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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 Riondel

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News, Views,
Reviews,
Hot Topics,
Current Events,
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WARMING UP:

*For the Stage: 2

*In a New Pub: 4

*For Starbelly: 7

WRAPPING UP:

*Debt Paid Off!: 3

*Gold Boulder: 8



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MS Issues

by Ingrid Baetzel, Editor

My dear friend became a goat the other night. She was on all fours. She was grazing. Her bleat was... magnificent. Those of us sitting in the audience watching her thoroughly enjoy her grass and the mysterious digestive pleasures of a multi-stomached beast could almost see her horns and beard growing. She was so nearly cloven-hooved... it was breathtaking.

And then another dear friend suddenly took so eagerly to life as a sea lion, she was transformed. Her petite frame suddenly looked believably rotund and legless. Her flapping fin arms propelled her efficiently across the ocean stage while her lifeless legs took on the form of the sea lions useless rear end with a deft prowess. Her barks and whoofs brought the smell of sea air and rotting fish carcass into the room and we were transported, transfixed.

Another friend eloquently defined it in her Facebook status: "Last night I was a confusing gangster, a speed skater tripping over a pumpkin, a goat in heat and a police officer having a nervous breakdown! Theatre sports night is stressfully enchanting. :)"

Stressfully enchanting – she found the perfect words to define Theatre Sports/Improv night. Every Thursday, about six to ten of

us gather at the Crawford Bay School Drama Space at 7:30 to let our guards down... way down. The group is comprised at its core of the original Hexagon Players (Lea Belcourt, Carol Vanr, Jacqueline Wedge, Kate Page, Janet Wallace and Ingrid Baetzel) with Doreen Zaiss a constant at the helm as director and games trainer. Every week, one or two of us are not able to make it and one or two other community members amble in to give it a try. Most who try find themselves hooked. It is a laugh riot. It is stomach-crampingly hilarious good fun. It is a challenge. It's about letting yourself off the hook, while staying sharp, thinking on your feet and releasing your ego. It's the finest balance of letting go while holding tightly, the whole time trying not to laugh (while on stage).

It teaches us some of the most important life lessons, too. Don't negate (be nice to people and take what they offer). Don't mask (let everybody's light shine). Don't upstage (try not to muffle another's creativity). Don't forget to have fun (be a goat).

You are welcome to join us. We want you to join us. We even have a couple of men who drop in to break up the estrogen overload. Thursdays, 7:30, Crawford Bay School Drama Space. Call me or Doreen for more info – 250.227.9246 or 250.227.9526.



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

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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 2011 issue items by:

Next Deadline:
 Weds, March 23, 2011

**CRAWFORD BAY TRANSFER STATION
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 Regional District of Central Kootenay 1-800-288-7325

LETTERS TO THE EDITOR

SKIDOOING ON PRIVATE LAND

Letter to Editor;

I would like to address this letter to the lone skidoo driver who keeps going up our waterline.

A couple of years ago we had problems with people going up our waterline. Last year we didn't have a problem and they stayed on the power line road. I would like to thank the public for respecting our property.

This year, we have had a lone skidooper being ignorant and going up the waterline again. That person has gone up a few times and is not in our good books. On one occasion he went up the line and cut the fence and drove over our water box. The last time the person went up was on this last weekend (mid February). Each time the tracks are coming from the Crawford Bay direction.

On the weekend mentioned, he went through our POSTED gravel pit and up the waterline but couldn't get past the cables we put up. He turned around only to go up the road and remove the cable that was across our cattle guard.

There is still an open file with the RCMP. If caught you will be charged. We don't mind people walking or skiing on the back of the property. We also enjoy getting out and doing things on the land.

Please stay off with the skidoos and have some respect for other people's property.

It's too bad that one person can make it bad for everyone else.

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School District No. 8 (Kootenay Lake)
NOTICE TO PARENTS
KINDERGARTEN REGISTRATION - 2011/2012

Elementary Schools in School District #8 will be registering for Kindergarten during the week of March 7-11, 2011.

All our schools will offer the Full Day Kindergarten program. The kindergarten program continues to be optional for parents. Information on the Full Day Kindergarten program is available at:
www.bc.edu.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, 2011;
- 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.

Jeff Jones, Superintendent of Schools

*Next Deadline:
 March 23, 2011*



RDCK Area "A" Update

by Garry Jackman, Director, Area "A"

My topic this month is hospital taxes. You actually pay a relatively small portion of the total provincial medical costs through your property tax, but given the level to which debate has escalated I will pull together some of the overall figures and bring them to you at a later date for perspective. For the time being I am concerned with the ups and downs in our allocations towards the hospital system and a slow shift from MSP premiums and income tax to property tax as a means of expanding and repairing hospital facilities and replacing major equipment.

Before you begin to digest the percentages below, please look at your last year property tax notice. It includes many items such as the provincial rural tax, policing, local government services, school and hospital. You will see that the hospital tax portion is relatively small compared to the total so a large percentage increase or decrease in hospital tax will have a diluted effect on your overall tax bill.

Last night I attended a West Kootenay Boundary Regional Hospital District meeting while two weeks earlier I was at the Kootenay East Hospital Board meeting. I represent you at both, since Area A has an anomaly of being split roughly in two for the purpose of defining hospital districts. Some have asked why the area is not in one or the other, but given the back-room rumblings about governance reviews of the past I would prefer not to address this topic right now.

