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# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

### INSIDE:

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

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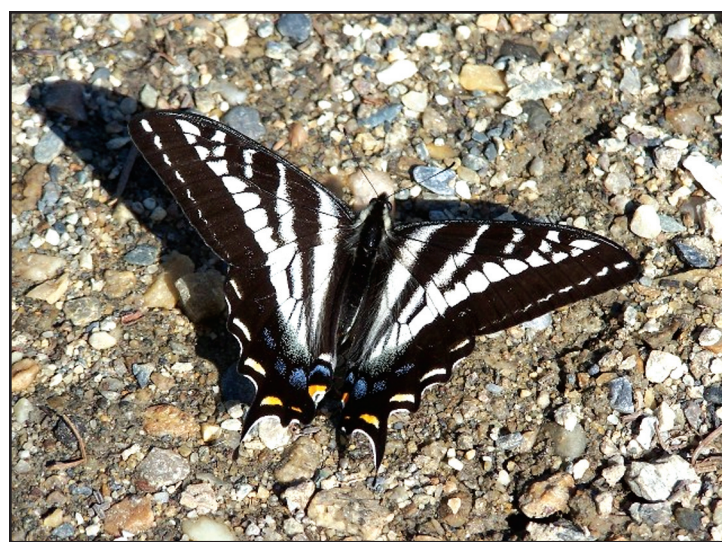
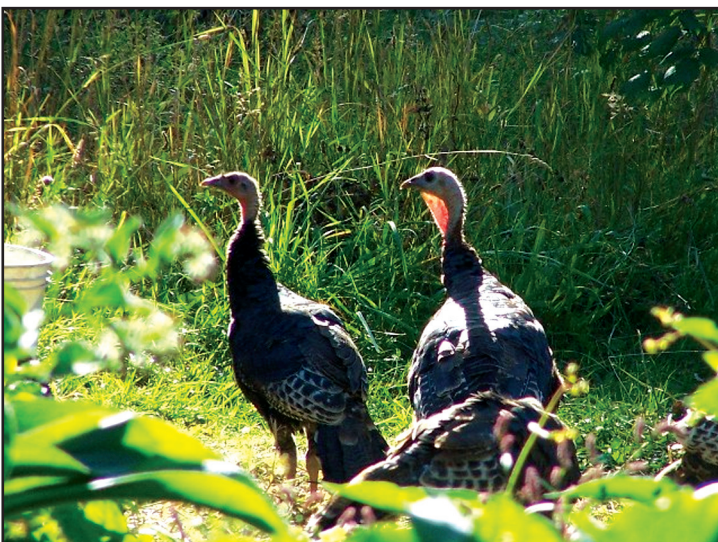
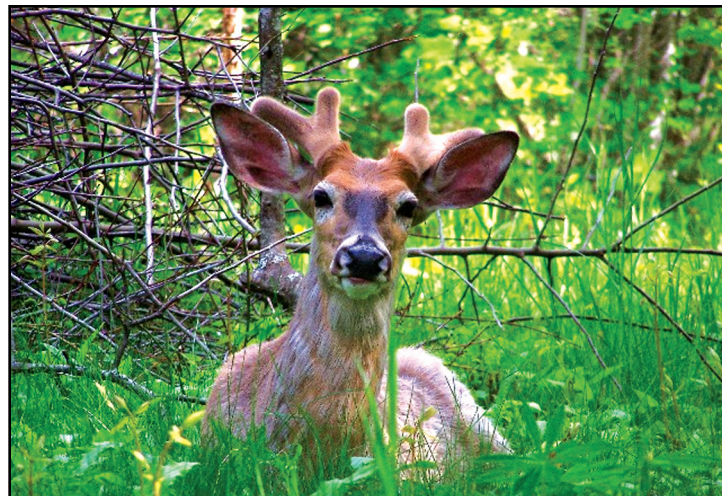
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# MS Issues

by Ingrid Baetzel,  
Editor

*Spring has returned. The Earth is like a child that knows poems.*

Rainer Maria Rilke

Yes, the hopeful season is upon us. Today (weeks before the official start of spring), I can smell it in the earth. The joy of possibility settles gently upon my hands, turned palms-up to the sun. Absorb some Vitamin D. Say yes to a question that was, previously, difficult to answer. Put on your gum boots and step into the defrosting mud.

What is this human condition that pushes us upwards, optimistically, into action – this force of nature that returns resolutely, year after year, to remind us of our youth and spank our bottoms into forward momentum? I have learned to embrace winter. It's not impossible to find the sun or to move your body in the frozen months, but how I yearn to see the first signs of spring! The slow unfolding of the yard and the trees, the subtle additions of colour and warmth... these are the things that make me breathe more deeply and see more clearly.

This may be the time to get out and lend a hand to your neighbours. Now may be the perfect moment to make that change that's been waiting for you. This could be the season of community, if we choose it to be. Before we know it, summer will be upon us again with its glorious combination of hectic engagements and lazy days. And then will come fall with its prepa-

ration and bounty and harvest... Winter will follow, as it always does, to slow us down and encourage some internal dialogues and investigation. Another year will be gone until this time returns. Another year to choose to engage or to disengage. Another year before this sense of wonder, of light, of promise rolls our way again. Spring forth!

*Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.*

Robert H. Schuller

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## OFFICE DESK

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Email: mainstreet@theeastshore.net

**Assistance:** Doreen Zaiss

**Writers:** Community

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

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

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

**Copies every issue: 1000**

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

**Next Deadline:**  
**Wednesday March 24, 2010**

# LETTERS TO THE EDITOR

## IN SOLIDARITY

Dear Editor:

The members of Steelworkers local 1-405, locally known as the Credit Union staff, would like to acknowledge the tremendous support offered by the community during this labour disruption. All of the honks, waves, drop by visits and goodies are very appreciated, as is your continued support while we wait for the management of the Credit Union to return to the bargaining table and negotiate a collective agreement.

*In Solidarity,*

*Karol Draper, Beth Lamond, Sheri Haywood, Amanda Hulland and our Nelson brother and sisters, on the picket line, Rick Loewen, Angie Sparmen and Lois Anderson.*

## TO REACHING AN AGREEMENT

Dear Mainstreet Editor,

As your East Shore representative on Nelson & District Credit Union's board of directors, I'd like to present my perspective on the current strike going on at our Credit Union. As I write this it's been just over a week since the unionized workers left their jobs and started picketing the three branches of NDCU in Crawford Bay, Nelson, and Rossland, and I've had some phone calls and emails from concerned members wanting to get more information on the situation.

The negotiation over a new contract has been ongoing for almost two years, culminating in our Credit Union making a contract offer to the unionized employees before they walked off the job last week. Our board of directors believes that this offer is an extremely fair and generous one that strikes a good balance between the need to reward our excellent employees with excellent pay and the necessity of keeping our Credit Union financially viable. For details on what's been offered by our Credit Union, please visit the www.nelsoncu.com website and click on "Labour Dispute".

Our Board is committed to NDCU being the best employer in the area, bar none.

We're also committed to ensuring that our members can continue to access their money and use our Credit Union's services as easily as possible during this labour disruption, and non-unionized staff are continuing to operate our branches, with reduced hours of opening. ATM, computer, and telephone banking are also still available for our routine daily transactions.

Finally, I'd like to appeal to everyone to keep our heads during the strike and maintain the good community relations that are so important to all of us, even though it's a stressful time for all of our Credit Union employees and their families. Both the Steelworkers Union and our Credit Union management and board want to reach an agreement as quickly as possible, and I'm sure that all parties involved will work to make that happen. I promise that I

## ADIEU DINING OUT

Dear Editor,

I would like to express my sincere gratitude to John Mueller and his wife Marian. It was with sadness that I read that John is "bidding

adieu" to his column.

I looked forward each month to his article, "Dining Out", not only for the great ideas and history of his long participation in the food industry but also, I felt like I was still in touch with this wonderful and encouraging couple.

John and Marian helped me out personally over the years and I came to know them as true friends. We would visit often and when they sold their home here on the Eastshore, they would come and stay with us in our home. Their true love and devotion to our community was tireless and endless.

I know many will also miss John's humour and Marian's great style. Through their faith in God, they truly promote His command "to love thy neighbour as thy self". I will miss John's column but both are not forgotten.

*Beth Alguire, Riondel*

## MAJOR CUTS TO SURGICAL SERVICES

Dear Editor,

Interior Health is planning major cuts to surgical services at the Kootenay Boundary Regional Hospital in Trail, effective April 1. In particular, the orthopedic surgeons' operating room time will be cut in half. This means at the very least that if you were expecting a

info@kootenaylakeview.com

### Permanent Part-time Retail Clerk Positions at The Lakeview, Gray Creek.

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## RDCK Area "A" Update

by Garry Jackman, Director, Area "A"

**T**rails and taxes. How about trails first?

**Trails:** Teck is finally prepared to remove the unused power line across the Gray Creek pass. They scheduled meetings in Marysville (February 16) and Gray Creek (February 17) to advise the public of the scope of their decommissioning project and to take public input on the project. I had a budget meeting for the Kootenay Boundary Hospital District in Castlegar so I decided to drive to Marysville to hear the presentation (I am afraid my 'carbon footprint' is not very good these days). The Marysville meeting was attended by 50 to 60 locals who clearly had varied concerns.

Teck reps indicated they had assessed all of the pole structures, culverts and slopes along the power line for environmental impact and stability. They indicated they would remove all of the wire and hardware, all of the poles except where the disruption of the ground by pole removal would do more damage than cutting it off at grade and they would remove all or most of the culverts, again in the interest of leaving stable banks along the creeks. They clearly indicated they want a near complete removal and then want no further involvement along the right of way (which they will be giving up). Note that the vast majority of the line is on crown land, some easements have been placed on private lands at both Marysville and Gray Creek and that Teck owned some of the right of way at the Marysville end. The land owned by Teck is being exchanged with the City of Kimberly for land near the Sullivan Mine. The crown and private easements will cease to have effect. Here is where the controversy begins. Some landown-

## LETTERS...

wait of four months for your minor knee surgery, the wait will become eight months. Worse than that, deteriorating conditions for the surgical staff, including anesthetists and OR nurses, could force some of them to seek better conditions elsewhere. Locums already don't want to come. Our access to basic procedures would decrease further. If you are in a car or skiing accident and need even a simple fracture fixed surgically, you could be sent on to Kelowna or Cranbrook due to inadequate staffing at Trail.

Some people don't like going to Trail for anything, and think that all services should be available in Nelson. Nice idea, but let's try to hang on to what little we already have rather than asking for more that isn't likely to be given. To my knowledge, Nelson never had its own orthopedic surgeon. The orthopedic surgeons in Trail are excellent. Please understand that they have been over-booked already, so may not have given everybody satisfactory time in consultations. I know from providing physiotherapy to hundreds of people post-operatively in the past thirteen years that they do very good work. Unlike some, they also answer me promptly when I have questions regarding someone's progression after surgery.

If this matter is a concern to you, please write to these two people, soon:

1. Dr. Robert Halpenny, CEO / Interior Health / 220-1815 Kirschner Rd / Kelowna, BC / V1Y 4N7
2. The Honourable Kevin Falcon / Minister of Health Services / 1515 Blanshard St / Victoria, BC / V8W 3C8

Thanks for your attention,  
Anna Rose, Gray Creek

**Next Deadline:**  
**March 24, 2010**

ers expressed relief that the lines, the right of way and all associated activities will cease. Others are looking to have the right of way, as identified today, become part of a trail system. Some of these people want a trail suitable for quads and sleds, and hence asked if more culverts can be left in place. Others want no motorized vehicles and the maximum amount of 'return' to nature except for a walking path. Some private land owners indicated they would not make their land available for hiking, so any possible trail would need to go around them.

These issues were discussed actively about a year ago then died down. I have not had much feedback from the Gray Creek meeting yet. If a parallel trail to the Gray Creek pass road is ever to be established it would certainly make sense to use the established corridor as identified by Teck's power line, certainly preferable to spending huge dollars to survey a route. No assumptions can be made about use of private land. I expect that groups with interests will become much more active in the coming months. The coordinator for the meetings promised to share all e-mails provided by attendees to facilitate contact between parties with common interests. Teck will begin work in April and expect to complete the removals by this fall, at which time I expect their right of way will cease to exist.

**Taxes:** First we get our property assessments then months later our property tax bills. The months in between are not uneventful for local government. I have asked a number of people whether their assessments have gone up or down and the general trend is that the previously "overheated" lakefront market has slowed considerably so many of those properties have dropped in assessment while secondary (not lakefront) properties have seen an increase. Note that the Provincial Government ordered the BC Assessment Authority NOT to show market changes in assessments from 2008 to 2009, freezing the levels at the previous year. There are dissenting opinions, but the main reason is stated that in a time of great market uncertainty it was best to simply go with the numbers from more stable times. As a result, this year's assessment is actually making adjustments for two years of market changes which will be part of why some of the changes are so significant. With the significant assessment changes will come significant property tax changes as we all share that burden based on assessment. I want to point out what portion(s) of your property taxes are a result of RDCK services as opposed to charges set by the Province.

I will use my property taxes as an example of an area with minimal RDCK service (I pay into general and rural costs as I described last month plus "garbage", economic development, Rec 9, Creston airport, cemeteries, libraries and a few other similar smaller tax items). On my property tax bill I pay 27% of the total to the RDCK and 73% for the provincial services. Some of the provincial services are tied to the regional district, such as major capital projects for hospitals. I can explain in greater detail to any who are interested. Of the provincial tax, the largest by far is school tax (53% of my total) followed by provincial rural tax (11%) for items such as highways

maintenance right down to the half a percent I pay to the guys who figure out how much I should pay (BC Assessment Authority). In the portions of Area A where you have one of the two fire services, one of the RDCK water systems, pay a specific tax for drainage, street lighting, recreation facilities or the like the percentage of RDCK taxes will be higher. As I indicated last month, whatever increases or decreases are seen on RDCK taxes will have a fractional impact on your total property taxes. Final numbers are not decided yet but will be set by the March 25 RDCK Board meeting. The changes on the Provincial side will not be known until we get our tax notices.

On other items, the most significant issue to us locally may be the series of meetings that the School Trustees are holding in various communities throughout SD 8. I attended the meeting in Creston on Feb 22nd along with about 200 others. School District 8 Superintendent Pat Dooley indicated they are facing around a million dollar deficit (about 2% of their total budget) and that the Trustees had directed senior staff last summer to recommend where savings could be found. The analysis is being performed across six sub-regions within the school district with focus seeming to be on the Slocan Valley, Creston and Crawford Bay (the Superintendent indicated that major changes had already been made to some of the other sub-regions in recent years). School District 8 has planned 4 meetings in Creston and one in Crawford Bay (March 24th) to discuss opportunities and changes. Given the tone of the first meeting in Creston, in the face of no opportunities to improve or grow, the changes may be negative. I encourage all to attend and give their input, if only to express the value of a school in relatively remote areas such as the east shore.

