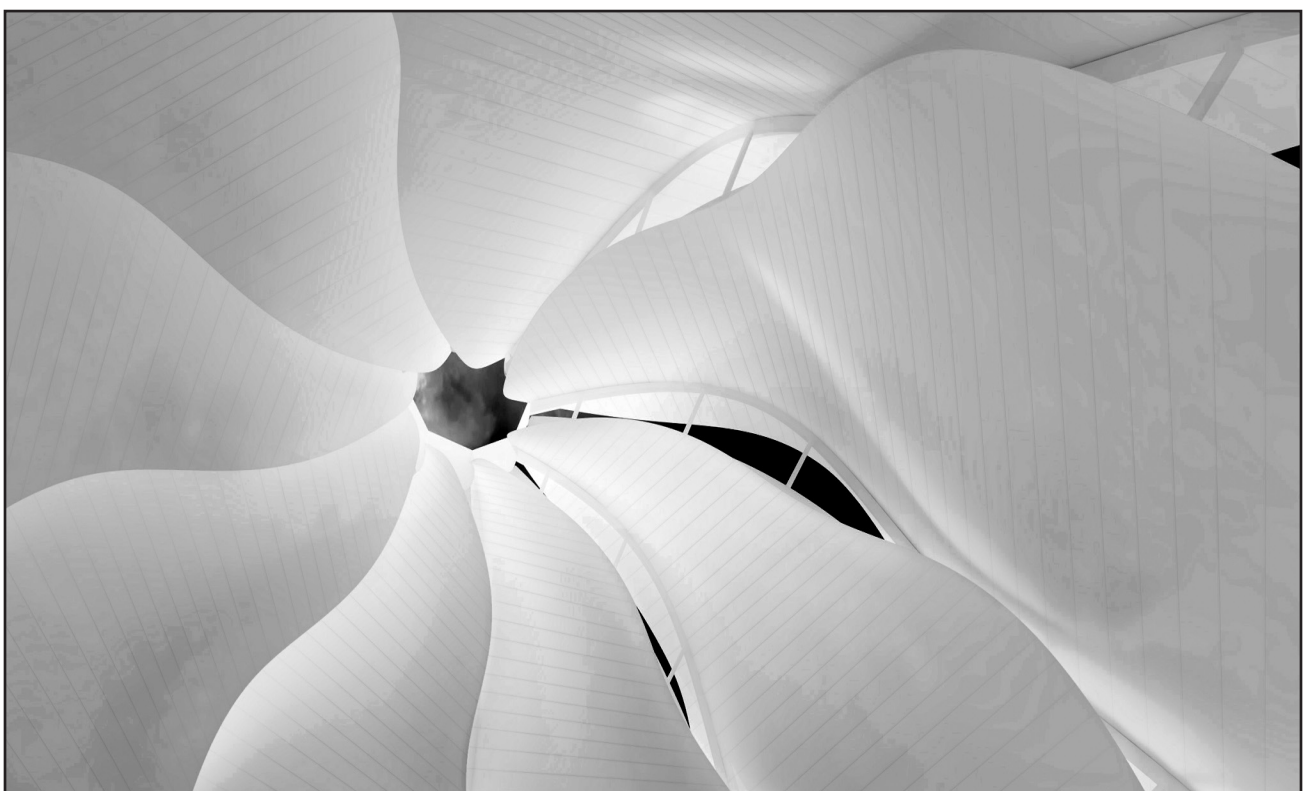
The Ashram's approach to the Temple building project keeps our environmental commitment at the forefront. We are currently exploring energy saving approaches such as 'Passive House' construction with the architects and consultants.

This is a unique and ambitious project for the Ashram. Deconstruction of the remaining Temple structure, construction and landscaping will span 2015-2016. Our goal is to raise 2 million dollars in order to make this happen.

You're Invited, June 6th!

On Saturday, June 6, from 2:30-4pm to commemorate the anniversary of the fire, we are inviting everyone to join us for a special event at the Ashram to celebrate new beginnings. We are very happy to announce that we have a beautiful design for the new Temple of Light!

We will be presenting the new Temple concept in detail at 2:30 p.m., as well as honouring the local fire and ambulance workers. We will also be launching a special art show featuring works by local artisans and craftspeople that will be part of an online fundraising auction for the Temple.



Introducing Kids to Mountain Biking

by Farley Cursons, ESTBA Projects Director

Mountain biking has always been part of my life. I remember the first time I saw a mountain bike it was 1983. I was about 8 years old. My friends dad was riding up a steep garden path with a bucket of water in one hand and steering the bike with the other. I was amazed to see how easy it was for him. Those were the bicycle gears commonly known as the “granny gears” which all cyclists know and love. Soon after I had a mountain bike of my own.

As a teenager I regularly rode some sweet mountain biking trails in many parts of the Kootenays, the Okanagan and Vancouver Island all which have since become a mecca for this amazing activity. I had remained somewhat “avid” through my 20’s and 30’s however a few years ago I suffered an unrelated injury and was unable to ride my bike. I’m now slowly building my skills and endurance and my daughter who is 7 has just gotten her first mountain bike. The other day we were riding around the wetlands trail and she said that this was the best bike ride of her life. I replied, “mine too”.

Here are some helpful tips for introducing kids to mountain biking:

Mental and physical preparation: Your new biker isn’t ready to ride the extreme just yet. You need to spend some one-on-one time getting her ready. For a not-so-tough kid, that means general physical conditioning first. Make it fun. Kids hate the “death-march” type of “getting-in-shape” activities adults go for.

Don’t assume that BMX skills are enough for mountain biking. It’s different. The bikes and the riding position are different, and picking your way down a rough steep rock face is very different than “taking a run” at the dirt bumps next door. A kid who’s good at BMX will often be over-confident, and that can be dangerous.

The right equipment: Let the child be part of the decision process. They’re more likely to enjoy the bike if they helped pick it out. But that means you need to do a little prep work, so she’s ready to recognize that a good bike is more than having images of all the Disney princesses.

Size the bike correctly: biggest wheels she can handle on a frame that fits her size. Smaller wheels make pedaling difficult off-road.

Get solid quality. If you can afford it, go top-of-the-line. Quick-release skewers, trigger shifters, light frame. On kids’ bikes, grip shifters are the usual, but they’re hard for kids to twist while trying to stay on a bumpy trail.

If your budget is limited, consider a good frame with cheaper components. When she’s good enough to need better parts, upgrade the components. Time spent in the garage wrenching with your little biker can be as valuable as time on the trail! But if you’re not mechanically skilled, spend the money to get quality.

Customizing: Consider building up a 12 or 13 size frame with disc brakes. Then fit it with smaller wheels (24”) and a smaller crank to start. As the child gets bigger, move up to standard (26”) wheels and a standard crank.

Getting started: Get ready for that first ride carefully. Remember the terror you felt when you faced steep downhill slopes -- slopes you now take with con-

fidence. Save the rough stuff until she’s ready.

Spend some time riding on the lawn. A nearby park with rolling grass hills is perfect for getting used to that “off-road” feel. Grass-riding also gets legs toughened up.

Go to a vacant parking lot or tennis court and set up a steering course using cones, so she can practice tight turns. Lay a series of 2x4’s down where she’ll ride over them, so she gets used to hitting bumps as she turns and pedals.

If you live in a more populated area, ride off the curb in front of the house. Have her practice the off-the-seat, butt-back position as she rolls over the curb. When she’s ready, try rolling down a spot on the sidewalk where there are 2-3 steps.

Starting to ride off-road: Pick easy trails at first. Your first dirt can be a broad multi-use trail, or an easy spur off the neighborhood paved trail. Let your new biker learn at her own pace. Often, it’s best to let the child lead out, especially on the uphill part of the ride. When it looks like she’s wobbling, take a break.

Keep it simple; make it fun. (This goes for teaching your wife or girlfriend, too.) Don’t push to go too fast. Speed will improve as ability and physical condition improve. Spend enough time, often enough, on easy dirt before you go for the “real thing.”

Facing harder trails: Never belittle her abilities, and never push her to take dangerous slopes. Let her find her own solutions, and make it clear you don’t mind if she gets off and walks the rough or steep sections. In fact, maybe you should get off and walk with her.

Have the child practice standing on the pedals. The natural tendency for most kids is to take their feet off the pedals and put them out to the side when they get nervous. They need to understand that the safest way to go through tricky stuff is with all their weight coming down through level pedals, and with the butt off the seat.

Monitor the child’s energy level, and build a lot of breaks into the ride. Being tired can be very dangerous in difficult terrain, and your kid may not want to tell you she’s bushed.

Learning technical riding: Show her techniques. Let her watch you ride some tricky stuff. But never pressure her to do things she’s not ready for. If she’s too nervous to do something you think is easy, just accept it and go on. Stay positive.

Work on steering, with attention to the position of the head and eyes. Teach head-up, eyes-where-you’re-going steering. If a kid is looking at an obstacle, tree, or trail edge, she’ll probably hit it. Teach kids that in the tough stuff, they should look ahead -- never at what’s under the front tire. And they should keep pedaling.

Some children are naturally nervous. Their sense of self-preservation will actually get them into trouble. They look down at the horrible threatening bumps under the front tire, freeze up, and try to go too slow for the terrain. You need to be a lot more patient, and provide frequent positive experiences. For these kids, sometimes a single minor fall can completely undo weeks of confidence-building activity. The last thing she needs is a big wipeout, or even a big scare. Keep your expectations reasonable for your child’s mental state and physical condition.

On the other hand, some kids have little appreciation of danger or self preservation. They gain skills quickly and tend to become overconfident. These little rippers require constant monitoring so they don’t maim themselves for life. With appropriate supervision and gentle encouragement, your little mountain biker will no longer be a “burden” who keeps you from enjoying your own ride. She’ll be a biking buddy.

Celebrating 28 Years!

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



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



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

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

For more information check out the new website: www.tipicamp.bc.ca
Please register your vehicle at the store.

COMMUNITY HEROES

a Mainstreet Feature

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

All who work for, or in the service of, our local internet society: Whether you are an employee, a contractor, a volunteer or a board member, your work has not gone unnoticed and you are valuable. Working in the best interest of community and with a willingness to put in outrageous hours to try to keep this valuable service going is profoundly admirable. Thank you.

Laverne Booth and the Learning Hub: The number of valuable programs and educational/training opportunities that have come to the East Shore in the past year or two are remarkable. Thank you for the continual above-and-beyond!

Dan Rude: Your years of service and dedication to our East Shore children and their education will ripple on for a very long time. You leave a legacy of love and it will be honoured.

Ellie & Charles Reynolds: Your endless energy in fundraising for improvements at the Crawford Bay Park led to a fantastic and successful (\$3,300) silent auction/ dinner event. Thank you for putting in the time.

-The East Shore Mainstreet Desk

lunch-dinner-espresso

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June 2015 Mainstreet 7

Notes from the Circle

by Fran O'Rourke

The Circle of Friends Artisan Shoppe in Riondel opened for the second season on Saturday, May 16. It was almost an anti-climax after months of organizing and running around. The previous week was particularly busy as local artists and artisans brought in their works to display – returning exhibitors bringing in the new things they have been working on and new exhibitors bringing in something completely different. It quickly grew into an impressive display for opening day when the weather was pleasant and people came to enjoy themselves.