In the Kootenay East, the past years have seen fairly major improvements to the undeniably "regional" hospital at Cranbrook. Borrowing for much of the work was based on short term, low interest notes which are

beginning to be retired. With the exception of recently completed works at the Invermere Hospital, there are no other major projects on the horizon. As a result, people in Area A who live in the vicinity of Mountain Shores and south to Wynndel should see roughly a 40% decrease in the hospital portion of their property taxes.

In the West Kootenay Boundary District, several older borrowing issues are still being paid down and borrowing for the Nelson first floor project is also being repaid. The district's capital reserve had been decreased by half last year to "soften" the impact of borrowing for the Nelson project but this year the average taxation hospital would need to increase about 20%. On top of this, the majority of that Board voted to replenish \$1 million to the reserve which will bring the hospital tax total increase to about 60% above the 2010 level.

Two issues here. The board is proposing to take the additional million from your pockets in anticipation that the province may begin the process for a major hospital upgrade in the West Kootenay Boundary, although the province has not committed to begin the planning for such a new facility for at least three or four years. I had a motion pushed through our board last month to compel the province to start this planning now, both to give us real targets to save towards and to paint a clearer picture of the condition and capacity of our existing facilities so we can make wise investments in the short term. The response to that proposal will hopefully be received in March, prior to our finalizing the budget. I am also concerned that we take your money and put it in a low interest account while you may have something better to use it for. Considering the future benefits of saving now is okay if we know what we are saving for. Paying off short term individual debt would probably be healthier overall for our country as a whole if there is no plan in place to better use the funds.

Also, here is a quick reminder that the Columbia Basin Trust community initiatives applications are due by March 7.

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

Next Deadline: March 23, 2011

YAHOO... We Did It!

by Leona Keraiff for the East Shore Community Facilities Committee

The dream was first envisioned in May of 2004. Robert Agnew, Todd Halfnight, Terry Fiddick, Carol Van R, Jacqueline Wedge, Paul Kernohan and Leona Keraiff decided to form the East Shore Community Facilities Committee. Our mission? To build additions onto the proposed new school that East Shore residents and the school community could share.

With the support of RDCK Director Verna Mayers-Mackenzie, SD#8 Secretary-Treasurer Dave Douglas and Principal Dave Kerr we formulated a plan. Many thought it couldn't be done, but by September of 2007 the first funds raised began to arrive.

Committee members changed; Garry Jackman, Gina Medhurst, Ali George, David Rokeby-Thomas, Mike & Ivy Jeffery and Principal Nathan Robinson joined me as construction continued. Robert Rowley's legal expertise was most helpful and John Brisebois, along with Sandy Watson, school secretary, got our bank accounts organized.

Fast-forward to May 2009: Our dream is realized. The East Shore Fitness Place (with three community meeting rooms housed beneath it) and The East Shore Family Place are complete. Construction bills remained however... over \$23,000 in total.

During the following 20 months we continued to raise the funds necessary to pay off all remaining debt.

Thanks to an RDCK Discretionary Funds Grant the final bill was paid in January of 2011. We met our commitment: \$815,000. I am proud to say that we honoured all who believed in this gigantic project.

What jubilation and satisfaction now that it is complete! Last week an amazing letter of congratulations arrived from our School Board. It is directed to all of us who reside on the Best Shore. Together we created outstanding spaces and, more importantly, we accepted the financial responsibilities that were required. Bravo!



GRANT APPLICATIONS INVITED

The Creston-Kootenay Foundation invites applications for grants from not-for-profit organizations based between Yahk and Riondel

The Foundation's fields of interest are: arts & culture, education, the environment, social welfare, the aged, youth and heritage

Application forms may be downloaded from the Foundation's web page, <www.ckfoundation.com>

(on home page, click on "GRANTING") or call Nicole Nilsson at 250-428-4960

for more information.

DEADLINE FOR RECEIPT OF APPLICATIONS IS MARCH 31

Barefoot Handweaving

Lots of weaving this month an, excellent time to visit, get a colour fix and watch us work before the crowds of summer.

OPEN lots: hours vary for March 227-9655

Angus MacDonald, Reiki Master

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For more information, call 250-777-0011

Sunnywoods Farm

Your East Shore Garden Centre

Spring has sprung!
Great selection of garden seeds now in stock...

Spring Hours: Tues-Fri, 12 to 5
15964 Hwy 3A, Crawford Bay
250-227-9506

Volunteer Opportunity!

The CHRSS Hot Lunch Program has a salad bar and entree table to rival all others in the Kootenays. Many schools have had to discontinue or reduce their lunch programs to pizza and hot dogs due to funding shortages.

It is through the tireless fundraising efforts of the Parental Advisory Committee (P.A.C.) that our children, educators, and other community members have access to this healthy and diverse menu.

We have a number of volunteers who assist our chef, Faeley Cursons, from Monday through Thursday.

There are a couple of openings if anyone is interested in joining our volunteer team.

If you have been looking for a way to support your community this just might be for you.

Contact CBESS @ 250-227-9228 or stop by the kitchen to find out more.

New Key's Place

Local DJ Nite:
Every Friday Starting March 4th!

Watch for our pizza-only nights!
Take Out, Stay In, & By The Slice

Full breakfast Sundays, 9 - Noon
250.227.6911

New Business Introduction

Junction Creek Hub

by Ingrid Baetzel

They're calling it "an alternative pub experience." What once was the CCR (Crawford Creek Resort) has been renamed Junction Creek Hub, but it seems to have naturally taken on the name The Hub.