As always, e-mail me at [gjackman@kootenay.com](mailto:gjackman@kootenay.com) or call 250-223-8463. Look for the RDCK website for information on meetings and initiatives at [rdck.bc.ca](http://rdck.bc.ca).

Applesauce Fiddlers present

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7:00 CONCERT  
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8:30 COUNTRY DANCE  
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Music by Rosslund's Golden City Fiddlers and Applesauce Fiddlers

Adults \$12  
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# Negotiations Bulletin

## Re: N&DCU Strike

press release by United Steeworkers Local 1-405

Feb 24, 2010 - The Union has been in contact with the mediator over the last couple of days. The Union has indicated a willingness to return to the bargaining table, and is waiting to hear if the Credit Union is prepared to do the same in the immediate future. "We can only resolve this dispute by being at the bargaining table," said Doug Singer, Financial Secretary, USW 1-405.

We are disappointed in the Credit Union for the lack of respect for their employees, by posting a skewed version of the wages on the Credit Union building but not posting the management wages. We believe the posting of employees salaries is a blatant attempt at manipulating the public. The main issues in this round of bargaining are job security related, full time vs part time positions, preservation of benefits, travel pay resolution, future mergers and acquisitions, grievance procedure, contracting out, seniority for relief, family responsibility leave. We are on strike over many issues, not just one issue. This language is required due to inconsistent application of the current collective agreement language and to address problems that have arisen in the last four years in the workplace.

Travel Pay Grievance - The Credit Union agreed with the Union to resolve the issue at the bargaining table, then refused to discuss it further or return to the bargaining table.

When the Credit Union says they are prepared to let a third party decide who is entitled they are not

being completely up front. The United Steelworkers offered to go to arbitration a year ago based on the facts of the case. The Credit Union has maintained all along they are going to argue legal tech. outside the facts of the case, which would result in the Credit Union getting out of paying employees.

We want to thank the Credit Union members and the community for their tremendous support and understanding during this dispute.

After being without a collective agreement for almost two years we look forward to concluding a new collective agreement and serving our members in the near future.

## About the Current Labour Dispute

submitted by Tom Atkins, Manager-Marketing & Relationship Development, NDCU

Nelson & District Credit Union regrets to inform our members of the disruptions to normal service as a result of the current labour dispute.

The Credit Union has always been a fair and progressive employer offering an employee friendly contract. Our philosophy and commitment has not changed. We value our employees, appreciate their dedication to members and want to see them return to work as quickly as possible. The Credit Union has negotiated in good faith with the union to reach a fair and reasonable settlement.

The Union has rejected a comprehensive offer made to them last evening of 17.25% over a five year period. This includes retroactive increases totaling 6.75% since the last contract expired on May 31, 2008.

Going forward, your credit union has offered 3.5% for each of the next three years beginning June 1, 2010. In addition your credit union has offered a one-time payment of \$1000 to each employee covered by the collective agreement in recognition of a 5 year agreement.

The management and administration team at your credit union are committed to meeting your service needs, relying upon their collective 150 years of NDCU experience.

During the labour dispute your credit union will continue to offer service to its members at our Nelson, Rossland and East Shore Branches. Details and updates on Nelson & District Credit Union operations during this labour disruption can be found at [www.nelsoncu.com](http://www.nelsoncu.com).

Or, if you require further assistance or information about meeting your financial or business needs please call us at 250.352.7207. For information: Doug Stoddart, CEO, Nelson & District Credit Union - 250-352-7207

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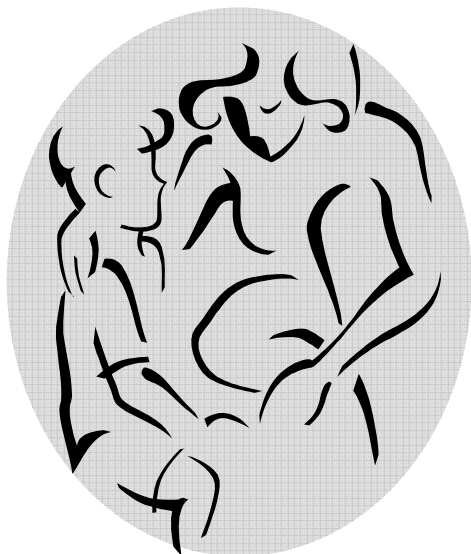


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Nobody's Perfect is a program for parents of children 1-5 years of age.

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Nobody's Perfect. There are no perfect parents or perfect children. We can only do our best, and we all need help once in a while.

This Program isn't perfect either. It can't tell you everything you really need to know about being a parent. But the program can help you do your best and help you feel good about yourself and your children.



## Employment Opportunities

Kokanee Springs is now hiring for the season:

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|-----------------------------|--|
| <b>Lodge:</b>               | -Housekeeping Staff<br>-Night Auditor<br>-Front Desk Clerk                             |
| <b>Golf Shop:</b>           | -Retail Staff<br>-Marshals<br>-Starter<br>-Cart Attendants                             |
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Submit your resume to:  
Kokanee Springs Golf Resort  
Box 96, Crawford Bay, BC V0B 1E0  
Fax: 250-227-9220

or  
E-Mail: [info@kokaneesprings.com](mailto:info@kokaneesprings.com)

\*Please indicate your preferred department/position\*

# About the Strike – From Local Workers

**Press Release from United  
Steelworkers Local 1-405**

**Karol Draper, Sadie Macdonald, Sherri Haywood, Beth Lamond & Amanda Hulland**

February 24, 2010 - The United Steelworkers Union members/Credit Union employees would like to share with you some of the main issues as to why we are on strike.

Our employer, the Nelson and District Credit Union, stated many inaccuracies in their media release dated February 16, 2010. These included comments such as, "The Credit Union has always been a fair and progressive employer offering an employee friendly contract." They went on to say, "Our philosophy and commitment has not changed. We value our employees, appreciate their dedication to members and want to see them return to work as quickly as possible."

If this were the case then we wouldn't be without a collective agreement for the last two years. Approximately 500 days have passed that could have been used for negotiations towards a new collective agreement. The employer's representatives have only shown up at the bargaining table twenty-three of those days. There were many other days negotiations were scheduled and they canceled them.

Does this sound like a "FAIR, FRIENDLY CONTRACT?" Do we feel our employer "VALUES or APPRECIATES our DEDICATION?" As they state. How is this true if our employer is not willing to get back to the table and negotiate a collective agreement?

The five-year agreement that was offered by the employer came after we rejected their "FIRST AND FINAL" offer (by a 96% vote). This "FIRST AND FINAL" OFFER of February 3, 2010 did not address the outstanding and important issues that needed to be addressed and are still outstanding today.

We have had a couple of conversations with a director from the board expressing our concerns. We also gave an open invitation for more than the one board member to be part of the negotiation process. We feel the Board of Directors represent the employees and management as well as the membership. Having only one board member at negotiations is having only one voice for interpretation or support for all concerned. We still would like to see more representation from the Board of Directors. We also feel strongly that people who have nothing to hide, hide nothing.

Since our skewed wages have been posted to the public, it seems fair that full disclosure of the management wages be given to the public as well. Otherwise it would appear the CU is just trying to manipulate the public with one sided information.

**Travel Pay and Other Grievances:** The Credit Union agreed with the union to resolve an issue surrounding travel pay at the bargaining table, then refused to discuss it further or return to the bargaining table.

When the Credit Union says they are prepared to let a third party decide who is entitled they are not being completely up front. The United Steelworkers offered to go to arbitration a year ago based on the facts of the case. The Credit Union has maintained all along they are going to argue legal technicalities outside the facts of the case, which could result in the Credit Union avoiding paying any employee.

The issues that we feel need to be addressed are job security, vacation/return to work from illness or injury, benefits (preserving coverage), travel time resolution, seniority retention, benefits while covering a temporary position, grievance procedures, contracting out, seniority relief, family responsibility leave and vacation language in line with other Credit Unions.

It is the United Steelworker's desire to negotiate a collective agreement, but we can only do that if the Credit Union is prepared to address these issues satisfactorily, which should be of concern to the employer also.

We have not turned much attention to the monetary issues, as these issues have not been our priority at this time.

The reason we have a union is to have a voice. Without both parties at the bargaining table no communication can happen.

The staff on the picket line has tried to convey to management and the public passing by that we need a collective agreement and we want to get back to the bargaining table having resolved some of the issues you've seen on our picket boards as you drive by.

In closing we would like to encourage our communities to stop by as well as send your comments to our Board of Directors. We will provide the emails below. It is our hope that the community voice will encourage management to get back to the bargaining table so that we can get back to serving our members.

Thank you for your patience and support during this labour dispute and we trust and hope to be serving you in the very new future.

**The Board of Directors email addresses follow:**

**lmacdermid@nelsoncu.com**  
**achute@nelsoncu.com**  
**cmccandlish@nelsoncu.com**  
**bswendson@nelsoncu.com**  
**cmclure@nelsoncu.com**  
**m Bailey@nelsoncu.com**  
**gplayer@nelsoncu.com**  
**jedwards@nelsoncu.com**  
CEO, Doug Stoddart's email:  
**dstoddart@nelsoncu.com**

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## Next Deadline:

**WEDS, March 24/10**



## CASH FOR COLLEGE

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This award is based on community volunteer service, not on academic achievement, and is designed to assist students with post-secondary education or training.

All Basin students who will graduate from a Basin high school, alternate school, or other institution that grants Ministry of Education recognized graduation diplomas, are eligible for the award.

Applications can be picked up at local high schools or downloaded from CBT's website.

Applications must be postmarked no later than April 16, 2010 to be considered.

[www.cbt.org](http://www.cbt.org) • 1.800.505.8998



School District No. 8 (Kootenay Lake)

## NOTICE TO PARENTS

### KINDERGARTEN REGISTRATION - 2010/2011

Elementary Schools in School District #8 will be registering for Kindergarten during the week of **Mar 1-5, 2010.**

The district will implement Full Day Kindergarten in the following zones next year:

- **Creston:** Adam Robertson, Canyon/Lister, Erickson, and Yahk Elementary schools;
- **North Kootenay Lake:** J.V. Humphries and Jewett Elementary schools;
- **Salmo Elementary School**
- **Slocan Valley:** Brent Kennedy, Winlaw and W.E. Graham Elementary schools. (These locations may be impacted by the final result of the Facilities Review process).

The kindergarten program continues to be optional for parents. Information on the Full Day Kindergarten program is available at: [www.bced.gov.bc.ca/early\\_learning/full\\_day\\_kindergarten.htm](http://www.bced.gov.bc.ca/early_learning/full_day_kindergarten.htm)

Parents/guardians are encouraged to register their child(ren) at the elementary school serving their catchment area. Should you wish to enroll your child in a non-catchment area school, you will need to register with your catchment area school as well as complete a transfer form which is available at all schools.

#### Entry criteria:

- The child has attained the age of five (5) years on or before December 31, 2010;
- Parents/guardians may defer enrolment of their child(ren) until the first school day of September of the next school year.

Parents/guardians are asked to provide a copy of **the child's birth certificate, immunization card, and BC Care Card when registering.** For further information regarding the Kindergarten Program contact your local school or the Board Office at 250-352-6681 or 1-877-230-2288.

Patricia Dooley, Superintendent of Schools



## Longtime KLEECA Director Steps Down

by Susan Hulland

Well-known Eastshore resident, Peggy Tugwell, has regretfully resigned as a director of the Kootenay Lake Eastshore Eldercare Co-operative Association after serving the group since 2003.

“It was with a sigh of regret, and not a sigh of relief that I recently resigned from the KLEECA board of directors. It has been seven long years – challenging, frustrating, innovative, hard-working, wonderful years. To be honest, I would have liked to have continued on. But that thing called age is slowing me down and to be fair to the cause I know I can best help by serving on specific committees.

“I still believe, as fervently as ever, in the need for eldercare facilities and housing suitable to our rural lifestyle, on the Eastshore. There are, I am sure, many people in this area who have the general and specific

skills necessary to help complete the KLEECA project. I would like to encourage them to believe in themselves and spare a little time to serve on the board or as members of the working committees. Help bring this much needed project for our communities to fruition.”

KLEECA chair, Peter Duryea commented, “Peggy’s unique background in senior and public housing in Great Britain and her elder’s wisdom have been both a guide and inspiration to our quest for compassionate rural care.”

During her years of service Peggy chaired several committees including membership and local fundraising. One of her special interest projects was working with local groups to bring scheduled public transportation to the Eastshore. Most recently she has been liaising with other Eastshore elders, to make the KLEECA project responsive to the changing needs of the elderly.



Glen Kinder looks on as Dave Hough of Steel Wheels digs observation pits to ascertain septic capability on the land KLEECA is developing for senior’s housing in Crawford Bay

## We Challenge You!

Nancy Galloway

The KLEECA Board has worked for seven years, against all odds, to bring senior housing on the East Shore to fruition. It is SO close! The property is selected, the landowners are willing to sell, the newly dug well has plenty of good quality water, and the percolation tests for the septic are great.

Now all we need are buyers for the initial 8 strata lots. We have a few, but not enough to allow the project to move forward.

In order to ensure this senior housing was locally owned and operated, a multi-faceted business plan was developed. The first part was a strata development of 8 serviced lots. Selling these will ensure enough money to buy the first half of the land and put in the required services. A second mortgage will hold the remaining property. Selling the eight garden apartments will enable KLEECA to pay for that part of the land and renovations of the main house.

You notice it is all ‘pay as you go’, with no profits accruing to fatten the KLEECA coffers. This effort is emphatically non-profit, designed solely to benefit East Shore residents who love the area and have no desire to leave just because they need some extra help in their daily lives.

Many of the folks we talk to say, “It sounds good, but not yet.” If not now, when? If we don’t have buyers stepping up now, it won’t be here when you do need it.

If you elect to buy in now, your move can be an orderly process – not a horrible hurried rush because you fell and can’t get around. When that occurs, your relatives come out, pack up your things for Salvation Army and put you into a home in Creston or Trail. You leave behind your friends, your community and your way of life.

If you had bought into the KLEECA development, your home would have been built to meet your new needs – accessible single-floor living, with wide doorways and roll-in bathrooms. The staff would have found you when you fell because of daily check-ins, meals would be brought to you, services would be available, and you would still have the comfort of your own home and friends.

We challenge you to think seriously about your changing needs. We challenge you to help make this East Shore senior community a reality.

### Keep Your Brain Active!

The Kootenay Lake Eastshore Eldercare Co-operative Association (KLEECA) is seeking community-minded people to serve as non-profit board members. The organization is on the cusp of building co-operative housing for seniors on the East Shore. We have hired a project manager who is overseeing the initial project proposal and application for subdivision.