The shop now operates independently under its own non-profit society – the East Shore Circle of Friends Society – and rather than renting the old Clinic building at 235 Fowler Street, we now have a lease. This opens up opportunities for creative changes (we are working toward a demonstration room), but it also means increased responsibility. It promises to be a more interesting and creatively exciting year, a spirit manifested the very first day.

Our low key opening day developed into a mini street fest during the afternoon. Music was arranged, a duo, Darryl and Murray. By the time they arrived, they were a trio with Richard Danhauer adding his bass guitar. Shortly into the performance, Ben Johnson, as a one man percussion section, joined with some interesting instruments whose names I can neither pronounce nor spell. And Laura Hobbs eventually added vocal support. It was an altogether delightful performance that had the audience singing and dancing along.

Through the coming season, we will host more musical afternoons and special events. The next special event is a children's craft day in memory of Wallace Adkins on July 4; please watch for the posters. And we are coming soon to Facebook. We hope you will join us for some of our happenings or just come for a coffee to see what your neighbours have created and enjoy our wonderful lake view.

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2014 Kootenay Gut Buster!

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Call Paul at 250.551.5005 for info.

Book Reviews

by Tom Lymbery

PADDLING THE COLUMBIA – A GUIDE TO ALL 1200 Miles of our Scenic & Historical River by John Roskelly, Mountaineer Books, soft Cover, 287 pages, \$24.95.

"From Source to Sea, Explore the Mighty Columbia," says the back cover, and John Roskelly does just that – putting his kayak in at Columbia Lake and following the twisting water north to Golden. He has divided the trip into FIVE segments and 35 paddling legs, depending on the wind and weather. His backup was his wife, Joyce who greeted him at the next pull-out that they had previously scouted to find access places where their vehicle could get reasonably close to the shore.

This book is both a paddling guide and a description of the river that nearly encircles us in the Kootenays – and if you include the Kootenay River we are encircled on an extremely large island. Heading his kayak almost straight north from the river's source the current is mostly slow until the Kicking Horse River joins at Golden. Even then he doesn't see any real flow until the Big Bend has turned south and Roskelly puts in below the Mica Dam. There the Revelstoke Dam has backed up the dangerous "Rapids of the Damned" that was such a problem for David Thompson's canoes.

Besides the maps and paddling directions the sidebars list the many power dams that produce the largest amount of electric power in Canada, Washington and Oregon. Descriptions of birds and wildlife are interspersed with those of river banks and orchards.

He advises on the best time of year to paddle each of the legs, as dams releasing large amounts of water can make the river hazardous. Once he is below the Grand Coulee Dam other dams have locks so tug and barge traffic has to be looked out for. These dams also have fish ladders, so now I know why Osoyoos Lake has a commercial sockeye fishery.

And since the lower river is navigable for very large ocean freighters serving Portland while Astoria has major Cruise Ship docks, Roskelly follows side channels that go around low islands. He has to be careful that these don't leave his kayak lodged in the weeds. His 1200 mile journey ends when he reaches Clatsop Spit where the open ocean begins.

Sources of the River – Tracking David Thompson across Western North America by Jack Nisbet, Rain-coast Books, soft cover, 280 pages, \$19.95

This was published in 1994 but is so different from Paddling the Columbia that it makes a most interesting contrast by going back to 1806 when David Thompson was first able to cross the Rockies looking for a river flowing west to the Pacific Ocean. Instead he found one river flowing south and another north. Which should he follow when he wanted to head west? The southbound Kootenay appeared more likely to lead to the ocean. He did not know that both rivers became one.

Thompson was the most accurate surveyor ever, with his maps being used for nearly a century. He had to find enough furs to make his explorations profitable or else he would have much earlier reached the mouth of the Columbia – likely before Lewis and Clark. If you have never read Jack Nisbet's story of David Thompson you certainly should – a fascinating and amazing story.

Further reading is **EPIC WANDERER – David Thompson and the Mapping of the Canadian West** by Darcy Jenish, publisher Doubleday Canada.

Jenish expands on David Thompson's life and explorations telling you more of this amazing man who travelled so far, leaving detailed records and more accurate mapping than anyone until GPS appeared. We don't have this one in stock but it is economical to order from ABE if your library can't find it.

Art Connections Kicks Off!

by Geri Gomola

Explore Kootenay Lake's stunning East Shore through Kootenay Lake Art Connection, connecting galleries and businesses from Wynndel to Riondel and showcasing local artists and artisan works.

Make sure the first Kootenay Lake Art Connection is one of your summer excursions. Gather initials from 13 or more venues, drop off your completed brochure at Mellowood Studio and Art, Emerald Eastcliff Art Gallery, Arrowsmith Art Gallery, Mervin Robertson's Art Gallery or Barefoot Handweaving, and you could win a \$200 voucher toward your favourite piece of art. Draw dates: August 1 and September 1. (Restrictions may apply)

Brochures are available at all participating locations, the Creston Chamber's Visitor Centre and the Kootenay Lake Ferry.

Venues and gallery members for 2015 WYNNDEL

1. **The Sandy Kunze Gallery** – formerly The Galvanized Art Gallery, The work of six artists with five mediums, Sandy Kunze, Anne Fetterly, Heath Carra, Maggie Leal Vallas, Cory Cannon and Andrew Bibby located at 5057 Hwy 3A Wynndel. Open Wed – Sunday 11am -5pm
2. **Wynndel Foods** – 5128 Hwy 3A, Wynndel, gas, fishing supplies and convenience store. Harry Miller's carvings are displayed here.
3. **Mellowood Studio and Art Gallery** – 9am-5pm daily, Val Vanderpol paintings and much more. 5570 Cory Rd (turn north of Wynndel Store) 250-866-5772
4. **Stone Cold Ice Cream** – 6255, Hwy 3A. Dan Kumar's stone creations and memorial work along with 35 great ice cream flavours.
5. **Wynnwood Cellars Estate Winery** – 11am-6pm daily. 5566 Hwy 3A. 250-866-5155. Award winning local winery featuring various Art Connection artists.

BOSWELL

1. **Arrowsmith Gallery** – 10am-4pm Friday – Tuesday and by appointment. Work of Karen Arrowsmith and 14 other artists. 12698 Hwy 3A 250-223-8177

GRAY CREEK

1. **Emerald Eastcliff Art Gallery** – 14361 Hwy 3A, Geri Gomola's Jewellery, sculpture and paintings. 11am-5pm Wednesday to Saturday and by appointment. 14361 Hwy 3A. 250-227-9085, cell 250-777-1479.
2. **Sacred Journey Gallery** – 14435 Hwy 3A, Fine art and handcrafted furnishings for home and garden. Jennifer Moore will be one of the featured artists showing work at this location. Open Thurs - Sunday 10:30am-5pm 14435 Hwy 3A. 250-227-6965.
3. **Lakeview Store, Campground and Marina** – local grocery store, organic items, gas &. Post office. Hours 8am-7pm weekly, Sunday 10-6pm Bruce MacDiarmid will showcase his decorative and functional pottery. 14729 Hwy 3A. 250-227-9367.
4. **The Gray Creek Store** – 102 year old historic hardware store, building supplies and energy efficient fireplaces... Leone Lund, local photographer will be featured at this location... 9am-7pm Monday to Saturday, 10am-6pm Sunday. 1979 Chainsaw Ave (Hwy 3A). 250-227-9315.

CRAWFORD BAY

- Wedgwood Manor B&B** - 1910 heritage B&B decorated in an English Manor theme—9am-5pm daily. Elaine Van Staaldunin is the main artist at this location. 16002 Crawford Creek Rd. 250-227-9233
- Kokanee Chalets** – Hotel and RV site as well as Laundromat. 7:30am-9:30pm daily. 15981 Hwy 3A 250-227-9292. Jenny Steenkamp will be the feature artist here.
- Nelson and District Credit Union** – 10am-4:30pm Tuesday to Friday, 9am-12:30pm Saturday. 16030 Hwy 3A. 250-227-9221 Jennifer Harper is the feature artist with a variety of other artists showing work here as well.
- Mervin Robertson Art Gallery** – Open 10am-5:30pm daily. Check out Mervin's bear carvings. Donna Steeves has carvings this year as well... This gallery has over 35 artist and artisan works...
- Newkeys Pub and RV** -16070 Hwy 3A, serving quality food as well. Restaurant open Sunday 12 – noon and the same time as the pub the rest of the week. 10 am until close 250-227-6911. The pub will be a feature artist Shelley Lamb.
- Sacred Journey, Crawford Bay** - Khyati's designs, gifts and treasures Danielle Tonossi and Will Chapman are exhibiting at this location. 1672 Hwy 3A. 250-227-6865 www.sacredjourney.ca
- Black Salt Café** – Delectable food. 10am-4pm Tuesday, 10am-10pm, Wednesday to Saturday, 10 am-4pm Sunday, featuring the art work of Diane Trudel and Gary Sly. 16072 Hwy 3A. 250-227-9596
- La Gala Jewellery** – Galadriel Rael's handcrafted jewelry and unique clothing. 16072 hwy 3A. Summer hours 10-5pm Tuesday to Sunday
- Kootenay Forge and Furnace Gallery** -16095 hwy 3A, featuring the forge, second generation blacksmiths, Fireworks Copper Enameling. This year is also featuring Jacqueline Wedge's pottery studio, Moonrakings Clay Art. 250-227-9067
- Barefoot Handweaving** – Janet Wallace's colourful weaving studio and Ted Wallace's paintings. 9am-5pm daily. 16101 Hwy 3A. Toll free 1-866-931-8464, 250-227-9655
- Celts and Vikings Store** – 16112 Hwy 3A. Handcrafted North European themed items. Canada's first official store for collectors of such items Hrs 10-7pm daily. 250-254-0956
- North Woven Broom Company** – famous handcrafted brooms- 9am-5pm daily. 16122 Hwy 3A. 250-227-9245
- Kokanee Springs Resort** – World class golf resort and adventure centre with bike, kayak and canoes rentals, dining room, hotel. 7 am-10pm daily. Mervin Robertson will feature one of his life sized carved bears near the restaurant and admin office. 16082 Woolgar Rd (follow golf course signs). 250-227-9226

KOOTENAY BAY

- Stitch and Beach Quilting Shop** – Jewel Endicott's quilting shop, creating art with fabric. Various fabric artists' work will be displayed here. Join a class. 16837 Post office Rd Kootenay Bay. 250-227-9069 Hrs of operation is 10am-4pm
- Faeries Landing Art Market and Bistro** – 16898 Hwy 3A. Hrs. 9am -5pm. Cherie Rensing artist and operator is introducing glass jewelry, mixed media and wood artisans. New this year at the Kootenay Bay ferry landing. She is looking to accommodate weekend vendors as well. Take out foods if you are in a hurry to catch the ferry. Lilianne Dejonghe will have her stained glass creations featured here. 250-402-9633

RIONDEL Rd and RIONDEL

- Yasodhara Ashram** - 527 Walker's Landing off Riondel Rd. Featuring an online silent auction as well as an on-site art display at the Ashram. Many Art Connection artists have donated their time and work for this worthwhile project which will help to rebuild the temple. These artists include Shirley Wyngaard, Danielle Tonossi, Gary Sly, Ted and Janet Wallace and Galadriel Rael. 250-227-9224.
- Bobs Bar and Grill** – 319 Fowler Ave, Riondel. The neighbourhood pub and restaurant and meeting place will host the work of the Riondel Art Club 250-225-3511, Open 11-10 daily.
- The Circle of Friends Artisan Shop** – featuring works of many Kootenay artists and artisans. Laura Leeder is the feature artist at this location. Open 10-4pm daily. 235 Fowler Ave Riondel...