The Hub is owned by Sarah and Dustan Green, previously of Riondel. Sarah (born Loeppky) is a long-time, returned resident to the East Shore. She attended Crawford Bay School and was raised in the area. She met Dustan of Victoria, BC, and they married and decided to make a life on the East Shore.

After a stint of running Crawford Bay Auto, fate moved the couple to purchase the old CCR pub and make it their own. The Hub is appropriately named, considering Sarah and Dustan's vision for the property. Sarah said in our discussion that she sees the building and surrounding property as being a potential centre for an endless option of possibilities. The young couple would love to see a revitalization within our communities and see more jobs created, more opportunities developed and more creativity explored.

The building itself enjoys the ample legroom of over 5,600 square feet of existing and potential business development and the surrounding property consists of 4.81 acres on the main drag of Crawford Bay and is backed by Crawford Creek.

Currently, The Hub is open in its capacity as a pub, with hours of 11 until 11 Friday through Tuesday. They stay open later when traffic dictates or when special events are occurring. The atmosphere of the pub is warm, comfortable and friendly. The improvements made are pleasant with comfortable leather chairs and couches, interesting coffee tables and other special touches done at the hands of craftsman Dustan.

They offer the usual pub distractions – darts, pool

and other games – and have big plans for further developments. Currently, the couple live upstairs of the pub and when asked about adjusting to life as business owners, Sarah replied that that it's a whole new learning curve and that they just hope that their willingness and dedication to the community will be appreciated. She described their jump into this new venture as a huge one, but one required for them to support and reclaim their community.

The pair share a vision for our area that is about possibilities and positivity. They are open to ideas regarding developing the pub/restaurant/lounge as well as accommodating other business ideas within The Hub itself. Upstairs is more space that could theoretically be used as rental space for other businesses. Sarah said they are open to changing the internal structure so that the bar itself could move into the ample basement area and the main floor be used for more of a coffee house/family restaurant concept. They hope to see The Hub become a gathering place – a centre with arms extending into the community and encouraging growth and job opportunities.

Sarah and Dustan look forward to introducing everyone to their new house band on March 2. They hope to see the house band in every couple of weeks, perhaps even more regularly in the busier months. They are booking other parties and events for March and April already (see their ad in this issue for details about Brawley's Goodbye Party and a performance by Farley Curzons). They hope to have the kitchen up and running by the end of March and are currently interviewing for positions in the kitchen. The plan is to start somewhat smaller and keep dialogue open with their patrons about what is wanted and develop from there. The kitchen will likely open with soup and sandwich comfort food. They are open to discussing options for partnership with committed, focused, creative and consistent community members.

Video rentals are also available at The Hub. They

have a large selection of older DVD's with intentions to update their new release section in the future. Drop by to browse the movies and take a few home for a few days for only \$7.

Sarah says that they have decided to avoid the Keno and Pull-Tabs, as well as Karaoke and some of the other standard pub options. They want to offer an alternative and feel the niche for those things is already filled. She also says that they welcome new visitors to drop by and take a look.

The message I got from my chat with the new owners is clear... They've taken a leap and are asking for us to jump in with them. It's time to get up, get out, re-engage in our communities, re-invest in our lives and feed the cycle. We're in this together and we can keep our East Shore community strong. Welcome, Sarah and Dustan and welcome to The Hub.



Kootenay Lake Chamber Of Commerce Minding Your Business

by Gina Medhurst, KLCC Secretary

First off the Chamber of Commerce would like to thank all of the community members that came out on January 29 for the 1st Annual Variety Show Fund-raiser for the Crawford Bay School Hot Lunch Program! Because of the donations of auction items from local Chamber members, we raised \$1,322.13, and all of the performances were great!

The Chamber is working on a few projects to help assist in promoting our area and local businesses to everyone. One of them is having a Face Book site for the Chamber of Commerce, where anyone who is a member and has a profile, personal or business, can post activities, sales and more; just one more way for people to access different businesses, services and upcoming events. We will be working on the Face Book page this month with help from Rik of Yellowseed, the local Social Media Guru, and hope to have something up and running by the end of March. The page will be called "Kootenay Lake East Shore Happenings".

This spring we will be replacing most, if not all, of the community signs along the lake road that are just on the outskirts of each community. These signs are starting to look beaten up from the snow, gravel and weather. There is talk about having them re-printed on Aluminum for higher durability.

If you are interested in becoming a member of the Kootenay Lake Chamber of Commerce or have questions about the Kootenay Lake Chamber Of Commerce you can contact:

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

Gina Medhurst, Secretary, by phone (250) 227-9466 or email kootenayforge@theeastshore.net

Our next meeting will be on March 22 at 7pm at the Crawford Bay School.

4 Mainstreet March 2011

Next Deadline:
March 23, 2011
www.mainstreet.eshore.ca

kis Kootenay Insurance Services Ltd.
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Does the East Shore Still Need Affordable Housing?

submitted by Johanne Bedard for KLEECA

In order to update our information regarding the East Shore's current and future need for affordable housing, Kootenay Lake Eastshore Eldercare Co-operative Association (KLEECA) is taking a survey and we would like ALL AGES to participate, not just seniors. KLEECA's last survey was done in 2005, which makes it too old for use in funding requests.