Because the project is large and multi-faceted, prospective board members must be able to commit considerable time. Board meetings are held twice a month, and each member has work to do between meetings. There is no pay, but expenses are covered. Your efforts will win you many stars for your crown.

We are looking for highly organized, computer oriented people with diverse skills: marketing, finance, real estate or sales, to mention a few. If you are as enthusiastic about the East Shore as we are, you’ll want to join this rewarding effort!

Please call Nancy Galloway at 250-227-9233 or Susan Hulland at 250-227-9367

The Kootenay Lake Eastshore Eldercare Co-operative Association, Box 20, Crawford Bay, V0B 1E0

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- **A Full-Time Wood Stove Sales and Service Representative.** Duties to include stove sales, deliveries, installations, WETT inspections, heavy lifting, and other store duties. Experience would be a plus however training will be provided.

Applications are available at the Gray Creek Store or please email resume to graycreekstore@q.com  
Please call Dave Lymbery at 509-499-0007 with any questions.

# East Shore Services LINK

by Ingrid Baetzel

**H**ave you ever thought about what makes a community really thrive?

*What draws you to an area?*

*Have you considered the various aspects of the term "community" that are a constant flowing undertone to the lives we lead in the places we settle?*

Some of us are born into our geography and decide to stay. Others may move to or from an area for work or for health or, simply, change.

When you move to a new community or town, what do you look for? You might check to see if there is a hospital or doctor nearby, a financial centre, a recreation centre, entertainment, or a school. You might look into what is available for your children and the cleanliness and vitality of the area.

What you may forget to look for, but what will define the true nature of that community, may indeed be the community and social services that are available. You may forget to check for services such as mental health and addictions support, counseling, arts and entertainment committees, sports and recreation organizations, support groups for businesses (Chamber of Commerce, Economic Development), extracurricular activities for youth and adults, non-profit organizations that market a region or bring environmental/ecological awareness to the community, seniors services, early childhood education, self-defense clubs, music groups, agricultural support networks, alternative medicine organizations, hospice and cemetery committees, hall and parks boards, emergency service organizations, nature awareness programs... the list goes on.

This list IS community. It is the definition of people coming together to create a society and support one

another. It is predominantly comprised of volunteers who organize and implement activities and sit on non-profit boards. It sustains itself on the energy of those who love what they do, have a vision for their community, and are giving that vision and energy back in the form of community support and involvement.

Some of these groups wither and fade away from a lack of energy and volunteer time available; some spend the majority of their time searching for funds to keep the group active and vital. Grant-writing and fundraising can eat up ALL of a volunteer's time and lead to burn-out.

Three community members from Crawford Bay and Gray Creek have been contracted to work with Andrew Jarrett of the Kootenay Boundary Community Services Co-operative to look into the viability of creating a community services entity for the East Shore, or perhaps all of Area "A".

The Kootenay Boundary Community Services Cooperative (KBCSC) in partnership with Columbia Basin Trust (CBT) hired Laverne Booth, Robert Agnew and Ingrid Baetzel to gather information on existing community groups and organizations and to talk to the communities about whether a "hub" would be viable or desired. The term "hub" needed some discussion to decide first what that meant. What we propose to call the entity for the time-being is East Shore Services Link.

What this organization will look like down the road is yet to be determined. We have been creating a very comprehensive Services and Business Directory that covers Wynndel through Riondel. We have been gathering documents and reports that have been put together over the past years. We have drafted key questions to ask existing organizations about their services,

strengths and challenges. We met with a focus group and discussed how best to put this information out into the communities and to share ideas about our region's needs.

We will be announcing meetings to occur in the spring. We will be personally inviting members of the community, business and services alike, to come to community meetings. As well, we will be opening these meetings up to the public at large. The idea is to determine whether cooperation among service providers

along our eighty kilometre stretch of community will improve these services. The advantages to creating a collaborative platform for these services, particularly those that are not already part of a well-established organization, is to create an entity to attract and hold funding to help these organizations. It could also be a way to share the costs and time needed to recruit, train and support volunteers that are the lifeblood of service organizations. At this point, we are simply gathering and sharing information. Once we have a common understanding of our needs and opportunities, we will have a better idea as to how this organizational link could work... It might be a building, new or existing, with paid administrator(s) to oversee the organizational aspect, it might be a website that is kept current by a paid administrator, it might be a collaboration of existing community groups, sharing information in an organized web, it might be a few people handling a file folder or two out of their homes... it might be nothing at all.

One way or the other, we look forward to hearing your thoughts on the matter. We will announce the first meeting (occurring probably sometime in early April) and hope to see a good turnout and community discussion. As our communities grow and develop, the potential is great for coming together to make a good thing great.



John Smith, Sandra Bernier and John Edwards sit with Laverne Booth and Ingrid Baetzel at the February focus group meeting about community services.

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Services would be provided on an "as and when requested basis". View a more detailed description of services required at [www.cbt.org/careers](http://www.cbt.org/careers) or request from Debra Stewart at 1.800.505.8998 or [dstewart@cbt.org](mailto:dstewart@cbt.org).

Submissions will be accepted by email to [dstewart@cbt.org](mailto:dstewart@cbt.org) until 4:30 p.m. March 26, 2010.

[www.cbt.org](http://www.cbt.org) • 1.800.505.8998 • [info@cbt.org](mailto:info@cbt.org)

## The PAC Box

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

**Come By For Lunch:** Drop into the school Mon-Thurs between noon and 12:20 for lunch! \$10/adults, \$5/kids & parents of school kids. Hot entrée, soup & a fully stocked salad bar every time!

**Youth Fitness:** The PAC will pay for students to use the Fitness Centre facilities outside of school hours. Must be over 12 years old. Call 227-8959 for more info or just show up and we'll take care of it.

**Come To A Meeting:** Our next two PAC meetings are March 1st and April 5th at 7 pm in the school library. Please join us!

**Community Forum on Education:** Please join us on Weds, March 24 at 6:30 in the Drama space at CBESS to talk about education under the theme of 21st Century Learning and to look at and discuss effective secondary programming under new models. Principal Dan Rude will facilitate; Superintendent Pat Dooley and Director of Instruction Andy Leathwood will be there to answer questions.

Check out the school's new website with more information on your PAC.  
[www2.sd8.bc.ca/schools/crawfordbay](http://www2.sd8.bc.ca/schools/crawfordbay).

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## Kootenay Grass Company to Headline Spring Dance

by Anthony Arnold

This will not be just another boogie, and make no mistake: the Kootenay Grass Company is all about music, not herbal supplements. The title track on their recent CD, "Road to Whitehorse", is a sweet tuneful melody that will break out the sun on the gloomiest of Kootenay days. Add to that the latest fiddle stylings of Brie Hurlbert, student of legendary Canadian fiddlers John Showman and Buddy McMaster, and back her up with guitar, mandolin and stand-up bass. Now sit back to enjoy a concert that begins with the inspiration of bluegrass music and then goes well beyond.

The Fiddle Roots Project 3 is a decidedly local affair this year. Applesauce Fiddlers are hosting the event, and we want you to hear some of our great home-grown musicians. So after the Kootenay Grass Company, Rossland's Golden City Fiddlers will take the stage. These guys know how to fiddle, and fast! We are teaming them up with David Feldman from Nelson, known for his enthusiastic dance calling and his knack for making things simple and fun. This combination should get even the most reluctant wallflower out on the dance floor. There will be waltzes and two-steps, line, contra, and a kids' dance too. As usual, the best part will probably be seeing children, parents and elders at play together, while music fills the room. But step lively, those fiddlers are hot!

Did I mention that Applesauce Fiddlers will warm up the audience with a few traditional country tunes? Some of us, if we're feeling brave enough, may even join the Golden City Fiddlers. In keeping with our country theme, the hard-working Parents' Advisory

## Lucas Myers at WORK

press release by pilotcopilot productions



Lucas Myers, the writer/performer of *East*, *The Cromoli Brothers* and most recently *HELLO BABY!* will be performing his one person show *WORK* at the Gray Creek Hall on Friday, March 19.

"*WORK* was created during a residency at the Oxygen Arts Centre in Nelson and was inspired by Myers own foray into gainful employment. I got a real job when my first daughter was born and it was such an eye opener that I was inspired to do a show about it.

"Initially I wanted to examine the negative impact that work has on us but during the process of building the show it turned into something different, still an examination of work, but within a very specific framework with five unique characters."

That framework is a Sensitivity Seminar for employees, with Myers playing the seminar leader and the four attendees, whose strengths and flaws are

Committee will host a chili and baked potato supper, a fund-raiser for the school hot lunch program. You can join in the theme too--wear your cowboy shirt, hat, scarf, chaps (no spurs please). There will be a prize.

Thanks in part to RDCK-REC 9 funding and help from the Columbia Basin Trust Columbia Kootenay Cultural Alliance, we are again presenting a series of workshops on Saturday March 20, and we are broadening their scope this year. Jill Faulks, a well-known Kootenay music teacher and choir director will lead two of them. The first will focus on guitar accompaniment to voice, fiddle and other instruments. The second will use rounds, partner songs, and harmonic intervals to explore vocal harmonies and will appeal to singers of all ages and skill levels. David Feldman will lead two dance workshops, one highlighting contra dance patterns and steps, the other focusing on calling--this one dancers can attend for free. Contra dance is a fun, active, sometimes aerobic form of social interaction, gaining in popularity. A large group meets monthly in Nelson, and David regularly does the calling. Could this be the start of something on the East Shore? Finally, Brie Hurlbert, with 23 years of experience, will teach three fiddle classes. **There will even be a no-cost, no experience necessary pennywhistle jam.** You'll only need a D whistle and a little wind.

Prices, times, and other particulars are printed on the ad on page 3 of this issue, and you can get more information and register for workshops, which cost \$15 before the March 12 and \$20 thereafter, at 250-225-3483 or email sharterr@bluebell.ca. But the only way to find out how much fun is in store will be to show up at the Riondel Community Centre on Friday, March 19.

### Next Deadline:

Weds, MARCH 24/10

revealed over the course of the hour long seminar with sometimes hilarious, sometimes moving results.

"The show is a departure for me," Myers says. "In all my other shows, I'm talking to the audience, as one main character and a number of eccentric characters that the protagonist interacts with. In *WORK*, it's five characters through the whole play, interacting with each other so the audience is really a fly on the wall, rather than an active participant."

#### WORK

Written and performed by Lucas Myers  
Friday March 19 7:30  
Gray Creek Hall  
Tickets at the door



## Art Soiree/Musical Party A Magical Event

by Susan Snead

Those who attended the Art Opening of Zora Doval's paintings on February 14, 2010, enjoyed a magical evening of art, music and what can only be described as a "well-spring" of love bursting forth into the night.

The atmosphere at Tara Shanti was virtually bristling with joy and love, fitting for a Valentine's Day celebration. This in conjunction with the Lunar New Year of the Tiger and an impressive lineup of planets and configurations in Aquarius and Pisces contributed greatly to the power of the evening.

During her opening introduction, Susan Snead commented that Tara Shanti is a great space to show large pieces of art and that her first vision as caretaker was to offer the public a viewing of Zora's paintings.

The retrospective glimpse into the life and talent of this Bohemian born artist reveals a variety of styles, from expressionism moving into abstract and conceptual art.

Some of Zora's themes include a series of Madonna paintings, a series of abstract black and whites and many others with dream-like images. Her largest work is part of an installation in a separate room where two abstract pieces of monumental proportions (6 x 8 ft each) invite you to sit and chill out in front of a pulsing light show.

All this and music too!

The evening began with a talented line up of accomplished musicians who volunteered their creative juices to serenade us with songs of love.

Thank you so much to Alan Hughes, Peter Wells, Howling Dan, Marie Spicer, Beth McLellan, Anthony Arnold, Ben Johnson, Petra Eck, Paul Pokorny, Zora Doval and Susan Snead who provided the entertainment.

Both Zora and Susan wish to thank Miroslav Doval for his contribution in hanging the pieces. And many, many thanks to all the people who showed up in support of this evening's beautiful event.

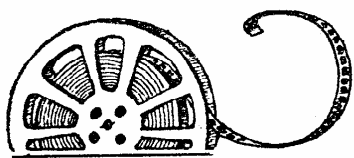
If you wish to view Zora's Retrospective work, the show will be at Tara Shanti until the last week of March.

Also there is talk that another "coffee house" music night *might* happen again before the show comes down so please watch out for posters of the event. Or call 250-227-9626 to be put on an emailing list. Music, art and fellowship, that's what it's all about.



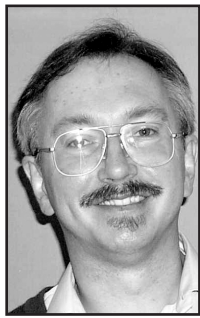
**An exuberant group of women took part in a Mosaic Workshop put on by Jacqueline Wedge in February 2010 at the Community Corner building in Crawford Bay.**





## Seldom Scene

by Gerald Panio



*12th grade teacher:* "If you think you can get through life drawing silly cartoons, you've got another think coming." —from Matt Groening's *School is Hell*

*Donny:* I made a new friend today.

*Dr. Lilian Thurman:* Real or imaginary?

*Gretchen:* You're weird.

*Donny:* Sorry.

*Gretchen:* No, that was a compliment.

I suspect that Richard Kelly, the first-time director of *Donnie Darko*, must have had high school memories similar to those of Matt Groening. They're in good company. That hulking, wonderfully eclectic thesaurus of movies called *Videohound's Golden Movie Retriever*, now over 1500 pages and counting, includes ten different categories for movies about school (from "Errant Teachers" to "Teen Angst"), with dozens, sometimes hundreds, of films in each category. The most relevant sub-genre from the point of view of this month's "Seldom Scene" would have to be "Hell High School." Oddly enough, the films listed, going from *Big Bully* to *Zombie High*, don't include *Donnie Darko* (it's dropped in with the 800+ choices for "Teen Angst"). Considering that we're talking about a movie with a demonic six-foot possibly-imaginary rabbit wearing a mask, its omission from Hell High School illustrates how fluid the whole genre thing is.

The opening scenes of *Donnie Darko* are eerily reminiscent of TV's *Lost*. I'll say no more. As with *Lost*, if you're looking for your mysteries tidily resolved, go elsewhere. I know that *Donnie Darko* has something to do with high school, psychotic breaks, redemption, and the possibility of time travel, but I haven't been able to fit all the pieces together. I'm not alone.

The movie's title is the name of the main character. Donny (Jake Gyllenhaal) is a 15-year-old borderline schizophrenic and test-certified genius who fits in with his upper middle class Republican family about as well as Joey Ramone or Sid Vicious would have. His parents are paying for \$200 an hour psychotherapy sessions for their wayward son, and keeping him on a sort-of-steady diet of anti-psychotic meds. Unlike the movie stereotypes of the gangly nerd, grim goth or expiring emo, Gyllenhaal plays Donny like a weighlifter with self-esteem problems. There's a strong physique under all that angst; it's just collapsing under self-doubt, shoulders hunching forward and neck turtling down.