Kootenay Lake Art Connection operates under the Umbrella of South Kootenay Lake Community Service Society. The graphic designer is Warren Clark. Coordinators are Geri Gomola and Lillian Dejonghe. Area representative are: Wynndel - Val Van der Pol, Boswell - Karen Arrowsmith, Gray Creek – Geri Gomola, and Crawford Bay, Kootenay Bay and Riondel - Lillianne Dejonghe. Thank you for sponsorship to RDCK, Nelson and District Credit Union; Columbia Basin Trust Fund; and Kootenay Lake Chamber of Commerce and the Creston arts council.

SPECIAL EVENTS

- June 25 Opening** with a juried art show at the Wynnwood Cellars Estate Winery, Followed by a Riondel reception and art show at Bob's Bar and Grill in Riondel on June 27. Final reception will take place in September.
- Voucher Draws:** August 1 and September 1, Art Connection voucher draw. Winners will be notified by phone or email.

Bessie Wapp And Friends Quartet Come To Harrison Memorial Church

by Deberah Shears

On Saturday, July 4 at 7 pm, the Bessie Wapp and Friends Quartet perform at Harrison Memorial Church in Crawford Bay.

It's not easy to gather singer/accordion player Bessie Wapp's wide-ranging musical tastes into one acoustic ensemble, but with the fantastic players she has backing her up, anything is possible! Kiyo Elkuf (sax, vocals), Jesse Lee (bass, vocals) and Marvin Walker (drums, vocals) are highly skilled musicians with extensive international touring experience to bring to Bessie's folk, blues, singer/songwriter, traditional Eastern European and jazz repertoire. As well, the band loves to sing harmony.

Named Nelson's Cultural Ambassador for 2015, Bessie is a seasoned performer known for touching audience hearts as well as getting toes tapping. She has performed extensively throughout North America and in Europe in both music and theatre projects. Most recently she starred in Black Productions' highly acclaimed Hedwig and the Angry Inch. Bessie is looking forward to performing for our wonderful East Shore community.

During the intermission, complimentary refreshments will be served in the church garden. Admission is by donation, and the church proceeds go towards a maintenance fund which keeps this beautiful historic church open. Children quietly seated are welcome to attend.

Rita Deane to Teach Beginner Guitar at Medley Arts Camp

submitted by Lorna Robin



Despite having yard-long credentials Rita Deane says, "I love to teach beginners!" Rita spends part of each summer on the East Shore and we have jumped at her offer to teach at Medley. She has a Masters Degree in Music from the University of Victoria, and has studied abroad in Cordoba, Spain, and in Salzburg, Austria. Rita

now lives in Nelson, where she teaches both guitar and piano.

There is no previous experience required for Rita's course. Students will learn basic guitar techniques, including notes in the first position, simple chords, tuning and rhythm reading. The focus will be on basic skill building in a fun, supportive environment. This workshop is intended for the complete beginner, or anyone wanting to review basic guitar skills. Requirements: a guitar (any style). For more information, visit www.medleyartscamp.ca or phone Lorna at 250-225-3333.



Eye of the Mind Photography

Ben Johnson Ups the Ante for Ukulele Lovers

For all closet Ukulele players - or anyone who has taken the fabulous "Ukulele Intro" course at Medley Arts Camp – here is your opportunity to take the next exciting steps into Ukulele wilderness called "Ukulele Upgrade". Learn strumming styles, chord

variations, and arpeggio with Ben Johnson.

Don't worry if you don't know what any of that means. Ben is well known as the founder and artistic director of the East Shore's Samba Lago Profundo percussion ensemble, since 2011. Ben is a lifelong musician and began his music career in 1997, playing Greek music with the Rembetika Hipsters of Calgary. Over ten years of performances across Canada and in Greece, Ben established himself as a multi-instrumentalist and composer, picking up instruments along the way such as the Turkish darbuka (doubek), Indian tabla, Persian santoor, Turkish oud and others.... such as Ukulele. Fun is guaranteed.

For beginners, Jacqueline Wedge will again be teaching the popular "Ukulele Intro", for ages 10 to adult.

Create your own job!
Small business accounts for 98% of all business in B.C.

You may have a hobby or skill that with a bit of help could turn into a viable business. If you want to explore this more, call us for a free appointment.

The Self Employment Program offers income benefits for up to 52 weeks as well as business management training & counseling for qualifying entrepreneurs.

Community Futures Central Kootenay

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

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June 2015 Mainstreet 9

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esis
EASTSHORE INTERNET SOCIETY

East Shore Internet Society
Annual General Meeting

Tuesday, June 16 @ 7 pm
Gray Creek Hall

East Shore



Fitness Place

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
Call during open hours: 250.227.9218, ext: 5542

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CRAWFORD BAY HALL
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A non-smoking facility.

Sacred Journey
World Imports and Art Gallery

New Shipment Arriving June:
Unique Gifts, Teak Furniture, Carvings,
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With a touch of the exotic...

June Gallery Hours:
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Nelson: 10:30-5 daily
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Connection**

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For more info, email geririch@telus.net

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Aidan Knight
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Coco Love Alcorn
Abstract Rude w/ DJ Rippel
Dreamtree Project
Adham Shaikh
Shred Kelly
Yousoupha Sidibe
Moody Amiri
Gurpreet Chana "The Tabla Guy"
Hornography
High As Mountains
Leeky Tearducts
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Community Partnerships Leading us into the future

by **Farley Cursons - Operations Manager, Starbelly Jam Music Festival**

Starbelly Jam Music Festival now in its 16th season has become an enduring legacy in our East Shore community. Bringing this event to life every year requires a phenomenal amount of planning, networking and human resource development. Our mission to provide a safe, larger than life music festival can be credited to an amazing array of volunteers, staff and community partnerships. Besides the 400+ volunteers and staff that work together to bring the event weekend to life, our board of directors and executive staff work year round to sustain and create partnerships within the community and the outlying region.

As the festival works to become recognized as an environmentally sustainable event, we also acknowledge the ecological footprint that hosting over 4000 visitors can have on a small community. It's important to us that the safety and well being of the whole community is considered when organizing this event. We understand that sustainable practice must be more than biodegradable cups and composting. Our relationships in the community must also be appreciated and sustained.

The 16th annual Starbelly Jam Music Festival is held in beautiful Crawford Bay Park. It has provided the setting for a generation of festival and community celebration. On behalf of our Festival Board of Directors, staff and volunteers we would like to formally extend our gratitude to John Edwards and the Crawford Bay Hall & Parks Board for their support for all of these years. As the festival organization's primary community partner, this group provides much of the very infrastructure that makes the event such a success. Thank you for your continued support.

As the music festival is held in downtown Crawford Bay, we have neighbors in close proximity to the bustle of the event. As we continue to develop the capacity of our security departments we are truly grateful for advice, suggestions or concerns which can assist the efficiency of our security plan. Our closest festival neighbours are Nick and Jennifer Hodgkinson at Sunnywoods Farm and Garden Center. They have been vocal supporters of the festival and demonstrated incredible patience as we work towards a more effective security plan between the park and their residence. Thank you, we will get it right this year. (On that note, if there are folks out there who feel trespassing and hopping fences is the only option to buying a ticket we have many volunteer opportunities at the festival. Go to our website: www.starbellyjam.org > volunteer)

The Nelson and District Credit Union has been with us from the start, providing much of the funding to hold the first annual Starbelly Jam back in 1999. The Nelson & District Credit union has permitted Starbelly Jam to use its customer parking lot as the festival's primary vehicle entrance as well. We'd like to remind all festival staff and volunteers that the Credit Union parking lot is not an acceptable place to leave your vehicle and there must always be space for NDCU customers to park and use bank services, even on Sundays. Please assist our parking and security teams by following their instructions. We at Starbelly Jam Music Festival
12 Mainstreet June 2015

are grateful for the support of management and staff at the East Shore NDCU.

As the festival weekend draws near the East Shore's businesses, services and artisan shops are preparing for a busy summer. Many business owners have let us know that the Starbelly weekend is their top sales weekend of the year. Thank you to the Kootenay Lake Chamber of Commerce and all East Shore businesses that provide the cultural infrastructure (aka good vibes) that entice so many to return year after year.

The Music Festival Campground has become a primary concern for our risk management team this year. We recognize our responsibility to maintain the land we use and with the increased concern for wildfire this summer a fuel hazard mitigation program was approved to move forward. The white pine trees within our contracted camping area were dead or dying and were limbed to 6' and branches removed from site.

By removing the dead forest fuels we not only reduced the fire hazard but also opened up a lot more camping space. The property that the festival campground is on belongs to Lionel Binette. We were very pleased to have had his support and we're delighted that he is satisfied with the work. Lionel and his family have played an important role in the success of Starbelly Jam and we are all very grateful. Thanks Lionel.

As we work to sustain our existing relationships

it's important to understand the benefits of community groups, non profits and businesses working together. This has been demonstrated successfully by the Starbelly Jam Festival Campground Wildfire Hazard Reduction Project. Forest Fuel management, also known as Wildfire Hazard Reduction, involves the modification of the forest structure to reduce forest fuel accumulations. The goal of forest fuel management is to reduce fire intensities, reduce potential for crown fires, improve wildfire suppression success, improve firefighter safety and improve forest resilience to wildfires. The

focus of fuel management is to modify forest fuels to help protect structures and lives in the interface fire zones. There are many examples communities taking responsibility for forest fuel accumulation throughout our region and here on the East Shore.

There had been much hope in our community that a wildfire interface demonstration project would be completed before summer. The Festival Campground represented a significant fire potential and threat to the community and we at Starbelly began looking for project support to mitigate the hazard.

Through generous support from Kokanee Springs Golf Resort in partnership with Selkirk College, ESTBA members and endorsement from the Kootenay Lake Chamber of Commerce, we were able to substantially reduce the chances of a festival campground fire this summer. We at Starbelly Jam are thrilled to be part of this pro-active group that has invested in our communities health and safety. The project can be viewed just by walking along HWY 3A, across from the Credit Union.

As we look forward to another festival of eclectic music, art and community celebration Starbelly Jam Music Festival extends it's heartfelt gratitude to it's many partners like those listed above as well as the East Shore Internet Society, Columbia Kootenay Cultural Alliance, The British Columbia Arts Council, CJLY, Nelson Star, RDCK, Columbia Basin Trust, YRB and of course The East Shore Mainstreet and it's lovely editor Ingrid Baetzel. For more festival information go to: www.starbellyjam.org. See you at the Festival!