Everyone's support and participation is needed and greatly appreciated in helping KLEECA go forward with the possibility of developing affordable housing for elders and others on the East Shore. We hope to have all survey responses back by March 15, 2011.

If you'd like to do it on line, there are links on the following websites:

<http://www.kleeca.coop>

<http://www.mainstreet.eshore.ca>

<http://www.kootenaylake.bc.ca>

Or, if you'd rather have a paper copy, you can pick up and drop it off at the following locations: Riondel Store, Crawford Bay Store, Nelson & District Credit Union, Gray Creek Store and the Lakeview Store.

If you'd rather mail it back, send it to: KLEECA, Box 20, Crawford Bay, BC, V0B1E0

Thank you for participating and helping us get a clearer picture of our communities' needs for affordable housing.

**Next Deadline:
March 23, 2011**



Are you concerned that an elder you know may be at risk for abuse or neglect?

Contact The Nelson and Area Elder Abuse Prevention Program for information and referrals to Services that can help

Drop in:
Wednesdays between 12 - 2 pm
719 Vernon Street, Nelson

250-352-6008 (Nelson Office)
250-225-3218 (Eastshore Rep)
811 (Health Link BC)

preventeldRabuse@sbdcmail.com



Thought For Food

by Farley Curzons

What if someone were to tell you that a chemical added to food could cause brain damage in your children, and that this chemical could affect how your children's nervous systems formed during development so

that in later years they may have learning or emotional difficulties? What if there was scientific evidence that these chemicals could damage a critical part of the brain known to control hormones so that later in life your child might have endocrine problems? How would you feel?

Suppose evidence was presented to you strongly suggesting that the artificial sweetener in your diet soft drink may cause brain tumors to develop, and that the number of brain tumors reported since the widespread introduction of this artificial sweetener has risen dramatically? Would that affect your decision to consume these products and especially to allow your kids to drink them? What if you could be shown overwhelming evidence that one of the main ingredients in this sweetener (aspartame) could cause the same brain lesions as monosodium glutamate (MSG)? Would that have any effect in your choice of refreshment?

Finally, what if it could be demonstrated that all of these types of chemicals (called excitotoxins) could possibly aggravate or even precipitate many of the neurodegenerative brain diseases, such as Parkinson's disease, Huntington's disease, ALS and Alzheimer's disease? Would you be concerned if you knew that these excite-toxin food additives are a particular risk if you have ever had a stroke, brain injury, brain tumor or have suffered from hypertension, diabetes, meningitis or viral encephalitis?

I would think that all of us would be more than just concerned to learn that powerful brain toxins were being added to our food and drink to boost sales. We would be especially disappointed to learn that these additives have no other purpose than to enhance the taste of food and the sweetness of various diet products.

You would definitely be upset to learn that many of these brain lesions are irreversible and can follow a single exposure of a sufficient concentration. And I bet you would be enraged to discover that the food industry disguises many of these "excito-toxin additives" so that they can't be recognized. In fact, many foods that are labeled "No MSG" not only contain MSG but also contain other excito-toxins of equal potency.

The inescapable fact is that certain people are making an awful lot of money today selling foods that are unhealthy. They want you to keep eating the foods they sell even though doing so makes you fat, depletes your vitality, shortens and degrades your life. They want you to be docile, compliant and ignorant. They do not want you informed, active and passionately alive, and they are quite willing to invest billions of dollars annually to accomplish their goals.

Finally, after your body's toxin filtration systems shut down and you develop one or more of the diseases mentioned above, the pharmaceutical/medical companies are only too happy to receive a desperate consumer willing to pay anything to keep from dying. This cycle is generating a fortune, especially as the baby boomers reach retirement age. It's as though two whole generations have been "farmed" by an evil corporate entity. From cradle to grave they have a thousand ways to get your money. Science fiction? ... perhaps not.

If nutrition were better understood, and prevention and natural treatments were more accepted in the

medical community, we would not be pouring so many toxic, potentially lethal drugs into our bodies at the last stage of disease. We would not be frantically searching for the new medicine that alleviates the symptoms but often does nothing to address the fundamental causes of our illness. We would not be spending trillions of dollars a year developing, patenting and commercializing "magic bullet" drugs that often cause additional health problems. The current system has not lived up to our expectations. It is time to shift our thinking toward a broader understanding on health, one that includes a proper understanding and use of good nutrition.

Not only do we have to develop a broader understanding of our nutritional needs, we need to develop a clearer understanding of what exactly we're eating, especially since our own governments nutritional guidelines make no distinction between a genetically modified pesticide covered vegetable and one that has been grown with real sunshine and fresh organic soil. Once again it's up to us to figure out which method will better provide our bodies with the vitamins and minerals it requires.

I would think that all of us would be more than just concerned to learn that powerful brain toxins were being added to our food and drink to boost sales.

We need to take responsibility for the security of our food. As the knowledge of how traditional foods were grown and prepared disappears we need to reinvigorate our interest in raising our own food. It's inspiring to see so

many communities developing food security strategies and organizing seed exchanges. These are the organizations to support as they are developing a model for our very survival should oil reach \$3 or \$5 a barrel and shipping our produce from south east Asia in February becomes too unrealistic.