Donny's initial coping strategy is basically to do what he's told by the authority figures around him, hoping the path of least resistance will keep his psyche from exploding/imploding. He arms himself with indifference, settling for an X-rated fantasy life with Christina Applegate and hanging out with school buddies who debate the sex life of Smurfs. Donny resents every minute of his pseudo-life, and every now and then some petty hypocrisy pushes his hostility to the surface. At the family dinner table, he's about as much fun as Hamlet.

Then comes the "accident." Shortly thereafter, psycho rabbit Frank makes his appearance. It occurs to me that Frank is somewhat inappropriate for the Easter edition of the *The Mainstreet*. A more considerate reviewer might have gone with *The Song of Bernadette*. There are visions and there are visions. *Donny Darko* is the anti-Bernadette. Frank is not the Virgin Mary. Rather than leading Donny to salvation; Frank is going to sleepwalk him to the basement of his high school with an axe. Unlike other films that have focused on Colombine-like violence against students and teachers, Donny & Frank mainly seem to have it in for non-human symbols of repression.

Neither Donny nor the rest of us can tell exactly how much he's responsible for the developing chaos. He has no idea why he's seeing a Fellini-headed rabbit prophesying a Halloween apocalypse. Is Donny a victim of circumstance, trapped in an unbreakable chain of predestined events, or does Frank empower him to shape his own future? Is Donny a demonic dupe, or an avenging angel?

Whatever he is, director Kelly is on his side. *Donnie Darko* is an acerbic portrait of the same suburban America that Matt Groening's been satirizing for the past forty years. A society where adults often are, if anything, less mature than their children. The principal of Donny's high school is a cueball-headed bureaucrat who'd rather fire one of his best teachers than risk the ire of the PTA; the gym teacher shows her students "Controlling Fear" videos that huckster for a sleazy local self-help guru who's cashing in on parents' insecurities; bullies cruise the high school hallways like dinosaurs; parents cheer on pre-teen girls who are choreographed in talent show routines that disturbingly objectify them, while simultaneously being outraged that an English teacher would include Graham Greene's "The Destroyers" in her curriculum. The school mascot is a gigantic bronze mastiff who's the Cerberus for this particular hell.

*Donnie Darko's* supporting cast is one of the film's strong points. Mary McDonnell (now much better known for her starring role in the revamped *Battlestar Galactica*) and Holmes Osborne play Donny's loving-but-bewildered parents, Maggie Gyllenhaal is Donny's free-spirited older sister, Daveigh Chase his irrepressible younger one, Jena Malone the new kid in school who becomes his girlfriend, Katherine Ross the in-over-her-head psychotherapist, Patrick Swayze the life-style tel-evangelist with secrets in the basement of his mansion, Jolene Purdy comes as bully-fodder, and Patience Cleveland plays 100-year-old Roberta Sparrow—alias "Grandma Death"—an ex-schoolteacher who may have found the secret to wormholes and time travel, but left school under a cloud and now wanders mindlessly back and forth from her decrepit home to an empty mailbox.

The film's one strongly sympathetic adult character is Ms. Pommeroy (Drew Barrymore), Donny's first-year English teacher. With her smoldering intensity and genuine passion for literature, you know she's not long for this particular high school.

*Donnie Darko* also makes the most of its special effects. Richard Kelly has made a small budget go a very long way. It's always encouraging to see how far an independent film director can go with limited resources.

In the end, in his epic struggle with forces both banal and brogdingnagian, Donny wins some and loses some. We're just not sure which is which.

(The recommended, extended director's cut of *Donnie Darko* is available at Reo's Videos in Nelson.

I also want to recommend Chris Jones's 7000-word interview with film critic Roger Ebert in the March *Esquire* magazine (available online). After a lifetime of teaching and talking and writing about film, Ebert is fighting a take-no-prisoners battle with cancer. Through it all he continues to speak as passionately about movies as ever, raging gloriously against the dying of the light.)



## Arts, Culture & Heritage Granting Programs

Applications currently being accepted

press release by the Columbia Kootenay Cultural Alliance

Columbia Basin – The Columbia Kootenay Cultural Alliance (CKCA) is inviting individuals of all artistic disciplines - as well as arts, culture and heritage organizations - to apply for funding provided by Columbia Basin Trust (CBT) under its Arts, Culture and Heritage granting program, which was recently awarded \$550,000 for the 2010/11 fiscal year.

The Arts, Culture and Heritage program streams include: project funding for individuals and groups through community arts councils; minor capital project funding; funding support to touring; arts and heritage mentoring/master classes; organizational development; major project funding; artists in education; major exhibition funding; major heritage capital funding; and funding for new heritage projects. Funding applications are adjudicated once a year by local arts councils and the CKCA Steering Committee.

"The CKCA administers and manages arts, culture and heritage program funding on behalf of CBT," explained Jacquie Hamilton, CKCA Chair. "These programs support projects in all arts disciplines and give artists a chance to broaden their abilities, while also ensuring residents in the Basin have an opportunity to be exposed to great local talent."

Following up on last year's success, CKCA is also coordinating the Columbia Basin Culture Tour, a project that celebrates the rich culture, heritage and artistic talent in the Columbia Basin. It is a two day, free self guided tour taking place August 14-15, 2010 from 10am to 5pm. Any artist or cultural venue interested in participating in the culture tour must register before March 19, 2010. For more information on the tour visit [www.cbculturetour.com](http://www.cbculturetour.com). two day free self guided tour taking place August 14-15, 2010 from 10 am to 5 pm. The call for entry for artists and cultural venues interested in participating in the culture tour is available at [www.cbculturetour.com](http://www.cbculturetour.com).

"The goal of this program is to support those in the arts and heritage community to build long-term sustainability and to create a greater awareness of the wonderful talent, projects and resources within the Basin," said Lynda Lafleur, CBT Community Liaison.

More information, funding policies and funding application forms are available online at [www.basinculture.com](http://www.basinculture.com), from local community arts councils, or by phoning the CKCA at

1-250-505-5505 or toll free at 1-877-505-7355.

Funding applications must be received by March 19 or April 1, 2010, depending on the program.

Columbia Basin Trust delivers economic, social, and environmental benefits to the residents of the Columbia Basin. For more information about the Columbia Basin Trust visit [www.cbt.org](http://www.cbt.org) or call 1-800-505-8998.

Local Contact for CKCA for the Community Arts Council of Creston is now Maureen Cameron 250-428-7939 [info@crestonvalleyarts.org](mailto:info@crestonvalleyarts.org) replacing Frank Goodsir.



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**250-227-9506**



**Photos from Jacqueline Wedge's After School Art Class:**  
Luka Baetzel and Ben Anderson have a little fun in the grout water and Maya Sly assembles her mosaic tile.

## Community Forum on Education

Weds, March 24 at 6:30 pm - Drama Space @ CBESS

*The intentions will be to:*

- 1) Share some of the rich ideas that are being talked about in education, under the theme of '21st Century Learning'
- 2) Express our commitment to secondary programming that works for our students and community
- 3) Present some of the models available for secondary programming and how we could incorporate them;
- 4) Hear thoughts and suggestions from community members in regards to secondary programming.

Dan Rude will facilitate this event. Superintendent Pat Dooley and Director of Instruction Andy Leathwood will also present their thoughts and answer your questions. This is a great opportunity for us to come together to build community and be creative. Please pass the word on.

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**Nelson & District**

CREDIT UNION  *Logically. Locally.*

February 22, 2010

An Open Letter from Doug Stoddart, CEO, Nelson & District Credit Union

To All of Our Members:

I would like to take the opportunity to thank each of you for your understanding and support of the Nelson & District Credit Union during this time of work disruption. As you are aware, the Steelworkers Union (Local 1-405) representing 48 Credit Union employees, has discontinued bargaining with your Credit Union in favour of a strike in the attempt to secure a new collective agreement. Contrary to the Steelworker Union's claim, your Credit Union has met the Steelworkers Union on numerous occasions, totaling fourteen days, and settled 23 proposals to-date.

During this period of dispute, my management and administration team and I pledge to continue to serve your personal banking needs to our fullest ability. We will draw upon our knowledge and experience to ensure you receive the same degree of personalized excellence and warmth that you have come to expect of your Credit Union.


I would also pledge to keep you informed on service matters as well as the issues separating the Credit Union and the Steelworkers Union. I will be communicating with you on an on-going, regular basis through our website as well as the various forms of the media. I would invite you to visit our website for those updates @ [www.nelsoncu.com](http://www.nelsoncu.com)

In addition to those updates, you will find answers to questions we receive from you and other members of our communities. As I want to hear from you, a dedicated e-mail address has been set up:

E-mail: [asktheceo@nelsoncu.com](mailto:asktheceo@nelsoncu.com)

In closing, let me assure you that your Credit Union respects the bargaining process and looks forward to reaching a collective agreement which is fair, reasonable and responsible for your Credit Union, its members, and its employees.

Yours truly,



Doug Stoddart,

CEO, Nelson and District Credit Union

**'Hand Made in America' comes to Kootenay Lake**

**press release,  
submitted by Mike Rowland**

February 22, 2010 – Creston BC – The International Selkirk Loop is sponsoring a presentation by Hand Made In America entitled 'Arts & Culture – A Focus on Sustainable Economic Development' on Saturday March 27 in Creston and Sunday March 28 in Nelson.

Hand Made In America is a very successful non-profit organization that developed the arts as an effective economic generator in North Carolina. This will be the first time they have presented in Canada and the first time their presenter, David Quinn, has been to Canada so we would like to give him a hearty BC welcome.

Hand Made In America is a nationally recognized, multidimensional institution that has sparked initiatives and creative collaborations in education, small town revitalization and community development, economic development, environmentally sustainable strategies and enhanced opportunities for makers of the handmade object, heritage tourism, and incorporating crafts into building design and furnishing."... With over 40,000 copies of the first two editions sold, The Craft Heritage Trails of Western North Carolina stand as the definitive guide to art and craft in the mountains of North Carolina.

The presentation by David Quinn, of Hand Made In America, will be about 3 hours with time for questions. During this time he will cover the beginnings of Hand Made in America – how they got started and the publication of their first book, a 13 county artisan tour of North Carolina. He will also speak briefly about their Small towns program. The presentation will be free of charge for anyone who would like to attend.

The Small Towns Program is based on the assets of each community, their heritage, resources, and strengths. Using this model, communities that have traditionally not had resources or seen themselves as advantaged, as well as those that have, can create an opportunity to learn, grow, and teach others about community revitalization.

**Presentation details:**

- In Creston on Saturday March 27, 2010 from 9:30am to 12:30pm, venue to be announced.
- In Nelson on Sunday March 28, 2010 from 2pm to 5 pm, venue to be announced.

The cost is free to anyone who would like to attend. Refreshments will be available.

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## Jessica Rideout Goes to CanWest CanSpell

submitted by Jennifer Irving



It was intense - but what a great experience! Jessica Rideout, an 11 year old grade 6 student at CBESS, participated in the school bee and out spelled her fellow grade six students as well as the grade 7/8 class.

About a week later, Jessica found out she would be attending the CanWest CanSpell Okanagan Regional Spelling Bee in Penticton. She had just over three weeks to learn

the "Spell It" word list of over 1100 words. Jessica went into the competition wanting to gain public speaking experience and with a goal of making it past the first three rounds.

The region had more than 15,000 take part at the school level and Jessica proudly wore her Crawford Bay School shirt among the 38 students at the regional bee. She went 14 rounds to make it into the top 6 students on the stage.

Jessica came out of the competition excited about the possibility of going again next year.

Special thanks to CBESS and to the Lions Club for the financial support which helped make this trip possible.

### Next Deadline:

Weds, March 24, 2010

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

### Honour Roll

submitted by Crawford Bay School

Congratulations to the following students for their outstanding achievement at Crawford Bay Elementary-Secondary School for 2nd term!

#### ACHIEVEMENT HONOUR ROLL

Grade 7	Marlo Armstrong Sunny Gardner James Miller
Grade 8	Connor Armstrong Irie Belcourt-Marcheterre Seth Plishka Drew Rideout Jamie Sheridan
Grade 9	Dayna Bodor Brenden Heinrich
Grade 12	Alessandra LeGault-Elias

#### MERIT HONOUR ROLL

Grade 9	Sky Gardner
Grade 10	Katya Elris
Grade 12	Nick Green

#### EFFORT HONOUR ROLL

Grade 7	Marlo Armstrong Sunny Gardner James Miller
Grade 8	Connor Armstrong Irie Belcourt-Marcheterre Seth Plishka Drew Rideout
Grade 12	Mathew Bonell

12 Mainstreet MARCH 2010

## From the Principal's Desk

by Dan Rude

The following is an excerpt from our school profile that was featured in this week's School District No. 8 'UpD8' publication from the superintendent.

As a small, rural K-12 school we are continually looking for ways to involve our students in the world beyond the Eastshore. We intend for our children and youth to grow up feeling a strong connection to community, while also developing confidence in themselves to explore their passions beyond their school years. With this goal in mind, our students have opportunities this year to be involved in our Outdoor Education Adventures program; our Rock Climbing Club; Roots of Empathy; Tipi Camp; Healthy Choice workshops from Freedom Quest, the PARTY program, and ANKORS; musical events with Lowry Olafson and Rick Scott; Action Schools BC; the district Drama Festival, and KAST's Celebration of Science. Our legendary badminton team has seen a resurgence this year with many elementary students playing for their first year.

We are fortunate to now be in our new LEEDS-gold and Canada Wood Council award-winning building. Through the development of this project, our community has come together to fundraise and design five community spaces, which include a fitness center, early childhood center, and three meeting spaces. As a hub of community learning, CBESS is host to Strong-Start and the Huckleberry Patch Daycare, and we are working closely with community members to develop programs such as an Environmental Club, the 'Butterfly Fiddlers' young fiddle group, weekly After School Art classes, Destination Imagination, and adult classes in Art and Creative Writing in association with College of the Rockies. Our Farm to School Salad Bar hot lunch program serves one of the best and healthiest meals on the planet!

In looking towards the future, we are involved in rich conversations within our school and community about how learning experiences are designed and developed for a 21st century rural school. We are exploring options and models for our secondary students to meet their requirements for graduation and post-secondary, while also fostering learning through personal interest-based mentorships, intensive workshops, and collaborations with other rural schools.