Crawford Bay Sunday Markets

by **Liz Donnison**

The new 2015 season of the Crawford Bay Sunday Markets starts July 5, 2015 and runs to September 6, 2015. No market Starbelly Jam weekend. The market features 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


Find us on Facebook - Crawford Bay Sunday Markets

Sell What Ya Got Garage Sale for Everyone! Pre-Market Kickoff June 28, 2015

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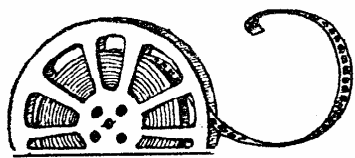
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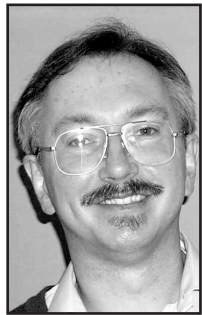


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Seldom Scene by Gerald Panio



"I have already told of the first time I saw a circus and the first time I saw the clown, Pierino, at the fountain the morning after the show... There is no doubt at all that he was the first herald of my unmistakable vocation. I have always been profoundly moved by the clochard, the clown, the vagabond who turns up shabbily dressed, playing the part of the orphan or the innocent victim; in other words, I have always been moved by everything unrespectable in this joyful, funny, ragged rogue who nevertheless arouses affection and applause. First Pierino, then Chaplin and all the others. I was moved and I admired the poor man dressed as a funny man, whom I realized was a free, amazing being, needing very little to live on and able to survive the most incredible disasters, able to rise from the most frightful calamities, pass unharmed through mockery and contempt and to the very end maintain an unflagging optimism: amused and amusing as only one under heaven's protection could possibly be.

From that first moment, I was totally fascinated by the clown. For he embodies, in a fantastic character, all the irrational aspects of man, the instinctive part of him, the touch of rebellion against the established order which is in each one of us. He is a caricature of the most animal, most childish aspects of man, the victim of jokes and the joker. From that very first meeting I wanted to be like him. And, basically, in the end I've succeeded." --Federico Fellini, "Whom Do You Most Admire?"

On at least one occasion in the past, I've mentioned how a weekly PBS series on great films captured my imagination when I was in high school and began my lifelong love affair with the cinema. Those same high school years, back in the early '70s, were also seeded by a Sunday afternoon Film Festival at Castlegar's Castle Theatre—sponsored by Selkirk College. The cool thing about those Sunday movies was that age restrictions didn't apply. I may not have been old enough to watch R-rated films in the evenings, but no one barred the door to the tragi-comic eroticism of Jiri Menzel's *Closely Watched Trains* (1966) or the full-on decadence of Federico Fellini's *Satyricon* (1969). To say that those two films made a distinct impression on my sixteen-year-old brain would be an understatement, and while I've lost touch with Menzel's later films those of Fellini continue to make me shake my head in wonder. The most recent revelation was a lesser-known Fellini film, *The Clowns* (1970), originally made for Italian television and recently re-

sued on DVD by Rarovideo.

That Federico Fellini should have made a quasi-documentary about great circus clowns should come as no surprise to anyone familiar with his work. In one way or another, the circus theme threads its way through most of his films. With *The Clowns* he drew an explicit link between eccentric characters he grew up knowing in his hometown of Rimini and the anarchic denizens of the big top. The real-life eccentrics included a midget nun living half in a convent and half in a madhouse, a drunk named Ciapolos whose wife hauled home in a wheelbarrow every evening, 'Fafinon of the drain'—an old man who lay across the town drain like a bridge to relieve himself and had an unlimited repertoire of farts, Mrs. Ines who knew all of Mussolini's speeches by heart, Giudizio who reenacted WWI battles on Rimini's main street, and the sinister Bestemmia who at the slightest provocation would fly into a rage, threatening to make people eat billiard tables and 'the bishop's statue and all the pigeons on it.'

It's not a far cry from that cast of characters (best described in Fellini's short memoir, "Rimini, my home town" in the anthology *Fellini on Fellini*) and the circus's Wild Men, Lion Tamers, Hercules, fighting

Amazons, Miss Tarzans, Fakirs, Mermaids, etc., etc. And the clowns. Not the elegant jokers of a modern Cirque du Soleil spectacle, but the out-of-control, drunken, violent, petty, mad tricksters more closely akin to the Three Stooges, Mack Sennett's manic Keystone Cops, the Marx Brothers wrecking crew, and the child-killing protagonist of Stephen King's *It*. Even in the comedies of Charlie Chaplin, Buster Keaton, and Harold Lloyd there were hints of danger and anarchy. A "safe" clown is an oxymoron. A good deal of *The Clowns* consists of recreations of some of the outrageous routines from the glory days of the Circo Equestre and Liana, Rinaldo & Nandino Orfei's Circus in Rome, and the Cirque d'Hiver, the

Nouveau Cirque, and the Medrano Circus in Paris. Thanks to the skill of the film's set designers, lighting technicians, costumers, make-up people, and actors these routines are veritable theatrical time machines drawing us back to a truly alien world.

Both within the film, and more explicitly in another written

piece, "Why Clowns?" Fellini explained the dynamic tension between "White Clowns" and "Augustes." The White Clown, Fellini says, is a kind of crabby MC, "a bourgeois, in his appearance as in everything else. He is startlingly splendid, rich and powerful. His face is white and ghostly, his haughty eyebrows are eloquently used, and his mouth is a single hard, cold, unattractive line. White clowns have always rivaled one another in the luxury of their dress.... The white clown frightens children because he stands for duty, or to use a fashionable

term, repression.... The white clown... with his moonlit charm and unearthly midnight elegance, reminded me of the cold authority of some of the nuns who had run nursery schools; or else of certain stout fascists, in their gleaming black silk, their gilt epaulettes, their whips (just like the clown's bat), their big overcoats, their fezzes and their military medals; men who were still young but had the pale faces of sleep-walkers or inhabitants of the underworld." In the middle of the movie, white clowns parade down a fashion runway in a way that would later have its ironic ecclesiastical echo in Fellini's *Roma* (1972).

The opposite pole of the dialectic ("the struggle between the proud cult of reason... and the freedom of instinct") is the Auguste, "... the child who dirties his pants, rebels against this perfection [of the white clown], gets drunk, rolls about on the floor and puts up an endless resistance.... In the circus, thanks to the Auguste, the child can imagine himself doing everything he is forbidden to do.... In his long, dishonest life [the Auguste] was dedicated to throwing buckets of water in people's faces, breaking eggs on heads, spreading soap in mouths. He played the trombone with his feet and danced the tango with his ears. He made kids laugh, and his own children cry."

It really is pretty scary stuff. *The Clowns* opens with a young child's daydream of the circus coming to town



in the dead of night, the big top rising in the moonlight like some great malevolent mushroom. It's the same creepy circus-as-metaphor-for-life we know from Ray Bradbury's *Something Wicked This Way Comes* and Charles Finney's *The Circus of Dr. Lao*. When the clowns come onstage, it's as if the child's daydream cedes its place to Pablo Picasso's fever dreams. Clowns are cubist art made flesh. The climax of the film is a clown's funeral, a quarter hour of surreality that's a celebration of the pure joy of irrationality. Picture a New Orleans funeral march orchestrated by Picasso and Salvador Dali.

Fellini wasn't just happy recreating the old clowns' world. He also went on the road in Rome and Paris with a camera crew and eminent circus historian Tristan Rémy (author of *Clown Scenes*—48 scenes for white clown, auguste, and Monsieur Loyal, the ringmaster) and filmed interviews with retired clowns, lion tamers, circus owners, and others. True to form, the interviews feature a fictional film crew (including Fellini himself) talking with real people whose lives are the stuff of fiction. The interviewees include Charlie Rivet, the famous Spanish Auguste; members of the famous Fratellini family; Manrico Meschi and his wife, who spent 60 years in the circus, and 93-year-old Jan Houke, the oldest circus manager in the world. There are also reminiscences of other great clowns—Jimmy Guyin, Antonet, Rhum. Even Charlie Chaplin's daughter, Victoria, makes an appearance.

At the time Fellini made *The Clowns*, the circus was at a low ebb. There was a this-party-is-over atmosphere. Since then, visionaries like Guy Laliberté have brought it all back with a vengeance. Circus spectacles have become more breathtaking than ever. They astonish us and amaze us.

But they will never truly terrify us again.

June 2015 *Mainstreet* 13



Individual Preparedness: Grab 'n' Go Kit

provided by Emergency Management BC

Food, Water & Tools

- Water (4 litres per person per day and pets)
- Flashlight and Batteries
- Food (3 days, does not need refrigeration)
- Portable Radio and Batteries
- Infant Items-Diapers, Bottles, Canned Milk & Food
- Wrench (shutting off valves)
- Pet Items: Food, Water, Leash, Kennel
- Rope, 6 metres
- Manual Can Opener
- Duct Tape
- Paper or Plastic Plates, Utensils
- Multi-Blade Knife
- Alternate Cooking Source, with Fuel
- Candles/Holder/Matches
- Shovel

Health & Safety

- First Aid Kit
- Whistle
- First Aid Manual
- Emergency Blanket/Sleeping Bag
- Medication (3 day supply)
- Sturdy Shoes
- Eye Glasses / Contacts and Solution
- Work Gloves
- Dentures
- Lg. Garbage Bags (Rain Protection
- Personal Hygiene Items - Tooth Brush, and Waste Disposal)
- Toilet Tissue, Anti-Bacterial Wipes
- Water Purification Tablets
- Clothing- 3 day supply, season suitable
- Tent

Important Papers/Miscellaneous

- Insurance Papers (scan/digital photos)
- Map
- Copies of Personal Identification
- Extra House and Car Keys
- Family Documents/Photo Album
- Numbers for RCMP, Fire and Ambulance
- Cell Phone
- Cash
- Name/Number of Out of Area Contact(s)
- Paper and Pencil
- *Zip Drive or Memory stick for Important Documents / photos of home (before/after)
- Children's Toys
- Playing Cards

Emergency Preparedness Websites

- EMBC (Emergency Management BC)
<www.emergencyinfobc.gov.bc.ca>
- ESS (Emergency Social Services)
<www.ess.bc.ca>
- Provincial Forest Wildfire Information
<www.bcwildfire.ca>
- Regional District Central Kootenay
<www.rdck.bc.ca>

Forest Protection Branch, Regional District Central Kootenay: 1.888.336.7378 press 3 for Kootenay Info.

Tune into local radio stations for current emergency information

Kokanee Fry Release

By Brian Lawrence,
Creston Valley Advance

With the help of Crawford Bay Elementary-Sec-ondary School students, about 92,000 kokanee fry were released into Crawford Creek on May 21, part of a project by the Eastshore Freshwater Habitat Society (EFHS).



It took about 45 minutes for participants to place the fry in the creek and a manmade channel, shuttling them in buckets from a Freshwater Fisheries Society of BC tank truck.

“What we want to do is improve the fish habitat on the East Shore,” said EFHS president Mike Jeffery.

The survivors of the several-month-old fry released last week won't return to the creek to spawn for three or four years, giving the society, certified through the Pacific Stream-keepers Federation, time to obtain additional funding for a remediation project.