The Kootenays has an amazing agricultural history. One hundred years ago this region was pumping out fruit and vegetables to cities all over the world. You can still find heritage varieties of apples, plums and cherries. There are many excellent gardeners living in our area and most of them are more than happy to share their knowledge. These are the building blocks of community. All the great civilizations of the world developed because they were able to organize enough food to feed its people. Equally when the food supply was gone or compromised the civilization fell. There is no reason that we can't feed ourselves with food from our region.

If you have a green thumb, teach others to grow. Teach your children to grow. If you have land that might be good for crop production you could lease it

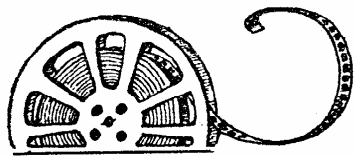
We need to take responsibility for the security of our food.

to a gardener who may not otherwise have the opportunity. You can let your local farmer tell you that your food is safe or let a government authority in Ottawa assure you that your food is safe. You can buy genetically modified garden seeds that won't seed

themselves, or you can buy or trade heirloom seeds with your friends and neighbors ensuring a hearty seed stock specifically designed for our area. The amazing thing is that it's as simple as making a choice.

www.eshore.ca
mainstreet@theeastshore.net





Seldom Scene

by Gerald Panio



Italy can certainly seem to be a country of contradictions. While Michelangelo toiled on the Sistine Chapel for the glory of God, Machiavelli created a blueprint showing despots how to hold onto more secular glories. Petrarch wrote his sublime sonnets to love, while Boccaccio's tales reveled in somewhat earthier passions. Dante gave the world his splendorous vision of Paradise, but was an equally enthusiastic guide through the well-populated antechambers of Hell. Over the centuries, Catholic popes have inspired everything from reverence to regurgitation. Bringing the record up to date, we now have the spectacle of a nation with an enduring Roman Catholic base governed by a playboy millionaire being investigated for hosting "boom-boom" parties with harems of underaged girls.

Perhaps it shouldn't be surprising, then, that Italian cinema should embody the same contradictions. Time and again, Italy has produced directors who seem utterly at odds with the image of a country dominated by faith, tradition and organized religion at its most, well, organized. Italy gave us the first cheesy historical blockbusters with silent epics such as *The Last Days of Pompeii* (1913) and *Cabiria* (1914). While no one was about to challenge Mary's hold on the faithful, Italian silent cinema also birthed the diva—goddess, priestess, and femme fatale all rolled into one. The tone was set by actress Lyda Borelli, who starred in features such as *Love Everlasting* (1913) and *Satanic Rhapsody* (1917). Paolo Cherchi Usai describes these films in an article in *The Oxford History of World Cinema*: "The narrative world built up around the divas amounted to a compendium of love and intrigue in upper bourgeois and aristocratic circles, a world marked by rigid social conventions and uncontrollable passions, so detached from any sense of reality as to constitute a closed universe, dominated by sex and death."

With the end of the Second World War, the cinematic revolution went in the opposite direction with directors Luchino Visconti, Roberto Rossellini and Vittorio De Sica giving birth to Neo-Realism. Once again, however, we're a long ways away from any kind of traditional conservatism preaching stoicism in the face of adversity and acceptance of the status quo. Making a virtue of necessity, Neo-Realism used actual locations instead of sets, ordinary people instead of actors, daily struggles instead of high-octane melodrama. It was revolutionary cinema in the way Gustave Courbet's realist paintings were revolutionary in France in the mid-19th century: real people suddenly were placed on canvases that gave them the same kind of heroic grandeur and tragic weight previously afforded only the Biblical, the Classical, and the Imperial.

The revolutions continued. Federico Fellini heli-coptered a statue of Christ over Rome, announcing the rebirth of decadence and a cinema so deeply rooted in the recesses of the Freudian subconscious that it was often indistinguishable from dreamlife (or nightmare). Michelangelo Antonioni took the stripped-down motifs of the International Style in architecture and

turned storytelling into pure aesthetics. Bernardo Bertolucci mixed passion and politics with a vengeance. Sergio Leone took Clint Eastwood, Henry Fonda, and the Western into places they never dreamed of going. How is it that the homeland of the Vatican state—that bastion of Father Knows Best—time and again manages to shake up the cinematic world?

By this point, you're probably wondering if I'm actually reviewing a movie this month. I understand your concern. We're halfway through the column and either this is the longest lead-in

you've ever read, or my real objective is just to keep on telling you more than you ever want to know about Italian movies.

Go with the former option. This month's film is one of the most revolutionary pictures to come out of Italy (or anywhere, for that matter) in the early 60s. It's also one of the least well-known. *Fists in the Pocket* (1965) is still a shocker. I'm going to try to avoid tossing out spoilers here because if you do check it out I don't want you to be prepared.

The protagonist of *Fists in the Pocket*, Alessandro (Lou Castel), is a bulked-down Marlon Brando. Imagine Brando's inarticulate, leather-jacketed,

motorcycle-riding character from *The Wild One* stuck in a ramshackle villa high in the hills above Milan—in the company of a blind mother, a sexy-but-twisted sister, a Marcello Mastroianni-esque older brother, and a mentally-challenged, epileptic younger brother. In other hands, the kind of cast that might make for an inspiring picture about a family bonding together in the face of adversity. In the hands of 26-year-old, first-time director Marco Bellocchio, not so much. More apocalypse than inspiration.