## CBESS Student of the Month Danyell Rosenbaum



Besides being a hard worker, Danny is a positive, cheerful young lady who enhances the culture and atmosphere at the school. She takes her work seriously, but also brings humour and wit into the classroom. She is always ready to learn and makes connections with others around her. She is a deep thinker, and often makes insightful and purposeful comments during discussions. Danny is willing to lend a hand even when it doesn't benefit her directly. She is very accepting of people and her respect towards and understanding of all individuals is something that makes her a great candidate for student of the month.

## Community Forum on Education

Weds, March 24 at 6:30 pm - Drama Space @ CBESS

*The intentions will be to:*

- 1) Share some of the rich ideas that are being talked about in education, under the theme of '21st Century Learning'
- 2) Express our commitment to secondary programming that works for our students and community
- 3) Present some of the models available for secondary programming and how we could incorporate them;
- 4) Hear thoughts and suggestions from community members in regards to secondary programming.

**Dan Rude will facilitate this event. Superintendent Pat Dooley and Director of Instruction Andy Leathwood will also present their thoughts and answer your questions. This is a great opportunity for us to come together to build community and be creative. Please pass the word on.**

## At the Olympics A Good Kind of Crazy

by Jamie Cox

In mid-February, I went to Vancouver to take part in the BC Ozone Exhibit at which fifty-four regions within BC represented their areas. I was representing the East Shore.

This was probably the most crazy human experience I will have in my lifetime... a good kind of crazy. In fact, I believe that this is the busiest human event the world has and is experiencing... again, a good kind of busy. It has been said that the Olympics can boast the largest gathering of human beings in a civil manner ever.

I commuted from the deepest part of Deep Cove in North Vancouver to the farthest part of Richmond. For those of you that don't know Vancouver, that would be like going from Crawford Bay to Creston or further. Making this trek through and with tens, hundreds, thousands, even millions, of people was quite an experience.

I can report that the East Shore was very well represented against all odds, and I would like to extend a thank you to the businesses for their contributions. I have pictures and stories of the visitors of the BC Ozone Exhibit that saw, loved and received our gifts. They took a little part of our home back home with them, and I am hoping they come for a visit soon.

Finally the most powerful feeling that I came away with is my respect and awe of the athletes. Their drive and determination were phenomenal, families and friends endlessly supportive and so many of their goals realized.

I Believe!



## Springtastics Gymnastics Association: Rolling Up the Mats for the Last Time

by Dena Kubota

The Springtastics Gymnastics Association has rolled up their mats for the last time. When classes concluded last spring we did not realize that, after five years of extremely successful programming, it would be our final session. However as many of you already know, Claudette Anderson and her family have moved and settled into their Alberta lives. As Claudette's role in the Springtastics organization was diverse and demanding, no one (including myself) expressed interest or had time to take over her administrator/coach position. There was too much for me to manage and regretfully, Claudette and I have decided to dissolve our gymnastics club.

The equipment is in the process of being sold to various gymnastics clubs in the area. Although there are still a few larger pieces left, Glacier Gymnastics Club (Nelson) has already purchased the majority of our inventory. The money raised from equipment sales will be donated to the Crawford Bay School Playground fund. We felt it was important the money go towards something the children in the immediate area could benefit from.

**There is one item that is unaccounted for: would whomever borrowed one of the blue folding mats please contact Dena at Pilot Bay Resort, 250-227-9441) about either returning it or purchasing it.**

Claudette and I truly enjoyed our time with Springtastics and we are grateful for the support received from the community and Crawford Bay School through volunteers, donations, equipment and storage assistance. A final thanks to parents/caregivers who car-pooled, participated and encouraged their young gymnasts each week. Most of all, we appreciate – and will miss – the children who continually and enthusiastically worked hard to progress through the national CanGym program. Some of you were with us for the entire five years, and many of you inspired your younger siblings to give gymnastics a try too! Coaching gymnastics was a wonderful way for us to meet and be involved with the youth in our area.

Springtastics Gymnastics Association averaged about 37 registrants each year and in the 2008/2009 season, this earned us provincial recognition from Gymnastics BC as the club with the highest per capita participation in the province with 12.65% of all residents taking part in club activities (the second highest per capita involvement was Glacier Gymnastics Club at 5.64%). We can proudly “retire” while at the top of our game.

Although Claudette is pursuing new career options, I continue to teach at Glacier Gymnastics Club. Over the last season, I've noticed a few other Eastshore faces there too. Glacier Gymnastics Club, located in the Nelson Civic Center, is a large, well organized facility and – for anyone who is missing “gym-time” – they offer a family drop-in time every Saturday from 1:00 to 2:00pm. A parent must attend (with up to three children) and all participants must pay an insurance fee on their first day.

Thank you everyone for sharing this experience. Stay involved with gymnastics – practice your swings, springs and landings...

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## Celebrating An Elder

by Jim and Mary Donald

Eddie Donald, of Riondel Rd., turned 95 on February 19, 2010, and we feted him on Thursday Feb. 18 in Bob's Bar and Grill in Riondel, with the Many Bays Band performing for him. And Wendy Miller made him a terrific cake, complete with musical staff and notes. Ed is pictured here with Nancy Bothamley, next to him, along with Grant Christensen, a longtime connoisseur of the band.

Ed lived on the East Shore, in Gray Creek, for eight years in the 1970's, and he is very happy to be living back in this area again. Ed's motto for long life - “keep moving!”

A BIG THANKS to Bob and Wendy for that night and for providing this pub to our community with such a nice family atmosphere!



## Call for Entry: Artists/Cultural Venues

press release

Columbia Basin – Call for entry: registrations are currently being accepted for artists/venues in the Columbia Basin to participate in the Columbia Basin Culture Tour (CBCT). The CBCT is a two day celebration of culture taking place August 14-15, 2010 from 10 am to 5 pm.

The CBCT is a self guided tour showcasing local arts, culture and heritage offered at no charge to the general public. Full colour tour directories will be available free of charge to the public as a guide to visit your studio, exhibition, museum, art gallery, cultural center or heritage site throughout the Columbia Basin during this special weekend event. And yes, “artists” includes visual, written, performing, media and inter-arts! Last year visitors loved this event and we are expecting increased interest in this second year.

Participating as a venue allows you to really connect with locals, develop a wider audience, educate the public about what you do, market your activities, and attract visitors to your community.

The CBCT allows visitors to meet the participants “behind the scenes” and allows them to: visit artists studios that may not regularly be open to the public, purchase works directly from the artists, visit art galleries, museums and cultural centres to view special interpretive displays, archives, demonstrations or performances. It is also a chance for them to meet people such as artists, curators, historians and volunteers that are such a vital part of our local culture.

**FINAL REGISTRATION DEADLINE IS MARCH 19, 2010 Register by Feb 26 and save!**

Registration fee includes: inclusion in printed directory, web page profile, placement on on-line interactive map, event signage, province wide promotional campaign. If you plan to have any special programming or demonstrations at your venue, details can be included on your web page profile. Directories and web profiles will be released by the end of May. Artist/venue web profiles will remain online until Dec 31, 2010 to provide contact information for follow up queries.

For information or to register visit: [www.cbculturetour.com](http://www.cbculturetour.com). Information: CKCA at 1-250-505-5505 or toll free at 1-877-505-7355

**MARCH 2010 Mainstreet 13**

## Dr. Savory Honoured with a Birthing Hut in Africa

by Jan Brooks, Boswell

It was unanimously decided to honour the memory of Dr. M. Frances Savory by naming a Birthing Hut in Sierra Leone, West Africa after her. Both groups of ladies at the Baby Shower for Africa held in Boswell on February 14 and at the shower held at Dutch Harbour Camp on Feb. 15, 2010 put forward Dr. Savory's name independently of one another. Obviously, this caring and devoted doctor has made an incalculable difference in the lives of many people on the East Shore, and her impact continues to this day.

Alanna Thompson of CAUSE Canada presented the Maternal and Child Survival Intervention Project which is one way that CAUSE is addressing the needs of families in Sierra Leone. The lifetime maternal death rate in Sierra Leone is one in eight. That means that over a woman's lifetime, one woman in eight will die giving birth or from complications surrounding the birthing process. Most births in rural Sierra Leone occur in buildings that are overcrowded and lacking basic sanitation. New mothers are often placed in beds too recently vacated by other patients, and not resanitized, and are frequently discharged within an hour of birth – a big reason the vast majority of infant deaths occur at home and within the first week of life.

Birthing Huts are small-scale, culturally appropriate infrastructure for the exclusive purpose of pre-natal monitoring, delivery and immediate term post-partum care. CAUSE is partnering with communities in the Moyamba District, Sierra Leone to construct and supply birthing huts where nurses and Traditional Birth

Attendants will be able to ensure safe and sanitary conditions for birth and at least 24 hours of rest and monitoring after delivery.

Twenty-one Birthing Huts (22' x 24') will be built in the vicinity of existent Peripheral Health Units (where trained state nurses are stationed) throughout the Moyamba District. Huts will be socially familiar and comfortable to mothers and their communities, but will feature the benefits of sanitary conditions, appropriate medicines and furniture, and a place where new mothers will stay at least 24 hours for immediate post-partum rest, monitoring, care and education. Construction will be cooperative, with CAUSE taking responsibility for the roofs and floors, and the community providing materials and labour for the walls – a process which fosters local ownership and long-term sustainability.

The Baby Shower for Africa idea came about as a way for caring people to make a difference in the lives of these African families. The concept is simple. Host a baby shower and instead of buying a gift, you simply donate the amount of money you would have spent. This money will be used to construct a birthing hut (at the cost of \$3000) and hopefully furnish it (an additional \$600). The good news is that the ladies of the East Shore have already donated \$1965.00 and we feel confident that the rest of the cost of constructing one hut will easily be met. Hosting a baby shower is only one way of raising funds. You may also donate on-line by going to CAUSE.ca and following the links (Please specify "East Shore Birthing Hut" on the donation page). If we can raise the total amount of constructing a hut, we get to name the hut. Dr. Savory has been selected to receive this honour. To this end, we are hoping that those of you who are interested will contact one of the following people: Alanna Thompson at [alannathompson@cause.ca](mailto:alannathompson@cause.ca) or Jan Brooks at [wesn-jan@theeastshore.net](mailto:wesn-jan@theeastshore.net) or Bonnie Anderson at [dutchharbourcamp@theeastshore.net](mailto:dutchharbourcamp@theeastshore.net)

To discover what else this Alberta-based relief organization is doing elsewhere in the world, check out the CAUSE.ca website and follow the links.

## Remembrance Garden

by Wendy Scott

Today, if you were to walk through the Remembrance Garden, you would notice that two benches are missing planks. At the moment, they rest on Dave Loeppky's work bench. Installation of new marble plaques is intricate and precise. This time, there are seven and he has decided to install them all at the same time. We owe Dave a huge debt of gratitude for his beautiful and careful work. Next time you come through the garden, make a point of walking all the way around the benches, and if you see some names that you can't quite place, please don't hesitate to give us a call. We will give you more information or put you in touch with someone else who can.

Spring seems to be just around the corner and if the weather holds, we will be raking and cleaning early this year. In the meantime, watch carefully for the first sign of daffodil shoots, and the crocus that pop up in the pathways. If you have some ideas for the garden, or you would like to join our group, please let us know.

[wmescott@gmail.com](mailto:wmescott@gmail.com)  
Wendy – 250-225-3381  
Muriel – 250-225-3570

## *Notice of Passing* Gillard-Guenther, Blandine



Obituary – Mary Roland "Blandine" Gillard-Guenther (nee Letourneau) passed away after a lengthy illness on February 10, 2010 at the age of 76 years in the Crestview Care Village.

Blandine was born on January 26, 1934 in St. Paul, AB. Blandine will be lovingly remembered by her husband Peter Guenther, sons LeRoy Gillard and Wayne Gillard, grandchildren Amber and Sean Gillard, David and Jackie Gillard, brother Hubert Letourneau, sister Lucille Dery as well as all other members of the Gillard family, Guenther family and the Letourneau family.

A Memorial Service was held on Wednesday February 17, 2010 at the G.F. Oliver Funeral Chapel with Canon Randy Wood officiating. Interment of ashes to take place at a later date in Crawford Bay Cemetery.

Friends wishing to make a memorial contribution may do so to the Canadian Diabetes Association, 1589 Sutherland Ave. Kelowna, BC V1Y 5Y7.



## Answers from the Physio

by Anna Rose,  
Physiotherapist

*Q. My jaw clicks and I sometimes get a sharp pain when I'm chewing. What's wrong and what can I do about it?*

*A. It sounds like your temporomandibular joints (TMJ's) are not working right. Decide which of the factors below apply to you. Try out the suggestions, and if you aren't making progress, see the relevant professional(s) for more help.*

### A brief anatomy lesson

Your jaw, or mandible in medical language, is the only one of the 22 bones that make up your skull that can move. It meets a temporal bone on each side of your skull just in front of your ears, forming two temporomandibular joints. Although these joints act a bit like a simple hinge, they are very complex. In the middle of each TMJ is a disc of cartilage similar to the menisci of your knee joint, but more mobile. This joint construction, and a whole lot of little muscles, allows you to move your jaw up and down, side to side, and forwards and backwards.

### Was your jaw hit?

The direct trauma of a punch on the jaw or a fall onto it may have temporarily dislocated it. This would stretch the joint capsule and muscles around both TMJ's, causing residual pain and reduced ability to bite, chew, or even talk normally. You don't want to

overstretch the joints while they are healing, so for a while don't try to open wide for a big bite of apple. Ease up on the demands on the joints and muscles by choosing food that is easy to chew. Avoid resting your chin on your hand. Use a cold pack, medication or herbal remedy to control inflammation if you have persistent pain or tenderness at the joints. Stand in front of a mirror and watch as you slowly open and close your mouth: does your jaw stay in midline? If it shifts to one side, the muscles need to practice coordinating their actions again. The exercises needed are simple but best learned in person from a physio.

### Were you at the dentist recently?

A prolonged wide opening of the jaw stresses the TMJ's in much the same way as sudden trauma. Follow the suggestions listed above.

### Do you grind your teeth at night?

This puts too much pressure for too long on those little TMJ's. Take care of the sore joints as in the trauma section, and figure out what's making you grind your teeth. Stress, anger, anxiety? If you can't identify it and make a plan to decrease it, talk to a counselor. Wearing a special mouth guard at night for a while might help, also. Ask your dentist.

### Are your neck muscles tight?

Your TMJ's can be affected by tension in your neck muscles, and by the posture of your neck and shoulder blades. Relax the tension, fix your posture, see your massage therapist ... and possibly your physiotherapist also, for some specific stretches and postural exercises.

### None of the above?

There may be something about the way your teeth meet at rest or in chewing that is stressing the TMJ's. See your dentist. He or she may suggest a little grinding of some awkward tooth surfaces, or braces, or a referral to a specialist.



## Tom's Corner

by Tom Lymbery

Opened in 1914, the canal has limited the size of many ships built today, as its locks are 1050 feet long and 110 feet wide.