“Sometimes, it's just as simple as putting log berms in and overhanging trees — making places they can live,” Jeffery said. “If we get the habitat improved, fish will come back to the habitat.”

Crawford Creek and others on Kootenay Lake's East Shore — including Riondel's Hendryx Creek, which had 5,000 released — used to teem with spawn-ing kokanee in late summer. But since dams have been built upstream, the lake's annual fluctuation has dropped from 30 to 13 feet, reducing available nutri-ents and food — and fish.

“I've seen how it's depleted,” Jeffery said. Efforts to boost the kokanee population are noth-ing new to the area. Over 20 years ago, Jeffery said, the school used to receive milked and fertilized eggs to hatch.

And nitrogen and phosphorus, both needed for met-abolic processes, are put into the lake (the M.V. Bal-four is charted and the mixture blended in its wake).

But spawning numbers are at their lowest, said Jeff Burrows, senior fish biologist with Ministry of For-ests, Lands and Natural Resource Operations, so stron-ger measures are being taken. The allowed daily catch of kokanee has been reduced from 15 to zero, while the allowance for their main predator, Gerrard rainbow trout — each of which can eat 100 kokanee each year — has been upped from two to four.

“There's no reason to expect that nature would bal-ance that out,” said Burrows. “We're trying to speed that up.”

Survivors from a spawning cycle can range from 0.5-5 per cent, so 1,800-2,000 returning to spawn in Crawford Creek would be ideal. But with that cycle taking three or four years, only time will tell if the restocking effort was a success.

“They have to imprint,” Burrows said. “We don't know if that's going to happen with fry raised in the hatchery.”



Sarah Wensink and Hailey Middlebrook release fry. Kaelen Hawkins (above) gets right into the job.

Photos: Brian Lawrence, The Advance



Hidden Taxes

by David George

Looking Back-ward: 2 years of this column

It seems like only yesterday that I was challenged thusly when expressing my opinions about various tax issues - “Why don't you write a *Mainstreet* col-umn?”

After two years, here is my twenty-fifth column, in which I look backward at the previous twenty-four, with a note on the focus of each.

2013

- June #1 - Introduction & Transfer Station fees.
- July #2 - Road fuel tax
- Aug #3 - World's Longest Free ferry ride
- Sept #4 - How road fuel taxes pay for interior ferries
- Oct #5 - Fortis electricity rates-too high
- Nov #6 - MLA salaries
- Dec #7 - Eco-fees

2014

- Jan #8 - Recycling & cost of BC government
- Feb #9 - Cost of gov't & questions for MLA
- March #10 - CBC budget cuts
- April #11 - Health care & need for STARS
- May #12 - Libraries on the East Shore
- June #13 - High electric rates & no natural gas on East Shore
- July #14 - Various topics & ESIS AGM
- Aug #15 - Inferior health care & IHA debt
- Sept #16 - Milking the Cash Cow-1-BC Hydro
- Oct #17 - Milking the Cash Cow- 2-ICBC
- Nov #18 - Milking the Cash Cow- 3-BC Liquor
- Dec #19 - Milking the Cash Cow- 4-BC Lottery Corp

2015

- Janu #20 - Empty beds and Interior Health debt-increasing again
- February #21 - 26 countries' debt- percentage of GDP
- March #22 - China buying Canadian companies
- April #23 - China-threat to world peace & global climate
- May #24 - Canada Post & US Postal Service
- June #25 - Looking Backward

I will not make a habit of criticising the columns of other contributors to the *Mainstreet*, but I must take exception to part of the May column of our RDCK Area A representative Garry Jackman. He states, and I thoroughly applaud this, that he is again investigat-ing providing fire service to Kootenay Bay and Craw-ford Bay. Unfortunately, he then goes on to state, and I quote, “There was a vote by mail-in ballot several years ago, as you may recall, for a separate Crawford Bay fire service which was defeated by the voters.” This initiative was NOT defeated by the voters. It was defeated by a bureaucrat in the RDCK who decided to count any non-returned ballot as a No vote.

I have it on very good authority that the actual vote, counting ballots returned, was in favour. If Garry Jack-man knows differently, he must publish the actual vote count of the ballots returned. This travesty of the dem-ocratic process must not be allowed to happen again. We in Canada live in what I believe to be one of the world's best democracies, not in a dictatorship.

There is a book titled *Looking Backward:2000-1887* written by Edward Bellamy (1850-1898). It is a utopian science-fiction novel which predicted among other things, the debit card, and Costco. If you are at all interested in reading it, look for the free download at Project Gutenberg among his other books also free at--- <http://www.gutenberg.org/ebooks/author/327>



Tom's Corner

by Tom Lymbery

25th Anniversary of the Gray Creek Pass

It seems less than 25 years since the Gray Creek Pass was officially opened August 19, 1990 by BC Minister of Forests, Claude Richmond. In attendance was Howard Dirks, Social Credit MLA for Nelson-Creston, who had been elected for his promise to build the road. This was heralded as the shortest connection between West and East Kootenay.

A photo from Dirks' constituency newsletter with the caption, "SUMMIT MEETING – EAST MEETS WEST" shows nine dignitaries at the ribbon-cutting at the official opening of the Gray Creek Pass Road on Sunday August 19, 1990. Hon. Claude Richmond was officiating; the others were Columbia River MLA Duane Crandall; Nelson mayor Gerald Rotering; Creston Alderman Vaughan Mosher; Kimberley mayor Jim Ogilvie, RDCK chairman George Cady; Kootenay Lake Chamber of Commerce president Dr. Harold Prussin; Kaslo mayor Jack Morris; and Nelson-Creston MLA Hon. Howard Dirks. Harold Prussin presented Claude Richmond with the classic T-shirt "I SURVIVED THE GRAY CREEK PASS." Due to a shortage of parking space at the 6800 foot summit, five chartered 45 passenger buses, two from Nelson/Gray Creek, and three from Kimberley/Cranbrook, brought people smoothly up the new road. The event was well organized – we were surprised to find that the buses had brought lunches for everyone.

Kokanee Springs also put a lot of effort into getting this 1.5 million dollar road constructed, expecting that it would make a quicker route for Alberta golfers to get here. For the first few years Forestry had the budget to plow some snow to make a mid - June opening possible. This is passable for any standard two wheel drive vehicle, and not restricted to 4WD as it's listed in many places. Lower clearance cars need a careful driver, as they do on any gravel road.

Planning and surveying began in 1987 with the main construction happening in 1988 -89 under Forestry's Road Superintendent George Commandeur. George worked with contractors and others to build the road and five new wooden bridges, which have since been replaced with concrete. The original bridge decking required 8 inch galvanized Ardox (twisted stem) nails. We always stock these but did not have the quantity needed for five bridges. After phoning all over Canada I found that Don Lindsay of Lindsay – Helmer Hardware in Bonners Ferry, Idaho could come up with the required quantity, as they are used in the US for log home building.

George Veale of Balfour was supplying some material and work so he would bring his tug to the bottom of our boat ramp to unload. Bruce Fleming of Gray Creek was also active in the construction with his back hoe.

George Commandeur says there were some construction problems, such as with the 116 culverts in the first 10 miles on the western side. There was some sloughing of steep cut banks and all banks were hydro-seeded to stabilize them. However 25 years of service now shows how solid the original construction was, with not even heavy rains affecting the surface.

A small alpine lake about 500 feet lower in elevation than the summit was named Oliver Lake after that pioneer Gray Creek family. Thomas Oliver and his trapping partner Frank Martin were killed by an avalanche on the original pass route in February 1922. This is now a Forestry campsite.

When CM&S Co (now Teck) built their power line across the lake in 1951 and completed the line to Kimberley in 1952, their 4WD road was built to access and service the line, and it was only passable with four wheel drive. However since so many workers at the Bluebell Mine had relatives in Kimberley, this was seen as a short route, and even a few Volkswagens could sometimes handle the rough and steep grades in dry

weather. This produced a Kootenay Lake-to-Kimberley Road Association, with the slogan "Rose or Gray – There's Gotta Be a Way" referring to either the Rose Pass or Gray Creek Pass.

Pressure from this organization and our Kootenay Lake Resorts Association got Highways to send surveyors in to work on the Rose Pass route. They did produce a possible highway route up Crawford Creek for about 8 miles, until they came up against two options – either a switchback route similar to Anarchist Mountain this side of Osoyoos, OR a 3 MILE TUNNEL.

Funding for either was not there but perhaps their survey figures are filed away somewhere. Horst Wirsig of Gray Creek Forest Products said he could

build a road. His suggestion was to leave the highway near his sawmill, climb steadily along the hillside to the south side of the main Gray Creek valley, and then go over the South Fork route. He had crews logging the south fork at this time so he was very familiar with this option.

For some years after the 1990 opening the Gray



Local contractor Bruce Fleming (left) and Forestry road superintendent George Commandeur inspect the Gray Creek Pass road in 1990 a few months before the opening. Nelson Daily News photo by Susan Hulland courtesy of George Commandeur



Part of the crowd at the official opening of the Gray Creek Pass road, August 19, 1990. One of five buses chartered to bring people from West and East Kootenays is shown in the background. Photo by Flo Commandeur courtesy of George Commandeur

Creek Pass route was the HIGH POINT for many German tourists driving rental motor homes. At first the tour book "West Canada" showed the Gray Creek Pass road as a solid line and the alternate Highway 3 and 3A route by way of Creston and Cranbrook with a dotted one, but this was later corrected. Since Victoria cut back on maintenance we rarely see German tourists. I can only record a single problem with those driving motor homes – a blown radiator hose. We hope to see this designated a Tourism Resource Road, especially since Russell Mussio of the Backroad Mapbooks has called this "BC's most important Back Road."

We expect to see Trans Canada Trail signs up fairly soon as the Trail is moving ahead to get the entire system laid out by 2017. This certainly brings most interesting people such as Dana Muise who hiked the TCT right across Canada, coming over the Gray Creek Pass by moonlight on top of an early snowfall.

Special thanks to George Commandeur for his donation of Gray Creek Pass opening photos and news clippings to the Gray Creek Historical Society.



AREA "A" EDC Economic Development Commission

**next application deadline:
Oct 31st, 2015**

Projects for Area A (East Shore, Riondel to Wynndel) for the promotion of economic development may be eligible for a grant from the Regional District of Central Kootenay.

Potential applicants are invited to tell us about your idea... we will help round out your plan and connect you with an appropriate umbrella organization.

For information please contact:
Lorna Robin, EDC Chair 250-225-3333
lornarobin@bluebell.ca

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

Why not visit www.InvestKootenay.com ...? over 1000 investors are registered!!... list your business opportunity FREE compliments of Area A EDC.

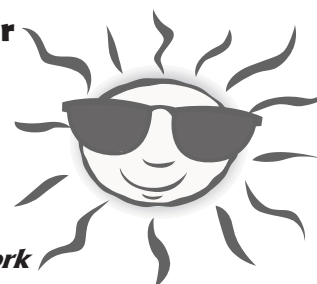
Grants totalling \$17,000 have been approved this year for: Guiding Hands Society, East Shore Summer School, Circle of Friends Society, East Shore Community Learning Hub, Art Connections, East Shore Trail and Bike Association.