At least Marlon Brando's Johnny could get on his bike, roar down the highway, get into fistfights, and make out with girls in tight sweaters. He may have still felt his life sucked and wanted desperately to rebel against something or everything, but at least he could burn off some of that pent-up anger. Alessandro's got nothing except a family that manages to feed his rage back in upon himself. The one, shocking outlet he's found ensures that he'll never escape. Irony of ironies, Alessandro's sister Giulia (Paola Pitagora) has a photo of Marlon Brando in *The Wild One* stuck on the headboard just above her pillow.

Alessandro knows he needs to get a life. But he doesn't give a damn about anything. The best offer he gets employment-wise

is a sleazy proposition to raise chinchillas. For a guy who can't even manage to feed the villa's four rabbits, chinchillas aren't the obvious career choice. Older brother Augusto (Marino Masé) could be a bit of a role model in the sense that he's got a job and a fiancée. Augusto's trying to make the big break from the villa to an apartment in the city, but there's no money and the thought of what would happen to the rest of his family if he left probably gives him nightmares. And even Augusto seems a bit "off" somehow; he's got a fiancée yet regularly beds a frowsy prostitute who peddles her wares on the highway outside the city.

Giulia is as high-strung as Alessandro. From the moment we lay eyes on her, we know she's part of the problem, not part of the solution. She's a Madonna manquée, Bambi in the headlights, close kindred to all those neurasthenic Italian divas I mentioned earlier.

Blind, perpetually-dressed-in-mourning Mom is the family figurehead. A burden to her children. Her life consists of uncomfortable family dinners and visits to

the church and the cemetery. We never learn the cause of her blindness. Or anything else about her, for that matter. In a telltale scene early in the film, a cat jumps on the supper table and starts eating the food off her plate. She's unaware of what's happening. Her children do nothing. Later, Alessandro, twitchy and hyperkinetic, makes violent slapping gestures in front of her face. When she dies, brother and sister will toss her meager belongings out the window and burn them to ashes.

Fists in the Pocket hit the theatres like a hand grenade. "A brilliant work of provocation," one critic called it. Even the great Spanish director Luis Bunuel—no stranger to revolutionary cinema since his days with Salvador Dali and the Surrealists—was offended. Bunuel's outrage was the ultimate tribute to the screenplay's subversiveness, the superb performances of its actors, the first rate black-and-white cinematography of Alberto Marrama (shot in the dead of winter) and the unsettling impact of one of Ennio Morricone's earliest, most effective musical scores. Marco Bellocchio was Italy's mid-60s' answer to Quentin Tarantino. Audiences came expecting *Miracle in Milan*; they got *Reservoir Dogs*. Basta!

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Next Deadline:
March 23, 2011

The Sound of Music

submitted by FOOTLIGHTERS
THEATRE SOCIETY

The hills will be alive with the sound of music — or, at least, the walls of Prince Charles Theatre will be — when Footlighters Theatre Society presents *The Sound of Music* on April 7, 8 and 9.

With a cast of over two dozen, the group has been rehearsing since January to prepare the musical with songs by Richard Rodgers and Oscar Hammerstein II.

"It's always a pleasure to hear their music performed live," said director Brian Lawrence, who directed Rodgers and Hammerstein's *South Pacific* in 2007. "These songs are among their most enduring, and I'm very proud of the way the cast is handling them."

Best known for the 1965 film adaptation, *The Sound of Music* premiered on Broadway in 1959, starring Mary Martin. The show, based on a true story, won five Tony Awards, including best musical (shared with *Fiorello*).

With a book by the Pulitzer Prize-winning team of Howard Lindsay and Russel Crouse, the musical is set in Austria during the Second World War, and concerns Nonnberg Abbey postulant Maria Rainer (played by Simone Wiebe), who become governess to the seven children of Capt. Georg Von Trapp (Jon Smith). The widower captain, staunch in the beginning, softens as Maria teaches his children to sing.

"This is actually a very touching story," said Lawrence. "I find it very easy to lose myself in the performance as I watch rehearsals."

Featuring all the songs from the film — including "Do-Re-Mi", "My Favourite Things", "Sixteen Going on Seventeen" and "Climb Ev'ry Mountain" — the musical contains two numbers, "How Can Love Survive" and "No Way to Stop It", that were not used in the movie. As well, "Something Good" and "I Have Confidence", written specifically for the film, are included.

"This production a merging of the stage and movie scores," said Lawrence. "And because the stage version is arranged a bit differently, you may hear a couple of songs in unexpected scenes."

The Sound of Music runs at the Prince Charles Theatre at 7:30 p.m. on April 7, 8 and 9. Tickets are \$10 for adults, \$8 for students/seniors and \$5 for children under 12, available at Black Bear Books and at the door.



Paint, Create, Donate, & Celebrate! Ain't It Great? (To paint or not to paint... What a dumb question!)

by Jacqueline Wedge

The first (yes there will be more) EAST SHORE PAINT-A-THON was held at the Crawford Bay Hall on February 12, and it was more fun than you could shake a paintbrush at. Literally. Ten painters gave up their day to paint up a storm, and donated all of the finished work to the evening auction.

I took a few moments throughout the day to observe, appreciate, and love the fruitfulness being manifested. The frenetic pace at which the painters worked shocked and pleased me and it occurred to me how very truly talented this community really is. Every hour I forced all participants to leave their paintings for two minutes to make some marks on another artist's small paper, which everyone had beside their regular canvasses. Weird and funky things started to happen on these sheets, different styles melting and competing and feeding off of each other, spectacular transformations

Paint was flying everywhere (don't worry, it got cleaned up) and I realized how totally inspiring being in a room full of artistic activities and people can be.

which I think we all agreed were challenging, magical, and chakra-opening.