We went though from the Pacific to the Atlantic on a cruise ship in October 2009, and could count at least 40 ships waiting to traverse on both sides. The cruise lines have to pay substantial extra fees as they are on a schedule.

If you care to Google Panama Canal Locks, you will find an amazing amount of detail of the intricate engineering that went into the construction from 1904 to 1914. The French, having been most successful with the ocean level Suez Canal, tried to construct a similar plan, starting about 1898. However, digging deeper than locks, and not able to control mosquitoes and yellow fever, they had to abandon their efforts.

The US decision to lift ships 85 feet from both oceans, and the most ingenious design to utilize the vast volume of the tropical rain – fed Chagres River proved an engineering marvel. Dams store river water for the dry season (November through January) as this is used to fill the locks to lift and lower vessels, releasing the water into the ocean each time. The engineers



insisted on the best quality cement and aggregate for the 1904 – 14 construction, and amazingly this has stood the pressure of salt and fresh water surging in to fill or release the locks through the 20 foot round channels. The sheer volume fills those enormous locks surprisingly quickly. The country of Panama took over ownership and operation from the US in 1999.

Last October was a return trip through the canal for me. In late November 1935 (after the apple crop was shipped) my parents and sister Alice took the steam powered Kettle Valley train from Nelson to Vancouver. We boarded the M V (motor vessel) Trondanger, a Norwegian 10,000 ton freighter, licensed to carry twelve passengers. She was loading general freight for Hamburg, having taken some on board in Vancouver, as well as a deck load of enormous timbers. It took three weeks to reach Panama, as the ship loaded for a day or two in Seattle, Portland, and Tacoma. While San Francisco and Oakland took five days, with a refueling stop in San Diego. There Danny, the cabin boy had a girl friend,

who came out to see him in a water taxi (a new word for us)

As freighters very rarely saw children as passengers, Alice 10, and myself 7, had the run of the ship, limited only by our lack of Norwegian. Off the coast of Mexico the crew built a small swimming pool of boards covered with canvas, in a corner by the timbers, and filled it with warm ocean water. I don't think any flying fish got in the pool but there were enough picked up on the deck, to serve us a meal.

Now advertising is in no way a random presentation. Corporations employ whiz kids who, after many years of education, have developed a very comprehensive understanding of the human psyche. They know what you want even before you do. Picture a psychiatrist but with all the ethics removed. Well, somewhere along the way, one of these spots upon humanity has decided that people who watch the Golf Channel constitute a viable market for male enhancement drugs. It seems like every other ad is for one of these woody makers and that is what has me concerned. I'm worried about the demographics my escapism has dropped me into.

I simply cannot understand why any man would use those drugs. Why would you part with your hard earned cash to get an erection when, if you're honest with yourself, you can trace ninety percent of your grief in life directly back to one? If you have developed erectile dysfunction you should go out and celebrate. You have been freed from the burden of lust and have finally arrived at the point in your life where you may actually be able to make an intelligent decision.

What you should do is take that money and get yourself a decent fishing outfit. Fishing is way better than sex anyway. You are not required to shower and you will never be called upon to engage in meaningless conversation afterwards. When you are finished fishing you can just go straight to sleep, if you want to. The fish really don't care.

At the end of these commercials there is the obligatory list of disclaimers. You may, they warn, experience light-headedness. Well, duh. You have just flushed the toilet of your brain and all the blood was swirled down into your nether regions. Lightheaded? Empty headed might be a more apt diagnosis. Don't you remember that feeling? Why pay good money to perpetuate the madness?

As if to demonstrate a complete understanding of their audience they then offer this sage advice. "Should you experience an erection lasting longer than four

Eight more passengers joined in San Francisco, but when we reached Panama, they decided to travel across the isthmus by train. Since during the canal transit the ship is entirely handled by the canal staff, our captain had an awning set up over the top of the bridge, with table and chairs for us four. So we had a wonderful view on either side of the ship, of the mules (electric powered engines on geared rails) that guide the vessels through the locks, and even saw an alligator when going through Culebra Cut. Our Trondanger captain said that our seven hour crossing was his fastest.

The 2009 transit appeared much the same as 1935, with the locks exactly as they were, other than that the mules were newer. The difference in 2009 was that we were watching from the twelfth deck of a ship, nine times the size of the freighter. While the Trondanger's 10,000 tons had allowed much room in the lock, the cruise ship Norwegian Pearl almost completely filled each lock space, as did a container ship in the lock along side. Interestingly, we could only find one Norwegian on the list of officers of the Pearl, while all those working on the 1935 cargo ship were seafaring Scandinavians.

We could see the current construction of new, larger lock, separate from the existing locks. The new installation will allow much larger vessels, to travel between the two oceans. Canal transit has previously restricted size of much shipping to PANAMAX dimensions. To be completed in 2014 (100th anniversary of the canal) this will likely change the costs of taking containers from the far east to the east coast of the US, and to Europe. This could affect the rail systems across our continent, as they may not be able to compete, as ocean shipping can be as much as \$1000 a container less by freighter.

What do the returned 40 foot containers carry on their way back to China? I asked an English passenger on the Pearl, and his reply was that they contained cardboard and tin cans etc. to be recycled.



hours seek immediate medical attention." Now this is not because a four hour erection is threatening your health in any way. No, it's because if you have had an erection for four hours and not done anything about it, you probably require retraining.

If you do go to a doctor he will merely look at you, with a large dose of pity, and say "You have an erection sir. Go have sex." That is when you will realize that you are in the wrong place. If you have had an erection for four hours you do not belong in a doctor's office. You belong in a brothel. That's where the real professionals are and besides, at your age, you will almost certainly have to pay someone to deal with it.

Well, anyway, the men in these ads all seem unnaturally happy and I can sort of understand why a man, in a weak moment, might succumb. If you do, and if, as I suspect, you are too cheap to spring for a brothel, take my advice. Forget the doctor and just go down to the lake. What the heck, you can always tie a line to it and, let's face it, if you're an old man with an erection, a fish is the only thing likely to nibble.

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

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## Thoughts from a Disturbed Mind

by Harvey Valgardson

So I've been watching a lot of television lately. The malevolent face of old man winter has been abrading my soul for so long that my will to live has become dangerously eroded. Desperately trying to shield the last spark from the frosty bugger's icy breath, I have sought sanctuary in the flickering depths of the great electronic time waster. There, protected by pulsating pixels, I am able to bend reality into a marginally more acceptable form.

I never let my attention wander. Even through commercials I remain focused, because I know that if I look away I risk inadvertently glancing out a window, where my nemeses lurks. I dare not risk another encounter with him so I limit my universe to whatever is on the screen. Usually it's the Golf Channel.

Oh, don't look at me like that. The Golf Channel is great. It is television at its most soothing. Nothing unpleasant ever happens there. The sky is blue, the grass is green and the sun glints off the players' smiles as they amble around the course in their shirtsleeves. Just seeing concrete proof that the entire planet has not been devastated by the seasonal onslaught we call winter somehow gives me hope.

But lately, something has been disturbing the perfection of my self-imposed exile. A vague premonition has begun to niggle amongst the frayed edges of my consciousness. Fortunately, watching the Golf Channel leaves me with plenty of time for rumination and I have been able to track my edginess to its source. It's the advertising.



## pebbles by Wendy Scott

### A Single Day

Van Tat Gwich'in elder, story teller, and journalist, Edith Josie, died this week at Old Crow in the Yukon. Edith was eighty-eight, "or something like that." Time is not a precise measurement for an elder. It is enough to say she was born a long time ago. But Edith would never claim to be born in the long-ago time, because all that remains of those days are stories told by elders like Edith and myths that some believe to be stories.

Edith knew the difference. Until the current time, Gwich'in history and heritage had been repeated by elders in the oral tradition of story-telling. But these were old tales. The community of Old Crow – especially the children – would soon forget about their daily lives unless she gave them something to remember.

Edith believed that each day in Old Crow was important and in 1962, she was hired as correspondent for the *Whitehorse Star*. Her column, "Here Are the News," was picked up by the *Edmonton Journal* and the *Toronto Telegram*. Edith became a syndicated journalist and one of very few whose pieces were transcribed verbatim and translated into several languages. Her columns continued over a period of thirty years and it was understood by the various editors that they would run her articles whenever she decided to send them. And they did – for thirty years.

Old Crow, with a population of 300, is beside the Porcupine River and 800 km north by air from Whitehorse. There is no road to take you there and if you were to continue 100 km further north, you would be on the banks of the Beaufort Sea.

Edith conveyed the image of this Arctic town with the sound of her words on paper. In so doing, Edith brought Old Crow to the world, and it was not long before the world came to look. Old Crow was not passive in these developments – one look at their impressive web-site will verify that.

In Old Crow, the death of an elder is more than just the loss of a member of the community. Elders are the keepers of memories. They must remember the stories of their history and heritage word for word – as they have been recited over the centuries.

Until recently, this was the only way those stories could be retold and shared, not only with families and friends in Old Crow, but with a much wider community. Now the Old Crow website <www.oldcrow.ca> can expand globally what Edith managed over a period of three decades with her snapshots of daily life.

There is another way to capture and save stories, more akin to Edith's method of putting words on paper and in January of 1999, Vantut Gwich'in First Nation Heritage Manager, Megan Williams, met with elders, community members and anthropologists, Shirleen Smith and Murielle Nagy, to launch an ambitious ten year project that would do just that. Van Tat Gwich'in elders recorded oral histories – in the original Gwich'in dialect – that had been gathered over the past century, and long-ago stories that reach back into myths of creation. The stories were carefully translated then eased into focus by Shirleen Smith's transitional history and, when necessary – explanation. In this way, oral histories and photographic images that are both expansive and intimate, were assembled to be shared with children and future generations. Those who may know nothing about the town of Old Crow might find pleasure with their discovery and the awareness it affords of the region of the Arctic that straddles the Yukon/Alaska border and stretches from the Arctic Circle to the Beaufort Sea. Over centuries and millennia Gwich'in have been custodians of this vast territory.

After Edith's funeral and the true commemoration of her life, the result of this endeavour: *People of the Lakes; Stories of Our Van Tat Gwich'in Elders*, was presented to the elders and to the entire community of Old Crow. In this way the voices from the long-

ago time that stretch forward now into web pages and emails – Gwich'in voices – will remain long after their utterance has faded from living memory.

In Vancouver tonight there are two Olympic cauldrons; one burns in the Olympic stadium and the other by the downtown waterfront. These flames are not only the culmination of four years of planning but they reach back to another long-ago time in Olympia, Greece where the games began in 776 BC.

Edith Josie missed the Opening Ceremonies, but she would have been happy to see the First Nations carry their theme so consistently throughout the entire evening. Had she lived long enough to view the program on TV, she would surely have done so. Edith would have gathered with elders, neighbours and friends; they might have gone to the community centre; or maybe they would sit together at someone's home. The only certainty would be Edith writing her story of that day, because she, of all people, understood the historical significance of a single day.

Perhaps these are the dearest legacies anyone can leave: accounts of daily life in a community of families and stories pulled forward from the long-ago time; these and the remembrance of laughter are vital elements that ensure continuity from our historical past into a future that has yet to be explored.

(*People of the Lakes* by Vantut Gwitch'in First Nation and Shirleen Smith; published by University of Alberta Press and available from Amazon.ca and Riondel Library.)

## Next Deadline:

March 24, 2010

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

250-227-9246

## The Fitness Place

### MARCH Hours



Mon - Fri

6:30 am - 10:30 am

Mon-Thurs Nights

6 pm - 8 pm

Please wear clean indoor shoes and

bring a water bottle & towel.

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



**Note: The Fitness Centre will be open for normal hours during Spring Break!**

## Riondel Library

by Muriel Crowe

I have been asked by some of our volunteers to do a little advertising of the variety of items we have to lend. Everyone knows of course that we have books but may not know that besides adult fiction and non-fiction we have the same in young adult and children's books. Also in the adult book department we have a section of large print and another of foreign language books and because we couldn't bear to part with them a separate section of older fiction books that are designated as fic 2 in our catalogue and are shelved in the back room. The reference section and the maps are at the front of the library and the paperbacks are at the back.

On the shelves at the very front of the library are the audio and video tapes and a few DVD's and CD's. These are a mixture of fiction and nonfiction with a small section of children's videos. We can also loan you a cassette player, a meter to check the electric usage of appliances and two different slide projectors. There are two public use computers and also a plug in for a lap top as well as a photocopier for reasonably priced copies. We subscribe to twelve magazines and are the grateful recipients of two free ones. I'm sure I've missed something but please feel free to ask one of our enthusiastic volunteers about that.

I'm astounded at how mild our winter has been and amazed that rhubarb and peonies are already sending up shoots. It really isn't too early to start planning your garden and once that is under way start planning your summer vacation. There are lots of books for both situations as well as videos. Come in, visit and borrow a book or three.

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Community  
Conscience*

## Time Marches On - Toward Spring East Shore Community Library/Reading Centre

by David George

In March we have new books for adults and younger people, audio CDs; video DVDs are appearing on our shelves this month, a total of around 100 new items. DVD highlights include a mini-series on the Medici family, godfathers of the Renaissance, and all six seasons of *Corner Gas!*

Another mini-series on the geology of Canada, some of the best of *Mr.Bean*, and *The Great Canadian Train Ride* are also now in the collection on DVD.

"Time Marches On", the heading of this month's column was part of the closing of a movie newsreel series called *The March of Time*, for those of you reading this who are old enough to remember when movie theatres had newsreels and cartoons before every feature. The *March of Time* ran from 1935 through 1951, when television news made it rather redundant. Your library does not have any of these newsreels, but there was a series of videotapes released in the 1980s, and even a book about the series.

You may notice that our librarian, Cathy Poch is not in the library this month. We are told that both she and her new knee are doing well; we wish them the best and look for her return in the library in April.

As always, we welcome new volunteers, who may make themselves known any of the days we are open: Tuesdays and Saturdays from 12 noon to 3pm, and Thursdays from 7 to 9pm.



## Tom Sez

by Tom Lymbery

There is a feature article on the sports page of Mexico City newspaper, *The News*, for Maelle Ricker, winner of Olympic gold for Canada in Snowboard Cross. She is a relative of Dan & Jan Ricker of Crawford Bay.

**Lost car keys?** About the hardest to find were one day some years ago, when the late Dr. Savory had visited our insurance office. Her keys were eventually found in the hood of her parka.

**Pan American Games 2011** will be held in Guadalajara, Mexico. A new shooting range, weightlifting centre, and a velodrome (cycling) have already been completed.

**I have finally been able to keep track of the Yukon Quest** by reading the *Whitehorse Star* on the Web. This is a 960 mile sled dog race from Fairbanks to Whitehorse (alternate years) in some ways much tougher than the Iditarod, but receives limited news coverage. It was won this February by Hans Gatt of Whitehorse with a record time of nine days, one hour and thirty-five minutes.