Sunnywoods Farm

Your East Shore Garden Centre

See us for all your garden needs!

- Bedding plants
- Soils
- Seeds
- Trees & Shrubs
- Fresh Produce
- Local Beef and Pork



Store Hours:

Open Every Day, 10-5

**15964 Hwy 3A, Crawford Bay
250-227-9506**

Tom Sez

by Tom Lymbery

July 1 is a Wednesday this year but that shouldn't lessen the crowd at Crawford Bay Park for games, music, burgers and fellowship. Be there at 11 am so you don't miss the daytime fireworks. We should have a bigger fireworks show this year because of a great donation from John and Margaret Baird – their town of Beaverlodge, Alta. banned all fireworks so they donated the box of fireworks they had already purchased to our show.

Please look at newsstands to find a special FIFA Women's World Cup of soccer magazine to help you follow Canada's team June 6 to July 5 with games in Edmonton, Vancouver, Winnipeg, Ottawa, Montreal and Moncton.

If you want to dig most anywhere on Kootenay Lake an essential tool is a five foot *crowbar* with a pinch point as you will surely break you shovel handle on the ever-present rocks. A crowbar is a heavy steel intended for prying, while a *clawbar* has a bend and is for pulling nails.

When we had a morning power outage on Oliver Road in Gray Creek the Fortis serviceman found a dead squirrel under a power pole – who would think a squirrel could short out the lines?

The bucks persist in peeling the bark off young saplings when they are struggling to strip the itchy *velvet* from their horns. Could we stand some rebar stakes to frustrate those pesky deer?

The Yukon River ice broke at Dawson City at 4.14 pm on April 30, 2015. As soon as the river clears the ferry George Black is back in the water re-connecting the Top of the World Highway.

Please take thumb tacks when you are putting up notices and make sure you use one at each corner of your notice. Ones that are put up with only one tack soon blow away.

We have a used book bin at the store which includes many bargains and unusual books. Sharon says my book collection has to be reduced to a reasonable size.

Thank you for putting your refundable empties in the Lions blue bins. Bottles and cans that are dropped in the green bins go to Spokane and no one gets any refund.

Does *Mainstreet* enter the Ma Murray awards contest for community papers?

A mixture of white dutch clover and red fescue grass seed is ideal for many areas around your home since the clover grows quickly and both this and the grass are short so don't require mowing.

If your driveway is dusty or if YRB hasn't sealed your road sufficiently we have calcium chloride in stock.

Gray Creek Pass Report

by Tom Lymbery

Forestry is removing the large boulders that rolled onto the road at 2.8 miles, as pictured by Judy and Ben Bounds of Gray Creek. Grading and ditch repair has been done to 5.6 miles. Since the May hot weather has melted snow fast perhaps we can equal the earliest ever opening of June 14. At press time there is still snow on the road above the 10 mile mark..

Can we have a 25th Anniversary Celebration of the Pass that was officially opened by the Minister of Forests, Claude Richmond on August 19, 1990? This was promised by MLA Howard Dirks before his election after years of effort by residents. Kokanee Springs also pushed heavily for this route to make access to their gold course more accessible. (That's not a misprint – it really is a gold course, benefiting everyone on the Eastern Shore)

16 *Mainstreet* June 2015

Health & Happiness

by Dr. Sid Kettner

Sit Less, Move More

Sitting is effortless and we do it a lot. Made to move, we are fast becoming "bottom-dwellers." We are advised to walk, jog, cycle or play racquet sports for 45-60 minutes a day, five days a week. With a pedometer, average 10,000 steps a day, again five times a week. But is that enough to counter the modern plague of stroke, diabetes and heart disease.

Recent research is alarming. More than 120,000 adults were followed for 14 years. Those who sat for extended periods in their leisure time and did not exercise had a 94% increase in premature death (women) and 48% increase (men). Not surprising. But . . . those who did exercise regularly, then sat for extended periods the rest of the day still had an increased death rate: 40% higher for the ladies, 20% higher for the men. Sitting too much is dangerous.

Another study showed that more than four hours of screen-based activity during the day had a 48% increased chance of dying of all causes and a 125% increased likelihood of suffering a heart attack or stroke. So "taking a seat" is hazardous. Even if one is an "active couch potato" (exercises their 60 minutes) but sits a lot the rest of day in front of a computer or television screen, all is not well. The cause seems to be how the body handles the bad LDL cholesterol when we sit too much.

So we all need to break up our periods of sitting, even by standing for a few minutes every half hour or so. This will result in a slimmer waist, lower body weight, less fat in the blood and lower blood sugars. Medical studies show that prolonged uninterrupted sit time is bad. So sit less and move, or even stand, more. No longer consider moving as a waste of time or an inconvenience. Think of it as an opportunity to invest in your own health and well being. Every bit of movement counts. And remember, "The journey of a thousand miles begins with a single step."

Next month I will discuss practical ways of reaching such a longer, high quality and enjoyable lifestyle of activity. For this moment, start by standing up right now and re-reading this important new research in the fully upright position.

Yoga & Asana Basics

Balancing Stick Pose ~ Ubhaya Padangusthasana

Easy or hard, either way, to reach balance we need to cultivate effort, ease, strength & flexibility. Be Playful!

Benefits

- Strengthens the reproductive & abdominal organs
- Improves digestion
- Opens the chest shoulders
- Rejuvenates the spine & back
- Increases flexibility in the whole body
- lengthens the hamstrings
- Increases concentration, balance & ease.
- Calms the nervous system



Doing the Pose

- Start, sitting with knees out to the sides, soles of your feet touching.
- take a hold of your big toes (or feet) with each hand
- lean back onto your sit bones, lift your feet 2 inches off the ground and find your balance
- begin extending the legs, while finding balance
- lift up towards the sky with the crown of your head & toes

Focus in the Pose

- hold behind your legs, or hold the toes or feet
- lift up from the lower back & sternum towards the toes
- balance on the sit bones
- flex the feet, spreading the toes
- breathe deeply and release when your ready.

For More Info - Jai Holman - Jayapie@icloud.com

Focus on Health

submitted by Laverne Booth

A Focus on Health event sponsored by the East Shore Kootenay Lake Community Health Society was held in Boswell Hall on May 20. Natasha Goldsbury and Ashlene Chadburn addressed the meeting that was attended by approximately 20 people from Boswell, Crawford Bay and Riondel.



Natasha is a primary health care and chronic disease management nurse employed by Interior Health. She spoke about her mandate and plans for the East Shore (south of Mountain Shores) community health services. Our area has been assigned one day per month of Natasha's time which she tentatively has determined will be split so that the morning will be spent visiting individuals in their homes, while afternoons will be a group meeting. She made clear that her mandate is primarily to focus on providing education related to the management of chronic disease (e.g., diabetes, COPD, cardiovascular disease, cognitive decline and dementia, etc.) and to promote healthy life-styles in order to prevent illness and disease. Natasha clarified that although she cannot provide home nursing care, through home visits she can assist individuals with chronic diseases and help them to navigate Interior Health and to connect with appropriate specialists.

Natasha asked for community input on topics for education sessions, and some of the audience-generated topics included:

- Mental health such as depression
- Pain management
- Bone density
- Heart and stroke
- Obesity and weight management

One useful idea made by an audience member was a list of area specialists and their contact information. Natasha cautioned that it was not wise (or a good use of your time) to contact specialists directly as all referrals must be through one's personal physician; she indicated that she would begin to prepare a list of East Kootenay specialists.

Based on the community feedback, next month's meeting with Natasha, on June 24 (details to follow), will be a further planning session to iron out details about educational sessions, the protocol for individual home visits, and to provide information about accessing local health resources.

Ashlene, Programme Coordinator for Valley Community Services, runs the Better At Home programme that has the goal of keeping people in their homes longer. She informed us that the Ministry of Health is providing funds to 68 communities across the province and our region is one of the lucky 68. In brief, the Better At Home programme provides non-medi-



cal support services to seniors. Individuals can refer themselves or be referred by family or friends. The senior is interviewed and needed services identified. Better At Home then attempts to identify local service providers (contractors) to meet the needs. Depending on income, up to 100% of the costs of the services can be provided by the program. Contractors are paid through Better At Home so that seniors are not in the position of paying contractors directly.

Ashlene identified transportation as a major difficulty for seniors and indicated that the Better At Home program can and will pay mileage (\$0.46/km) to volunteers willing to drive seniors who are part of the Better at Home program to scheduled appointments.

Please note that Ashlene is currently looking for individuals who are willing to be assessed and trained to become contractors for the future Boswell area Better at Home program. If you are interested, please contact Ashlene at (250) 428-5520.

East Shore Kootenay Lake CommunityHealth Society is pleased to sponsor this event.

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Harreson Tanner, RMT
Over 30 years clinical experience



* Knowledgeable * Skilled * Experienced
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EAST SHORE PHYSIOTHERAPY



Anna Rose
BScPT

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- Home Programs
- Gentle Treatments

Health Center, Crawford Bay

(250) 227-9155

Notice of Passing

BRUCE

by Wendy Scott

William Bruce Scott
Born November 15, 1938, Nipawin,
Saskatchewan
Died May 3, 2015, Kelowna, BC

The day is soft and warm. A bit of a breeze brings the scent of lilac through my kitchen window. Returning swallow families rush back and forth in furious argument over housing, and a single humming bird has come to the window to remind me to fill the feeder.

I'll sit on the deck with my coffee, but there's only one mug and an empty chair beside me. Bruce, my partner, my companion, my husband died at the beginning of May in Kelowna Hospital.

Even though his passing was quite sudden, our children: Marguerite Odendahl (Scott) of Prince George, BC., David Scott from Sidney BC. and Tereus Scott from Victoria were all able to visit with their dad which meant that his illness and his departure were somewhat easier for him and for the rest of us. My sister, Shirleen Smith, was here as well with her comfort, her love and her support.

Bruce's elder sister, Donelda Leale (Scott) was not able to come from her home in Nipawin, Saskatchewan, but the blessing of her thoughts and prayers were with us, as were the memories and laughter shared with Bruce's cousin, childhood friend and playmate, Mari Etta McEachern of Saskatoon. Duncan Scott – story teller, fiddle player, brother and friend died in September, 2001.

It was a chilly day in November, 1938, when Bruce's mother, Gertie Scott and his dad, Bill Scott brought Baby Bruce home to his brother and sister. But it was not long before Child Bruce was disassembling clocks and sending messages on a wire strung from his Nipawin bedroom window to his neighbour next door, in fact, from a very early age, Bruce knew where he would lead his future: electronics was his only plan, and piling hay after school and working during the summer on the rail crew only emphasized his decision.

It's quite a trek from Saskatchewan to British Columbia and Bruce did not take a direct route. Electronics training and experience took him to North Bay, Ontario, and even further north to Federal Electric at Cambridge Bay in the Yukon where he worked underground at the SAGE computer system to monitor the DEW line (the distant early warning system managed jointly by both Canada and the United States in the late 1950s.) He returned to Ontario during a particularly chilly winter, and it was then that the moan of a reluctant starter and a crisp, frozen instrument panel confirmed his absolute determination to move to BC.