In the afternoon we opened the doors to the public, and we had quite a few folks try their hands at group projects and smaller pieces too. Paint was flying everywhere (don't worry, it got cleaned up) and I realized how totally inspiring being in a room full of artistic activities and people can be.

Later in the afternoon, as all-you-can-eat pasta and salad were gobbled down into the hungry bodies in attendance, I was nervous and anxiety-

filled, wondering if anyone would appreciate not only how much work went into the event, but also how much great art there was to choose from. I was pleasantly surprised, in between the hectic auction calling, how generous and supportive the paddle-holders were (hand-made paddles to keep, what's not to love?), and how stupendous our Carol Vanr was as an auctioneer (especially after working in the kitchen all afternoon).

All funds raised are being put into a music society (or group), which will help musicians and instrument-makers bring accessible music to East Shore residents. Anyone interested in helping me decide where the money should be spent, please e-mail me moonrakings@theeastshore.net soon, and we'll set up a meeting to discuss it, though there are a few things already in the works (drum and marimba-making, for example). We raised over \$2700 from the paintings alone.

A raffle is sitting at the Credit Union, full of musical things, so please drop in to buy many tickets. I'll be adding all proceeds to the paint-a-thon earnings (draw will be at end of May). More money means more music for kids and non-kids.

Door prizes were won by: Bruce Simpson, Virginia Holman and Glen Kinder, and the big jar of candy was won by Betsy-Anne Schultz (her guess was 18 off the 485 candies in the jar... lucky Thea and Elliot!) I would like to whole-heartedly thank all of the pasta sauce makers, baking donators, and helpers at the event. Carol Vanr and Ingrid Baetzel deserve (a spanking and) big hugs for their constant help and creativity with putting it all together.

Without you all, this community would be much less amazing. I would also like to congratulate all auction bidders and lucky recipients of the paintings made

that day. May you enjoy them, and think of all of the beautiful music that will be made and shared with the moneys raised.

The Creston Valley Arts Council and the Spirit Festival in Creston gave me lots of money to buy the paints and canvasses which were used for the paint-a-thon. I am forever in their debt, as I don't think I could have done the deed without the boost. Hans Bringman was the man who set me up with that grant. Yay, Hans!

Finally, I am forever grateful to the artists (besides myself, who I won't thank because that would be weird) who painted all day:

- Leah Wilson
- Dan Silakiewicz
- Shirley Wyngaard
- Gina Medhurst
- Kate Page
- Skye Richards
- Kelly Gardner
- Lea Belcourt
- Petra Eck
- Janaki as well as Irie Belcourt Marcheterre

also donated paintings to the cause, and I thank them for their contributions.

May the music stay alive in your hearts, and the art inspire your souls. Watch out for more fun-filled events involving all art forms, let's all try to keep the creative juices flowing.

Creativity, Community, Conscience

Starbelly Jam 2011 Pumps up the Jam!

submitted by Leah Wilson

Imagine bright colors, stars on two stages, children laughing, running and dancing with parents and friends, eclectic entertainment from around the world, vendors, circus acts, and banners under a hot July sky, all in celebration of this outdoor community music festival. Now imagine the parking, then the line up to get into Crawford Bay Park, with your lawn chair, beach bag, and ticket in hand. What thoughts are in your mind? Why do we want to know? Read on my friend, read on.

Starbelly Jam Music Society is all pumped up – pumping up the Jam – as it launches into the essential planning for this 12th annual event, while making the most extensive core changes it has seen in years.

The intention is to take all that is already amazing about the festival, and to make it better - with your help. This year the Starbelly Jam Board of Directors has revised the management structure, with a plan for mentoring new volunteers towards succession, and some reallocation of budget dollars to ensure that from this point forward, the festival will continue to shine on with success.

This is your festival!

If you have enjoyed being an audience member, a volunteer, or a supportive member of the society itself, you have had a hand in making it what it is today in some way. We ask you for your feedback, suggestions, and ideas as to how it could be better. What would you like to see happen in the future? Are you interested in helping it happen? With a little elbow grease and positive intentions, we can do it together. Please send an email to volunteer@starbellyjam.org or call Leah Wilson (Services Director) 250-227-9330.

Important note: Starbelly Jam Music Festival will take place the third weekend of July.

Ways you can connect and share the word with friends: Facebook (become a friend and share), look for the soon to be established Starbelly Jam office in the community space at Crawford Bay School, or visit the ever updated and informative web site: www.starbellyjam.org

Farley Curzons ~Live at The Hub~

press release

On Friday, March 18, Junction Creek Hub is proud to present the spiritually charged Kootenay Lake rock of Farley Curzons.

Farley has been a singer song writer for 16 years. His performance highlights include: The Edge of the World Music Festival at Haida Gwaii and main stage at Vancouver Island Music Music Fest. He has also enjoyed multiple stage performances in Belize, Mexico and Sardinia (Italy).

His style combines deep roots Canadian Rock with Carribean, Celtic and Middle Eastern Rhythms.

Get out and celebrate the slide into spring!

Next Deadline:

March 23, 2011

www.mainstreet.eshore.ca

ARTWALK 2011

Submitted by Frank Goodsir for Art Link

For the 16th consecutive year, Artwalk will continue to be the destination for the arts in the Eastshore and Creston Valley regions.