**Kootenay Business Magazine** has a feature article on the Kalesnikoff family that operates the 175 employee Kalesnikoff Lumber at Glade, between Nelson and Castlegar. 70 years in business, since 1939, their motto is "Take Care of the Land, and the Land will take Care of You". They have survived by producing specialized wood products, and made much of the lumber for the Olympic Speed Skating Oval in Richmond.

**How did a rich and massive union** like Steelworkers get control of our Credit Union? Couldn't Steelworkers be put to something useful such as legalizing our pot industry?

**France is forgiving Haiti's debt** to France of \$77 million, and promising further assistance of \$370 million over two years. Haiti won independence from France in 1804 by black slaves in a bloody revolt against their white masters.

## Gray Creek Pass Report

by Tom Lymbery

Teck/COMINCO held meetings in Kimberley February 16, and in Gray Creek Feb 17 to explain their upcoming complete removal of the Gray Creek to Kimberley power line. Since they plan to close the route over the 6100 foot summit, with the meadow where our creek rises, and this is the Trans Canada Trail, we are hoping to be able to keep this open.

The tourist attracting gravel road over the 6800 foot summit that follows the South Fork of the creek will not be affected – other than we will no longer be able to use the direction "Follow the power line to Kimberley".

*The Mainstreet:*

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mainstreet@theeastshore.net

## BOOK REVIEWS

by Tom Lymbery

Here we have two books about BC's fascinating far north that I can't recommend highly enough – I have read both twice, and will undoubtedly read them again.

**IN THE LAND OF THE RED GOAT**, by Bob Henderson, Creekstone Press Ltd, 223 pages, soft cover \$21.00

The cover says "From an Ontario private school to the headwaters of the Stikine, Henderson recounts his conversion from privilege to pack saddles in BC's rugged Spatsizi country." Early on in the book, he tells us of his first flight in a Beaver floatplane, over miles of untouched wilderness that captured him for the rest of his life. He was travelling to Cold Fish Lake, headquarters of a big game guiding operation.

Very different from the book Spatsizi by Tommy Walker, who Henderson was employed by for several years, Bob learned more, and was inspired more, from the native Tlogot'ine people who knew every inch of their land, and the habits of the wildlife, than he ever did from his first employer.

Involved with the Guide – Outfitters Association and also a school for those entering the business, Bob is always hoping to maintain the barely touched wilderness and its wildlife. He helped organize a program – the Spatsizi Association for biological Research, to fit bears, wolves, caribou and more with radio collars so that they can be tracked and recorded.

Dealing with BC Parks Branch took years to find out how the guiding business fits into parks, complicated by the fact that so many people in the south have so little idea of what is actually in northern BC. Bob decided to leave the big game guiding, to concentrate on guiding fishermen. His early flying, having encouraged him to become a pilot so that he and his guests can access even more remote lakes.

**THEY CALL ME LOPEY - a Saga of Wilderness Flying**, by William Lopaschuk, Creekstone Press Ltd, 151 pages, soft cover, \$19.95

Not just about flying, but also a tour of BC north of Prince George – please remember that Vanderhoof, west of PG, is the geographic centre of our great province, so that there is just as much north to the Yukon border, as there is to the south. That comment applies to both of the books reviewed this month.

Flying 17,000 hours over 37 years, much of this for Pacific Western Airlines, before the days of GPS, in all varieties of weather, Lopaschuk tells us of flying the first ever Beaver, as well as many other makes of aircraft. The cover photo is an excellent one of a Beaver on skis at Finlay Forks, an important Finlay River junction, now covered by Williston Lake.

While the book's name may suggest an offbeat character, the reverse is true. Qualifying as a commercial pilot and as an aircraft engineer, he pushed for and obtained modifications to the Beaver. These included a nine foot prop instead of the original eight foot, wider skis to make snow landings easier, and a wheeled dolly that allowed a floatplane to take off from a runway, leaving the dolly on the ground. After the floats lifted off, a chute was needed to prevent the dolly deking off the runway and taking out lights or markers.

Remember Wenner – Gren, the Swedish industrialist who proposed a monorail up the Rocky Mountain trench through northern BC to Alaska, to tap mineral and other riches? Lopey flew a Beaver for a two year survey, at 250 feet – what a challenge! Flights into the Spatsizi for Bob Henderson, author of the other book reviewed this month, supplying the DEW line construction in the far north, as well as the building of the Kemano Dam, glacier landings out of Stewart – there is no end to the different routes, cargos, and reasons for flights.

For those of us interested in planes he has a chapter with info on many of those that he has flown, such as the DH3 Otter, which was his favorite to fly, being a better short take off and landing, but taking experience to load to obtain its best qualities.



## Bible Talk

by Pastor Doug Middlebrook

This question was asked on Facebook: "Why do they allow the bible to be read in prisons but not in schools?" Good question, I thought. It caused me to think some, and

brought about this month's "Bible Talk."

**Pro 22:6:** *Train up a child in the way he should go, and when he is old he will not depart from it.*

In this month's verse we see the term train up. One meaning of this verb means to dedicate, another is to instruct. I'm sure it is in the heart of every parent to see their children succeed and to do good things. If this is true, then as parents we need to give them the education that will help them achieve this goal. I believe God has given us a way to attain this goal. The bible tells us, that we should live our lives in love, to do good and treat others as we ourselves would like to be treated.

Just think, if we lived by this principle, think how much crime would be prevented. I don't think any of us want to be killed, beaten or even stolen from. With just with those crimes gone, the world would be a better place. If those lesson, are true, why not the rest of the teaching in the bible?

Parents learn very quickly that great responsibility comes with the cute little baby they brought into the world. That responsibility is to raise the child. But we also know that there is a time coming when they must make their own choices. The word train also comes into play here. Included in its definition, its means to stimulate, to do good-through words of guidance, discipline and encouragement. We know the main learning years of a child is their younger ones. So it is important to instill in them during these years, the academic education they will need, but also, life principles that will help them. The principles taught us through the bible are good for all mankind. If you tie these together with the Christian beliefs, they will only enhance the desire, to do good. If prisoners are finding this out after they have committed their crimes, how much better would it have been if they discovered these truths before they went the way they did. The word way in this scripture refers to living correctly in the sight of God.

I believe whether one is a believer or not, good moral teaching are for everyone, and that they need to be taught before it's too late. The book of Proverbs is commonly known as the book of wisdom. It is important to understand that these words are not promises, but principles. If they are lived by, applied to ones way of living they will help them in making decisions. It is also important that we know each one has to make the choice for themselves.

It is my prayer that the wisdom of God's word is taught so it can prevent wrong choices, not only restore people after the wrong choice has been made.

God Bless.

**Next Deadline:**

**March 24/10**

mainstreet@theeastshore.net

**250.227.9246**

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**SERVICE DIRECTORY**

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

**AUTOMOTIVE/MARINE**

**CRAWFORD BAY AUTO** - Full-service gas and diesel "plus" marine/off-road premium gas, automotive supplies and lubricants, organic coffee, VIDEO RENTALS. Open 6 days/week, closed Sundays. 250.227.9244  
**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: BF Goodrich, Michelin, Uniroyal, Hankook, Goodyear and Firestone brands.

**BUSINESS SERVICES**

**LIGHT MOUNTAIN PHOTOGRAPHY** - custom film processing, enlargements, studio photography, quality portrait photography, artist portfolios, product photography. Call 227-8908 Gabriel Dinim.  
**MUTUAL FIRE INSURANCE** of B.C. Quotes on Homes, Mobiles, Farms & Tenants. Seniors discounts at 55. Home Protection; No Claim; New Home. ph/fax 250-428-7937, broker Virginia Harder.

**CONSTRUCTION/CONTRACTORS/TRADES**

**CC ENTERPRISES LTD** - "Sensitive Sites our Specialty." Road building, logging, land/house site development, self-loading log truck/dump truck, excavators/dozers. Call Chris Choquette at 825-4701 or 354-9238.  
**MARK JOHNSTON CONSTRUCTION LTD.** Ph: 250-227-9583, email: info@mrkjc.com  
**PROFESSIONAL PAINTER** - 15 yrs experience in residential setting. Free colour consultations. Call Petra @ 250-777-1062 or 225-3250.  
**R&R REPAIRS:** For all appliance repairs and satellite troubleshooting, sales and installations. Phone 225-3532 for messages and 354-3564 cell. We sell and install cameras and home intrusion systems for home security. Give us a call to find out more. All work guaranteed  
**TURLOCK ELECTRICAL CONTRACTING LTD.** (See colour ad in this issue for more information.) 250-352-6745

**PERSONAL CARE/HEALTH**

**ALEXIS PHILLIPS, M.A., R.C.C.** - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 227-6824.  
**An ASTROLOGICAL CHART READING** will give you awareness and understanding of your life and your current situation" A chart reading is useful in times of uncertainty and stress. Contact Susan at 250-227-9626  
**BLANCHE TANNER** - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression. 227-6877  
**COUNSELLING:** Free & confidential counselling available at East Shore Health Centre for children, youth, addiction & mental health clients. North Kootenay Lake Community Services: 353-7691 toll free line at 1-866-774-5324  
**FIRST CONTACT EAST SHORE MIDWIFERY** - Sylke Plau-mann, registered midwife. 250-227-6846.  
**MASSAGE & FOOT REFLEXOLOGY-** Relaxing Ayurvedic Massage: Susan Snead is now available for sessions at Barefoot Weaving and Tara Shanti. Call 250-227-9626 for appointment.  
**MASSAGE, SHIATSU - DEEP TISSUE - REIKI,** mobile or in Crawford Bay, call James Wood, 250.227.6849 for an appointment.  
**MASTER HERBALIST** - Maya Skalinska, M.H. Iridology, Tongue & Pulse analysis, Nutritional consultations, individualized herbal remedies, Flower Essence consultations & remedies. For appointments, pls call 250-225-3493.  
**PSYCHIC CLAIRVOYANT** - Past lives, ancestral quandries and entity awareness. 250.225.3250.  
**REGISTERED ACUPUNCTURIST** - Christine Peel, R.Ac. Classical Chinese Medicine treatments including Acupuncture, Moxibustion, & Cupping. Call 505-8130.  
**REGISTERED MASSAGE THERAPIST:** Harreson Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct referral req'd. Call: 227-6877/cell: 505-6166.

**RESTAURANTS**

**CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING** - available for community events, wedding receptions, workshops etc. Non-smoking facilities. Call Kathy, 227-9205.  
**MAXX & NAMBI'S KITCHEN** - Open Sundays, 9 to noon with full breakfast menu. Hwy 3A in Crawford Bay. 227-6854.  
**NEWKEY'S PLACE** - Hwy 3A in Crawford Bay, licensed area. Open 10 am til close Monday to Sunday. Food Specials all day. 227-6911.  
**ROCKWOOD CAFÉ** - Authentic Chinese food, great pizzas and perfect burgers. Open Tues - Sun. Hwy 3A Gray Creek. 227-6840.

**YARD/LANDSCAPING/SITE PREP**

**ALL-RITE ROOTER/SEWAGE PUMPING SERVICES** - Septic tanks pumped. Field lines cleaned. Plastic septic tank riser sales. Edwin and Elizabeth Johnson - 428-9097. ROWP. Red & White Truck.  
**TREE SERVICE, RESIDENTIAL** - Thinning, pruning, limbing, removal, falling. Free estimates. Call James Linn at 225-3388.  
**STEEL WHEELS** - We dig. Registered on-site wastewater practitioner. Dave Hough - 227-9646.

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**CLASSIFIED SECTION**

**AUTOMOTIVE/MARINE**

**Make sure you have a Jumper/Booster Cable Set** in your vehicle. Winter is tough on batteries - Gray Creek Store

**BEAUTY/ESTHETICS**

**Hair by Niki O'Donnell** - now offering threading! Book an appointment at Tea Garden Salon and Spa on Baker Street 250-354 4487.

**BUS. ANNOUNCEMENTS**

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

**Sirdar General Store** - A unique place to shop on Duck Lake. Fishing & Hunting Licences and Tags & Tackle. Groceries, Souvenirs, Mitts & Toques, Seasonal Greeting Cards. Island Farms Dairy Products, Confectioneries, Juice, Soft Drinks, Energy Bars. Locally made Bird Houses, cutting & Cribbage Boards. 8050 Hwy 3A, 250-866-5570 or Fax 250-866-6811.

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

**BUSINESS SERVICES**

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

**EMPLOYMENT OPPS**

**The Historic Gray Creek Store** has job openings for: A Full-Time/Part-Time General Maintenance Team Member. Duties to include heavy lifting, maintenance, filling propane tanks, operating the cash register, and customer service. A Part-Time Store Clerk/Customer Service Representative. Duties to include customer service, operating the cash register, stocking shelves, and filling propane tanks. A Full-Time Wood Stove Sales and Service Representative. Duties to include stove sales, deliveries, installations, WETT inspections, heavy lifting, and other store duties. Experience would be a plus however training will be provided. Applications are available at the Gray Creek Store or please email resume to graycreekstore@q.com Please call Dave Lymbery at 509-499-0007 with any questions.

**Permanent Part-time Retail Clerk** positions at The Lakeview, Gray Creek. The Lakeview, established in the early 1930's serves the community with groceries, gas, post office, liquor agency, videos, campground, marina...and more. Get to know your community while getting paid! Never a dull moment. Benefits negotiable. Send resume or letter of interest to info@kootenaylakeview.com, or mail to Box 9, Gray Creek, BC V0B 1S0.