His electronics training was topped up at IBM near Poughkeepsie, New York and Bruce came west to IBM in Vancouver to be the Customer Engineer for the newly opened Genie Centre at the Bank of Montreal on Broadway, and that is where we met.

Although we were together for the rest of his life, we did not stand still. We shifted Home Base from Vancouver to Shalalth on Seton Lake in the BC Interior, and after a decade or so, slid back south to Victoria for a few years, then up-island to Ladysmith, and finally to what became our home here in Riondel. In between there were a few Mexican holidays, a jaunt across Canada and south again along the Atlantic coast for an extended, warm, Mexican winter.

I suspect the warm winter feeling became rooted early in Bruce's psyche coaxing him away from the cold and guiding us into Kootenay country to discover home here in Riondel. **A memorial was held on Saturday, May 30, 2015 at Dutch Harbour on the East Shore of Kootenay Lake just north of Riondel.**

Notice of Passing

CHARLEEN ROSE POMPU

March 26, 1959 - May 7, 2015

Charleen Rose Pompu, born March 26 1959 in the Creston Hospital, the daughter of Lyle and Adele Sillers, first of three children, with brothers Ken and Terry. Charleen grew up in Crawford Bay and Gray Creek area. Grandpa Hunter and Grandma June McClure lived close by in Gray Creek and later Riondel, Aunties and Uncles: Art, Sharon, Mel, Helen, Maureen, and Roy in the area.

Charleen's family moved to Creston in 1972. In high school, she had many friends, played and watched sports, and was notorious for her contagious laughter, brightening any room she was in. She started dating Daryl Pompu and within a couple years they moved to Calgary. There she began school to become a hairdresser, where she learned to cut, perm, dye, and fluff up people's hair.

Charleen moved back to Creston after two years. In 1982 she married Daryl Pompu, and gave birth to three children – Mike, Ashley, and Amber. They purchased five acres of land in Erickson where they started a small farm, raised ducks, geese, and chickens. Daryl planted trees and Charleen tended flowerbeds and grew big beautiful vegetable gardens for her family. She loved her animals, pets, and surrounded herself with the things that made her happy. Charleen had an interest in health and nutrition and did a lot of canning and preserving of various fruits and veggies she harvested on their land.

She worked as a hairdresser for many years in various salons and eventually moved her career to fitness while her children were in school. She loved the action and routine of the fitness profession. She became a certified personal trainer, and worked as a rehabilitation occupational therapist, helping people recover from work place, and car accident injuries. In 2004, Charleen purchased the Creston fitness center with the help of her partner Daryl. She overhauled the business, with a complete renovation and mostly brand new equipment. As business slowed down seven years later, due to competition of the new rec center, she sold the business in 2011.

Charleen then moved to Cranbrook with a friend, where she could be closer to her father Lyle. She discovered another career which was a job at Commitment to Care. She was an in-home care aid to seniors and sufferers of chronic illnesses. She loved her job and treated each of her clients as genuine friends.

Charleen loved gardening, flowers, and vegetables. She loved drinking lattes, raising chickens and ducks, playing with her pets, swimming, canoeing, and camping with her family. She was active in the community she lived in, and spread joy to all of the people around her, and touched many people's lives for the better. She had a big heart and big smile, for anyone who knew her. She left a unique and special impression in our lives that will never be forgotten or replaced.

She will be lovingly remembered by her brothers Ken and Terry, her step father Robert (Papa), step siblings of the Robinson Clan and all of her aunties, uncles, cousins, nieces, and nephews who she dearly loved, and they loved her.

A Celebration of Life was held at Gray Creek Hall on May 15, 2015. Internment of ashes in the Gray Creek Cemetery will take place at a later date.

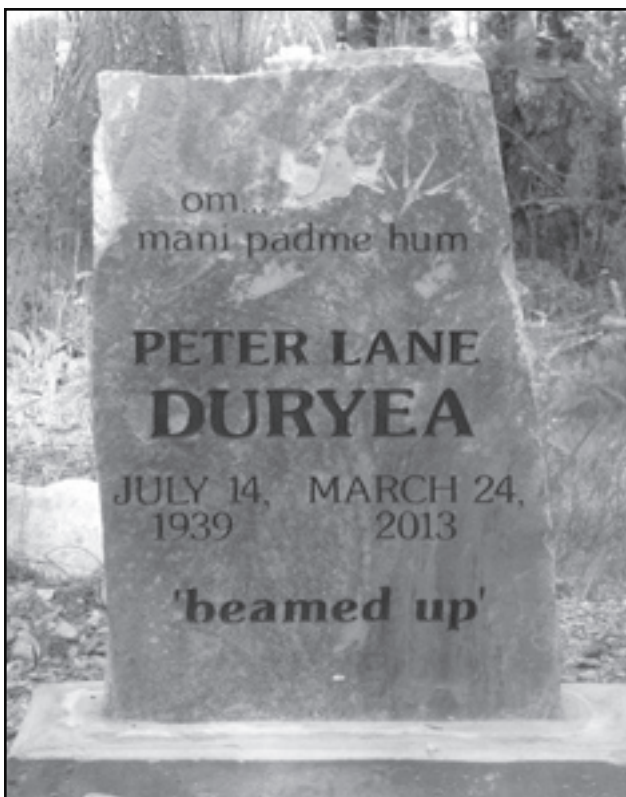
Notice of Passing

HENRY STEVENSON

Stevenson, Henry Everett passed away in Nelson on May 17, 2015 at the age of 99. It is with heavy hearts that the family of Henry Stevenson announce his passing. A Celebration of Life will take place this summer.

Henry was the inventor of the *Monsoon Bucket* that is used by helicopters to drop water and fire retardant on forest fires. Henry and his father before him operated Stevenson's Machine Shop in Nelson. Henry piloted his own aircraft and had much to do with building the Nelson Airport. In fact he had his children picking stones from the gravel runway before it was paved.

June 2015 Mainstreet 17



Artist and sculptor John McKinnon says "The stone is a local metamorphic sandstone or Quartzite. This piece is from the Ymir area. I have been making gravestones for a lot of years, pretty much word of mouth. It gives me great pleasure to be able to make stones for people who I know, respect and love. The stone of Peter is a small, quiet celebration of the fact that he lived here and was such a positive influence on the community." Please look at McKinnon's website to see the amazing art he designs and produces. Its worth a stop at the Gray Creek Cemetery to look at his stone and remember Peter Duryea.

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.

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HULLAND AND LARSEN CONSTRUCTION - experienced residential construction & custom finish work. 250.551.2915 or 250.505.3570. (see ad in contractor section)

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

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.

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

KOOTENAY SOUND HEALING CENTRE on Riondel Road, offering sound healing treatments, gong meditations and Acutonics® classes. Theresa Lee, certified Acutonics® teacher and practitioner, 250-225-3518 kootenaysoundhealing.com

MASSAGES & WELLNESS FOR WOMEN - Reflexology according to the clock of Chinese medicine, Reboundology: 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

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 ref req'd. 227-6877/cell: 505-6166.

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

SUSAN SNEAD - MASSAGE PRACTITIONER: Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Level 1, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

TAROT READINGS - Come with your question. It's not about predictions, it's about gaining clarity by bringing hidden pros and cons into the light of your awareness; there lies the solution. Over 30 years of practice. P. Danielle Tonossi 250-227-9478 www.crystalgardenspirit.com

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: 9-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.

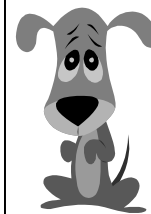
YARD/LANDSCAPING/SITE PREP

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CRESTON VETERINARY CLINIC

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Dr. John Pfeffer & Dr. Emma Davis
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Mobile veterinary clinic available in Crawford Bay. Please call Creston Veterinary Clinic to book appointment & for more details.



NEW LOCATION! We will now be doing clinics at the Crawford Bay Motel, Unit 6...

Mobile Clinic Dates:
July 14 and Aug 11 at the Crawford Bay Motel.

CLASSIFIED SECTION

BIZ ANNOUNCEMENTS

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.

CLASSES/WRKSHOPS

Medley Arts Camp, July 27-31, website is up with details of courses, times, and online registration. For all ages: dance, art, guitar, ukulele, marimbas, Theatricks, Harmonic Voice. Phone Lorna at 250-225-3333 if more info needed. The best vacations are close to home! www.medleyartscamp.ca

NOTICES

GARAGE SALE - two households: fishing tackle, furniture and household items. Friday, Saturday and Sunday - June 12, 13 and 14. 12pm to 6pm daily. 1617 Russel Avenue, Riondel.

REAL ESTATE

Unique Gray Creek Property for SALE: Beautiful home & second studio building, new

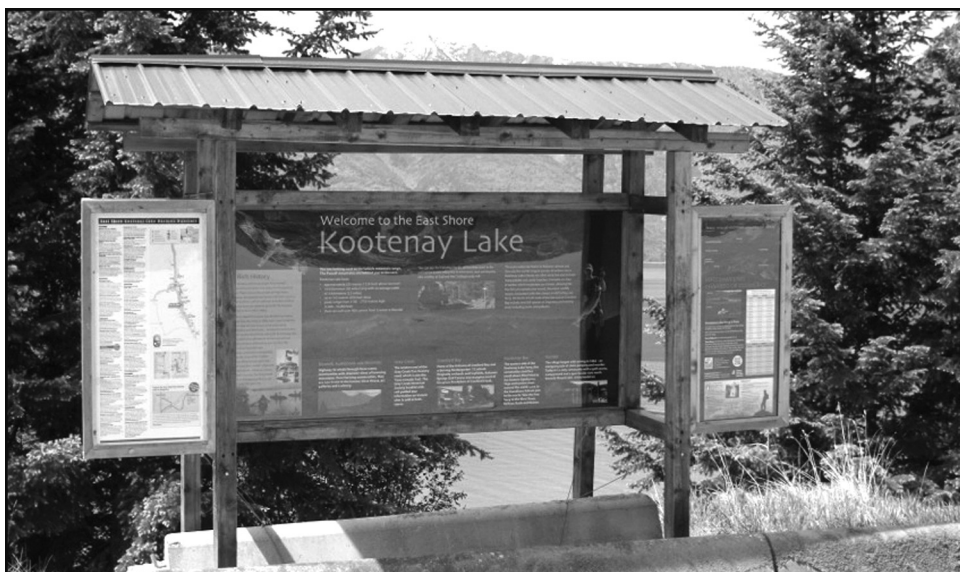
kitchen, bamboo flooring, two baths, decks, loft, large master bedroom. Located Jasper Road on 10 acres of forested land with walking trails... For more info & viewing. Call 250.505.3435.

Land for Sale: Beautiful lake views from this 10 acre lot located half way up Gray Creek Hill, choices for prime building sites, electricity in place, water spring. For info call 250 505 3435.

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL

Booking/info: Judy @ 250-223-8664



Here's the new sign at the Akokli Overlook a paved pullout south of Destiny Bay that always has tourists taking photos of the Lake. Designed by Warren Clark this WELCOME TO KOOTENAY LAKE has much information as so many people make this a rest stop as well as a picture opportunity. Funded by the Economic Development Commission and the Kootenay Lake Chamber of Commerce this has been a community effort with Ken Fraser designing stable footings, Barney Bothamley and Einar Strom providing gravel and a section of older cement curbing, with final erection by Lions Mike Jeffery, Richard Dannhauer and Ken Fraser.

Photo: Warren Clark

The MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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

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

E-mail: mainstreet@theeastshore.net

** ADVERTISING RATES

\$35.00 - 3 1/4" wide by 1 3/4" high

\$40.00 - 3 1/4" wide by 2 1/2" high

\$45.00 - 3 1/4" wide by 3 1/4" high

\$50.00 - 3 1/4" wide by 4" high

\$55.00 - 3 1/4" wide by 4 1/2" high

or 6 3/4" wide by 2 1/4" high

\$65.00 - 3 1/4" wide by 6" high

or 6 3/4" wide by 3" high

\$85.00 - 3 1/4" high by 9" high

or 6 3/4" wide by 4 1/2" high

\$100.00 - 3 1/4" wide by 10 3/8" tall

\$130.00 (quarter page) 5 1/4" wide by 7 1/2" tall

\$150.00 (third page) - 6 3/4" wide by 7 1/2" high or 3 1/4" wide by 14 1/2" tall or 10 3/8" wide by 4 1/2" tall

\$225.00 (half page) - 10 3/8" wide by 7 1/2" tall

\$400.00 (full page) - 10 3/8" wide by 14 1/2" tall

Sample Sizes - more sizes available.

Column Width: 3 1/4 inches - double column width:

6 3/4 inches - full width: 10 3/8 inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

** 30% MORE FOR COLOUR ADS**

BULLETIN BOARD

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

**CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS,
PUBLIC HEALTH NURSE**
Will be at the East Shore Health Centre monthly.
For information, call Creston Health Unit at 250-428-3873.

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

PHYSICIAN COVERAGE FOR June 2015
**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 2: Dr. Grymonpre
June 3: Dr. Moulson
June 4: Dr. Lee
June 9: Dr. Lee
June 10: Dr. Grymonpre
June 11: Dr. Moulson
June 16: Dr. Grymonpre
June 17: Dr. Moulson
June 18: Dr. Lee
June 23: Dr. Grymonpre
June 24: Dr. ?
June 25: Dr. Lee
June 30: Dr. Grymonpre (also lab day)
**Please Note: Lab hours 7:30 - 10:30 am, Weds
Call to make appointments at 227-9006
on doctor days and Thursday morning.
Tues, Weds & Thurs (8:30 to 12:30)
Phone: 250-227-9006 Fax : 250-227-9017**

BOSWELL HALL HAPPENINGS
Yoga: Thursdays, 9:30-11:00 am.
Meryllyn Arms 250-223-8058
Tone & Trim Fitness: Mondays & Fridays 9am
Darlene Knudson 250-223-8005
Vinters - June 10, 7pm
Jeanne Kay Guelke 250.402.3791
Book Club - June 11, 2pm
Contact Melody Farmer 250-223-8443
Quilters Guild - June 16, 2pm
Contact Jan Brooks 250-223-8667
BADEV - June 11, 7pm

BOSWELL HALL SPECIAL EVENTS
JUNE - Father’s Day Breakfast: June 21, 8:30-
10:30am. Contact Melody Farmer for info: 250.223.8443
JULY - Canada Day Dinner: July 1, 6pm. Garrett or
Judy Harvey - 250.223.8664.
AUGUST - Crime Watch Fundraiser Dinner:
August 15, 6pm. Herve Blezy: 250.276.4282



OPEN WRITING GROUP
Open Writing Group at the Crawford Bay School Library, 4-
6pm - cookies & tea provided. \$3 drop-in. Dates: June 22,
July 27, August 31 and Sept 28.

Annual General Meeting
East Shore Kootenay Lake Community Health Society, 7 PM
Thursday, June 25 at the Crawford Bay School, Learning
Place (corner room). Please come and learn about your local
health society and the activities and accomplishments over
the last year, and participate in plans for the future. There
will be several openings for Board Members since several
long-serving members are retiring this year. This is an op-
portunity for those interested to effect positive outcomes
benefitting East Shore residents.

EAST SHORE HEALTH SOCIETY
AGM Thursday June 25 at 7pm. Community Learning Room of
the Crawford Bay School. Come and help shape the future of
Health care on the East Shore

LIBRARY AGM
Eastshore Library AGM will be at 3pm
on Sat. June 20 in the library.

LOOKING FOR KIDS CRAFTS
Starbelly Jam is refreshing it’s kids craft supplies for the festival.
Do you have any unused bits and bobs that you would like to
share? We are looking for buttons, beads, yarn, pipe cleaners,
glue, tape, construction paper, drift wood sticks, etc. Donations
can be dropped off at La Gala Jewelry in Crawford Bay. Thank
you and see you at the Jam!



**STAY
INFORMED!**

ICBC has
changed the
date for ATV registrations
to November 1st....

Office Hours:
Tues - Fri: 9-5 (closed from 1-2)
Saturday: 8:30 - 12:30

#16030 Hwy 3A, Crawford Bay
Phone: 250.227.9698

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE				
Mountain Standard Time - Winter Schedule in effect				
Vessel Name	Balfour	Terminal	Kootenay Bay	Terminal
		Winter	Summer	Winter
Osprey 2000		6:30 am		7:10 am
Osprey 2000		8:10 am		9:00 am
Osprey 2000		9:50 am		10:40 am
MV Balfour				
Osprey 2000		11:30 am		12:20 pm
MV Balfour				
Osprey 2000		1:10 pm		2:00 pm
MV Balfour				
Osprey 2000		2:50 pm		3:40 pm
MV Balfour				
Osprey 2000		4:30 pm		5:20 pm
MV Balfour				
Osprey 2000		6:10 pm		7:00 pm
Osprey 2000		7:50 pm		8:40 pm
Osprey 2000		9:40 pm		10:20 pm

CHURCH
CALENDAR

RIONDEL COMMUNITY CHURCH
May 2015 SCHEDULE
May 3: Ramona Dannhauer, 4pm
Music: Richard
May 10: Please join us on the 10:40 ferry to Balfour,
St. Michael’s Church, 11am
May 17: Jim Hearne, 11am
Music: Marie Gale
May 24: Jeff Zakk, 11am
Music: Marie Gale
May 31: Brenda Panio, 11am
Music: Marie Gale
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
**No services at the present time. Contact Christ
Church Creston for info - 250.428.4248**

HARRISON MEM. COMM. CHURCH, ANGLICAN
Crawford Creek Rd., Crawford Bay Everyone Welcome!
No services at present time.
For info, please contact 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.
Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay250.227.9444

YASODHARA ASHRAM
Satsang (non-denominational, “in the company of the wise”),
each evening 8pm. Everyone welcome, 250.227.9224

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 24, 2015*

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 Monday morning
at 8:30 am in the Kootenay Lake Community Church basement.
Call Myrna for more info: 227-9420

PARENT ADVISORY COMMITTEE
(PAC) Meetings held at 7 pm at the Crawford Bay School
on (usually) the second or third Monday of the month. (or Tues)
Call Ingrid to be put on the agenda - 250.227.9246
**June PAC Meeting:
June 8, 2015**

June 2015 Mainstreet 19

June 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 TOPS, KLCC, 8:30am	Full Moon 2 Creston Vet Clinic, CB Motel, Next one: July 14 Dr. Grymonpre	3 Volleyball, 7pm, CB Gym Bingo, Rio CC, 6:30pm Dr. Moulson	4 Hatha Yoga Bos Hall, 9:30-11 Many Bays Practice, 7pm Dr Lee	5 Amb. Aux Garage Sale 1506/1510 Russel Ave, 2-7pm	6 Temple Fire Anniversary Ashram, 2:30-4pm Amb. Aux Garage Sale 1506/1510 Russel Ave, 9am-3pm
7	8 PAC Meeting, 7pm, CBESS TOPS, KLCC, 8:30am	9 Lions Mtng, 7 pm Dr. Lee	10 Volleyball, 7pm, CB Gym Bingo, Rio CC, 6:30pm Dr. Grymonpre	11 Hatha Yoga Bos Hall, 9:30-11 Many Bays Practice, 7pm Dr Moulson	12	13 What's Happening Spring Forum, Wynndel Hall, 12:30 Zoe's Graduation 2015, CBESS
14	15 TOPS, KLCC, 8:30am	16 ESIS AGM, GC Hall, 7pm Dr. Grymonpre	17 Volleyball, 7pm, CB Gym Bingo, Rio CC, 6:30pm Dr. Moulson	18 Hatha Yoga Bos Hall, 9:30-11 Many Bays Practice, 7pm Dr. Lee	19	20 Meet Bill Green, CBESS, 4-7
21 Father's Day	22 TOPS, KLCC, 8:30am	23 Lions Mtng, 7 pm Dr. Grymonpre	24 Volleyball, 7pm, CB Gym Bingo, Rio CC, 6:30pm Dr. ??	25 Hatha Yoga Bos Hall, 9:30-11 Many Bays Practice, 7pm Dr. Lee	26 GC Store Anniversary	27 Sacred GC Opens GC Store Anniversary Strawberry Social, Ashram, 1-4
28 Sell What Ya Got Garage Sale, CB Park Open Tipis and AGM	29 TOPS, KLCC, 8:30am	30 Dr Grymonpre (lab too)	July 1/8 July 1: Canada Day Festivities at the CB Park Dr. Moulson	July 2/9 Full Moon Dr. Lee	July 3/10 July 10: KGB Comedy Contest	July 4/11 July 4: Bessie Wapp & Friends, Harrison Church





**We're here
to help you
find work.**

**Monthly In The Community Rooms
at the Crawford Bay School**



Employment Services Centre

FREE Services include:


- Employment Counselling
- Resume Development • Job Search
- Career Assessments
- Access To Training & Certification
- Self Employment & Program Options
- Customized Employment & More!

**Book Your
Appointment Today!
Call 250-428-5655**

**Kootenay Employment Services Society
119 - 11th Ave N, Creston BC**



The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.



**10th Annual Kootenay
Gut Buster Comedy Show!**
Crawford Bay Park
July 24-25, 7pm each night
**Starring some seriously talented
headliner comedians!**
Plus musical performance by
Maria & Shadowstalk

**Tickets available at Kokanee Chalets
Special low rate for locals.**

**For accommodation,
call 1-800-448-9292
kgbcomedy.com**

Make the valley howl with laughter!

ADVERTISER	PAGE		
		Sapphire Hair Salon	10
Artisans	12	Studio Ponnuki	5
Bill Green Meed the Candidate	1	Starbelly Jam	11
Black Salt	7	Strawberry Social	1
Boswell Hall	18	Sunnywoods	15
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Comedy Contest	8	Tipi Camp AGM	7
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Crawford Bay Hall & Parks	10	Turlock Electrical	10
Crawford Bay Market	11	What's Happening Forum	3
Credit Union		Work BC Job Opps	10

**Transfer
Station
Hours**

**CRAWFORD BAY:
Sun, Tues & Thurs**

9am - 3pm

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



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

Library Hours:

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

Riondel Library:
Mon: 2-4 pm,
Weds:
6-8 pm

Tues, Thurs, Sat:
10am-12:30pm