**HOME/BUILDING**

**Spring Painting Season** is here. Please phone ahead 227-9315 to check that we have a Tinting Expert on shift for Benjamin Moore - Gray Creek Store

**Gas Line Anti Freeze,** methyl hydrate, starting fluid, diesel and regular anti freeze, Tiger Torches - Gray Creek Store

**If you don't yet** have a Blaze King, you will have found the extended cold spell quite intimidating - Gray Creek Store

**120 Volt Ceramic Heaters** - with adjustable thermostats - and more styles - Gray Creek Store

**Propane Wall Heaters** - direct vent kits included, 3 sizes in stock from \$675 - Gray Creek Store

**Back Again:** tarps and more tarps. Green is best, up to 50 foot by 60 foot - Gray Creek Store

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

**Snow Pushers** and shovels of all types. Roof rakes: get yours while we have good stock - Gray Creek Store

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

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

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

**MISC FOR SALE**

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

**Recommended by your dentist** - The Sulca Brush - use in addition to your regular toothbrush - this one exercises and cleans around the top of your teeth - Gray Creek Store

**Lakota Joint Care** capsules - let Lakota defeat your rheumatism as the Lakota defeated Custer - Gray Creek Store

**Cold FX and Strepsils** - when that cold strikes, Strepsils allow you to get to sleep by numbing that sore throat: Gray Creek Store

**Rainbow Moment** - a table torch with coloured flame, 3 colours to choose from, burns lamp oil - \$27.95 - Gray Creek Store

**Electric Toothbrushes** - both battery and re-chargeable in stock. Your gums need electric - Gray Creek Store

**Stanfields** - from traditional grey to lightweight black - or super soft 90 % virgin wool - keep the winter chill at bay comfortably - Gray Creek Store. Ladies sizes as well

**Wool Pants** in two styles, as well as wool jackets. These are hard to find. We had to go direct to a manufacturer in Quebec, so the price is reasonable. Nothing beats WOOL for outdoor workers - Gray Creek Store

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

**Native Dancer Deerskin Slippers.** Made in Canada - Adults \$49.95, Childrens \$29.95 - Gray Creek Store

**NOTICES**

**The AFTER SCHOOL ART CLUB** will continue classes every Tuesday (3 to 5 pm) after the spring break. We will be making lots of crazy abstract paintings and realistic drawings, with a big art show at the end of the year to dazzle and inspire us all. please call 250-227-6803 (jacqueline) to register.

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

**OUTDOORS/ RECREATION**

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

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

**RENTALS/ REAL ESTATE**

**Recreational Properties** - Buying or Selling, call Barb Reid 250-227-9617. Specializing in Kootenay Lake properties and actively working for you. Contact Barb at Century 21 Veitch Realty: barb@c21creston.com.

**YARD & GARDEN**

**Garden Seeds** - it may be too early to plant, but choosing seeds lifts your spirits - Gray Creek Store.

**Our spring shipment** of tools and equipment will be here soon - and since we ordered these last year, we can expect some surprises - Gray Creek Store

**Garden tools and handles** - new selection of wheelbarrows. Tires, tubes and parts if your old wheelbarrow is repairable, or you can upgrade to the puncture - proof tire - Gray Creek Store

**36" Reach Extender** \$22.95 - easily picks up from cigaret butts to full beer bottles - be ready for spring yard and highway cleanups - Gray Creek Store

**Seed Trays,** lots of planting stuff - Gray Creek Store it may be too early to plant seeds but the prospect lifts your spirits - Gray Creek Store

**Paint up** - time for a fresh coat as the days get longer, Benjamin Moore paint - Please phone to make sure we have a tinting expert on shift before you come - 227-9315 - Gray Creek Store

**Bird Feeders** in all shapes and sizes as well as the black oil sunflower seeds that bring birds to your window - Gray Creek Store

**Florescent Driveway Stakes** - guard against hitting objects buried in the snow - or that lawnmower you forgot to put away - Gray Creek Store

**Next Deadline:**  
**March 24, 2010**  
[mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

**KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE**

*Winter Schedule in effect*  
*All times listed in "East Shore Time"*  
**Subtract an hour as of March 13, 2010**

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

*Creativity, Community, Conscience*

## BULLETIN BOARD

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

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

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

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

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

#### PHYSICIAN COVERAGE FOR MARCH 2010

March 2, Tuesday- Dr Grymonpre  
March 3, Wednesday- Dr Moulson  
March 9, Tuesday- Dr Grymonpre  
March 10, Wednesday - Dr Moulson  
March 16, Tuesday- No Doctor  
March 17, Wednesday- Dr Hartley  
March 23, Tuesday - DR Grymonpre  
March 24, Wednesday- Dr Moulson  
March 30, Tuesday- Dr Grymonpre  
March 31, Wednesday - DR Moulson

APPOINTMENTS ARE REQUIRED TO SEE DOCTOR  
FOR EMERGENCY PLEASE CALL 911

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

#### BOSWELL HALL GOINGS-ON

- 1) Boswell Vintners meeting 2nd Wed of each month, 7pm. Contact Doreen Nault @250-227-9543 (This is a new contact person so needs to be changed)
- 2) Boswell Book Club meets 2nd Thursday of each month 1pm. Contact Liz Michaud 250-223-8070
- 3) Boswell Ladies Club meets 3rd Monday of each month at 2:15pm. Contact Jean Stewart 250-223-8089
- 4) Nifty Needlers Quilt Guild meets 3rd Tuesday each month at 1pm. Contact Marilyn Arms 250-223-8058
- 5) Yoga with Lea each Tuesday at 9:30 - 11 am. Contact Marilyn Arms 250-223-8058
- 6) Carpet Bowling every Tuesday 7 - 9pm. Year wind up and dinner is March 30 at 6pm Contact Iain Anderson 250-223-8585
- 7) St. Anselm's Church Services with Rev. Robin Celiz on the 1st Sunday of the month at 1:30pm
- 8) Boswell Hiking Club organizational meeting March 17th 1pm at the Boswell Hall. All interested hikers are welcome.
- 9) Boswell Memorial Hall Spring Dinner March 20th at 6pm. Dinner tickets are available at Destiny Bay Store until March 19 for \$10. (\$12 at the door March 20)

#### YOUTH GROUP

Youth Group meets on Tuesdays from 3:45 to 7pm at the Community Comer. All youth are welcome. Dinner served... No group during March break.

#### RIONDEL SENIOR'S ASSOCIATION GOINGS-ON

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

#### FIDDLING AROUND

**March 19:** Applesauce Fiddlers host concert and dance featuring the Kootenay Grass Company. Chili Supper starts at 5, concert at 7, dance around 8:30. \$12 adults, \$5 teens, \$2 kids with adult. See you there.

**March 20:** Music, dance and fiddle workshops hosted by Applesauce Fiddlers. Dance calling, guitar accompaniment, voice, pennywhistle. Riondel Community Centre, beginning at 10 am, catered lunch available. Register before March 12 for \$15, after \$20. Email sharrr@bluebell.ca or phone 250-225-3483 for more info and registration.

#### BIG LOVIN' THANKS!

A big lovin' thank you to all the lovely people and businesses who donated their beautiful wares and services for the Big ol' Basket of love raffle for the Family Place Playground. The now vacant outdoor space at the Family Place will soon be transformed into a beautiful nature scape complete with raised garden beds and fun natural hills, tunnels and trees for the kids to play on designed and created by Ali George and Dana Gallinger. Jessi Hobson won the basket and we raised \$221.00 so thanks to everyone who bought tickets. The community's generosity is once again, always overwhelming and so incredibly appreciated. Contributors to the baskets include: Yasodhara Ashram, Howlin' Dan & Leah Wilson (also poster design), Mojo's, Susan Snead, Flickering Goddess candles and soaps, The Soapstone, Dog Patch Pottery, North Woven Broom Co., Barefoot Handweaving, Jenn Newcomen, Danielle Feller, Crawford Bay Store, FireWorks, Kootenay Forge, **The Mainstreet** (ad deal) and The Credit Union and The Crawford Bay Store for selling tickets.

## The East Shore MAINSTREET

**\*\*ADVERTISING RATE\*\***

\$30.00 - 3 1/4" wide by 1 3/4" high  
\$35.00 - 3 1/4" wide by 2 1/2" high  
\$40.00 - 3 1/4" wide by 3 1/4" high  
\$45.00 - 3 1/4" wide by 4" high  
\$50.00 - 3 1/4" wide by 4 1/2" high  
or 6 3/4" wide by 2 1/4" high  
\$60.00 - 3 1/4" wide by 6" high  
or 6 3/4" wide by 3" high  
\$80.00 - 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  
\$125.00 (1/4 page) 5 1/4" wide by 7 1/2" tall  
\$150.00 (1/3 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  
\$220.00 (1/2 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.

**\*\*RATES ARE FOR BLACK & WHITE ADS ONLY.  
FOR FULL COLOUR,  
ADD 30% TO ABOVE PRICES.\*\***

Would you like to  
write a column? Do  
you have an idea?  
An advice column?  
An opinion editorial  
streak? Send it in!

## CHURCH CALENDAR

### RIONDEL COMMUNITY CHURCH

#### MARCH SCHEDULE

**March 7** - The Venerable Archdeacon Dirk Pidcock, 3 pm  
Music: Fiona and Wendy

**March 14** - Pastor Doug Middlebrook, KLCC, 3pm  
Music: Cheryl Middlebrook

**March 21** - Rev. Robin Ruder Celiz, Anglican, 1pm  
Please join us for a combined service at Harrison Memorial Church  
Music: The Woodwinds

**March 28** - Please join us for a combined service at St. Michael  
& All Angels at Queen's Bay, Balfour, 11:15 am PST (10:40 ferry),  
Music: The Woodwinds

Please see website for changes: [www.riondel.ca](http://www.riondel.ca)  
Info at 250-225-3381  
Special Music Every Sunday!

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

For information call Christ Church Creston 428-4248

**March 7: Rev Robin Ruder Celiz, 1:30 pm**  
**April 4: Please join us for our Easter Sunday Service:**  
Rev. Robin Ruder Celiz, 1:30 pm

### HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

#### Church Schedule:

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

**March 21 - Rev Robin Ruder Celiz, 1pm**  
This will be a joint service with Riondel at the Harrison  
Memorial - Everyone Welcome.

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

### KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

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

**Youth Meetings (CBYG) weekly. Call for info.**

Pastor Doug & Cheryl Middlebrook  
250-227-9444 or 250-505-7659

### TEMPLE OF DIVINE LIGHT

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

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Rev. Francis de la Cruz

Phone: 428-2300 Fax: 428-4811

Sunday Mass at 2 pm

1st Sunday of the month, Fellowship Sunday.

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

1520 Campbell Avenue, Riondel, B.C.

Meetings begin at 10 am, every Sunday

For information call, 250-227-9522

## MEETING PLACES

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

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

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

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


**PARENT ADVISORY COMMITTEE (PAC)** Meetings held  
at 7 pm at the Crawford Bay School library on the first available  
Monday of the month. **March Meeting: March 1, 2010**  
**and April Meeting: April 5, 2010**

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

**MARCH 2010 Mainstreet 19**

MARCH 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Yoga w/ Lea, Com. Corner, 10am PAC Meeting, CBESS 7pm	Yoga w/ Lea, Boswell Hall, 9:30 am & Riondel, 7 pm Youth Group, Comm Corner Dr. Grymonpre	16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson, Lab 7:30-10:30	Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	SPRING BREAK! Laughter Club 3:30, CBESS multi-purpose room	
7	8	9	10	11	12	13
Bottle Depot, 10-2	Yoga w/ Lea, Com. Corner, 10am	Yoga w/ Lea, Boswell Hall, 9:30 am & Riondel, 7 pm Lions Mtng, 7 pm Dr. Grymonpre	Dr. Moulson, Lab 7:30-10:30	Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	Laughter Club 3:30, CBESS multi-purpose room	
14	15	16	17	18	19	20
Bottle Depot, 10-2	Yoga w/ Lea, Com. Corner, 10am	Yoga w/ Lea, Boswell Hall, 9:30 am & Riondel, 7 pm NO DOCTOR	Dr. Hartley, Lab 7:30-10:30	Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	Lucas Myers, GC Hall Fiddle Roots Project, Rio Comm. Centre, 5 pm on Laughter Club 3:30, CBESS multi-purpose room	Fiddle Guitar and Voice Workshop,
21	22	23	24	25	26	27
Bottle Depot, 10-2	School Re-opens Yoga w/ Lea, Com. Corner, 10am	Yoga w/ Lea, Boswell Hall, 9:30 am & Riondel, 7 pm Lions Mtng, 7 pm Youth Group, Comm Corner Dr. Grymonpre	Education Forum Meeting, CBESS, 6:30 pm 16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson, Lab 7:30-10:30	Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	Laughter Club 3:30, CBESS multi-purpose room	
28	29	30	31			
Bottle Depot, 10-2	Yoga w/ Lea, Com. Corner, 10am	Yoga w/ Lea, Boswell Hall, 9:30 am & Riondel, 7 pm Youth Group, Comm Corner Dr. Grymonpre	16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson, Lab 7:30-10:30			




**RDCK Waste Management Facilities EASTER WEEKEND HOURS OF OPERATION**  
\*Alternate day of opening

**Boswell Transfer Station:**  
Friday, April 2, 2010 CLOSED  
Saturday, April 3, 2010 12:00 pm to 4:00 pm  
Sunday, April 4, 2010 CLOSED  
Monday, April 5, 2010 CLOSED

**Crawford Bay Transfer Station:**  
Friday, April 2, 2010 CLOSED  
\*Saturday, April 3, 2010 9:00 am to 3:00 pm  
Sunday, April 4, 2010 CLOSED  
Monday, April 5, 2010 CLOSED

**Creston Landfill:**  
Friday, April 2, 2010 CLOSED  
Saturday, April 3, 2010 9:00 am to 4:00 pm  
Sunday, April 4, 2010 CLOSED  
Monday, April 5, 2010 CLOSED

**Yahk Transfer Station:**  
Friday, April 2, 2010 CLOSED  
Saturday, April 3, 2010 10:00 am to 12:00 pm  
Sunday, April 4, 2010 CLOSED  
Monday, April 5, 2010 CLOSED

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



**Boccalino**  
www.boccalino.ca  
on highway 3A, just 100 meters above the ferry landing in Kootenay Bay

**Restaurant Motel Cabins**

We will open for the season on Easter Saturday, April 3rd 2010. Come on in and celebrate spring with us and our delicious variety of fine food and wines.

*Gisela Conrad, proprietress*

Also accepting applications now for full and part time housekeeper, dishwasher and kitchen help. Please apply by e-mail to [info@boccalino.ca](mailto:info@boccalino.ca)

ADVERTISER	PAGE
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B-57 Excavating	10
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ESIS	1
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PAC	7
RDCK Holiday TS Hours	20
RDCK Transfer Station Hours	2
Riondel Market	11
SD8 Kindergarten Reg	5
Sunnywoods Farm	10
Sunset Seed	6
Turlock Electrical	10

**Transfer Station Hours**

*Crawford Bay:*  
Mar 14 - April 30:  
Sun & Tues:  
9 am - 3 pm

*Boswell:*  
Weds/Sat, 12-4

**Library Hours:**

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

*Riondel Library:*  
Weds: 6-8 pm  
Tues & Thurs:  
10am-12pm  
Sat: 10:30am - 12:30pm

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**East Shore Community Branch**  
NELSON & DISTRICT CREDIT UNION *Logically. Locally.*  
250.227.9221 16030 Hwy 3A Crawford Bay

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Talk to Vivi Lindsay about packing for Your Financial Hike. Your Hike is Long. Pack Wisely. Call 250.352.9256

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AGENCIES LTD *Logically. Locally.*  
Allard Insurance is a subsidiary of Nelson & District Credit Union.



**East Shore Health Centre**  
227-9006  
COUNSELLORS

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

**Happy Spring!**