With the lack of traditional venues, exhibiting arts in alternative spaces becomes one of the best ways for artists to introduce their work to the public.

Art Link coordinators, Nora McDowell, Dena Kubota, and Harry Miller will be continuing with the tradition set during the last 15 years.

The vision of Art Link is to continue to develop more awareness within the local communities along the Eastshore and in Creston, for a continued appreciation of the creative spirit behind original true art form.

Artwalk this year will be from June 17 through September 5.

The Creston Valley and Eastshore Artwalk is a summer long opportunity to encourage and provide venues for artists and artisans. This year's Artwalk runs from Yahk, through the Creston Valley and along the Eastshore of Kootenay Lake to Crawford Bay and Riondel.

Artwalk supports professional, established artists with their own studio galleries and venues, and we also link artists who do now have their own venue with businesses interested in promoting and supporting the arts and receiving some publicity of their own along the way.

While Art Link has seen an increase in artist owned galleries their strength has been the many non-art related businesses that open their doors and give art a home for the summer. Each year Art Link provides a quality, full colored brochure which lists artists and venues, hours of operation, a clear map of the entire route and a list of art related events.

Registrations for this year's Artwalk are being sent out to all of last year's participants. If you did not participate last year, or haven't received your mailing by mid-March, call one of the coordinators, Nora at 250.428.9391, Dena at 250.227.9441 or Harry at 250.428.2527 and the forms will be sent out immediately. For the benefit of those living on the Eastshore, completed forms may be left with area representative Dena Kubota at Pilot Bay Resort. All forms need to be returned by April 18.

This year's committee is planning special opening events in Riondel and Creston, along with special events and workshops throughout the summer.

March 2011 Mainstreet 7



Tom's Corner

by Tom Lymbery

Part 2: Searching For The Lost Gold Boulder

In last month's Mainstreet, Tom retold the story of the legendary gold boulder that was found and then lost in deep waters off Pilot Peninsula in the early 1890s. Part 2 tells of recent search efforts, a diving contest, and a certain local MLA. Tom first presented the Gray Creek Gold Boulder story at the 2000 Kootenay Storytelling Festival in Procter. Special thanks to Greg Nesteroff for his research on this story – F. Roback

If there were earlier searches for the gold, no one recorded them, so we now move along to November 25, 1967 when the *Nelson Daily News* reprinted Randall Kemp's original 1894 report from the *Nelson Tribune*. This was the first I had heard of the boulder.

One day in late February 1968, two men came to me to rent a boat. We were still using the old ferry dock at that time, and as it was close to extreme low water they could step into the boat from the low end that was usually underwater. While they were getting into the boat with their fishing rods, one of them asked, "How's the fishing around Cape Cockle?" My reply – "Oh, you're looking for the gold," created an immediate reaction. They were horrified that I had guessed their purpose, but Cape Cockle was only familiar to me from the newspaper boulder story. They admitted they were on their way to stake a claim, and cautioned me to silence.

The two men were Horace Card and Stephen Babich from Castlegar. Steve was back in April by himself, and established a base at Gray Creek Auto Camp. He had an older aluminum boat with a 25 HP Johnson motor, and spent several weeks beachcombing. I envied him his project, searching the beaches for logs, crosspieces and framing. Beachcombing has always seemed to me more interesting than fishing. Who knows what may have drifted down the river from Montana, in the years before the Libby Dam prevented inflow from the further reaches of the Kootenay River.

In May Steve came back to our beach pushing a log raft with a heavy timber frame over a trap door. The float was ingeniously designed with a bow-shaped indentation. He knew that you can't tow efficiently - the tow has a mind of its own. The sternwheelers always pushed barges, even though it is often called towing. After he tied up to shore, he framed up a cabin on the deck with two-by-fours and plywood. It had a door but no windows.

Like any other prospector, Steve was very close-mouthed, but since all his equipment was homemade he obviously had no resources. He would let slip tidbits of information to me in the hope that I would invest in his venture company, incorporated as Canada Kootenay Salvage Ltd. Their company logo, painted on tin, was fastened to their float and boat (pictured above).

Next we were surprised to see Card and Babich carry a heavy TV set between them down the boat ramp to their float. Now we knew why there were no windows! Card was an electronic genius who had invented the first remote TV repeater system. In the early days reception was freakish from Spokane – some places could receive but most could not. Card set up one of his systems to serve Nakusp. It worked well except that he couldn't turn off a customer who didn't pay – he could only switch off the whole system. When

the CBC set up to serve Nakusp, the Department of Transport locked up Card's system, saying there was no such thing as an electronic TV repeater, for Card had not attempted to patent his invention.

So it was relatively simple for this genius to set up an underwater TV camera and a submersible which could be controlled from the surface. How they could identify the ore I don't know – one gold boulder looks much like another with almost 100 years of lime on it. They described the fish they could see, and Steve confided to me that they had a sample from the boulder, and also a logical reason why such a find should be made atop a cliff on the peninsula in 1892.

In retrospect, shouldn't I have invested in some shares in their Canada Kootenay Salvage company and extracted more information? Wouldn't such a rare share certificate be a valuable item today? Perhaps Steve would have made one with a stencil, as he had the company logo on tin!

Next project – divers to bring up the fabulous find. Everything to date had been done with available materials and the two partners' labour, but divers need money, and that's something they hadn't been able to raise. They kept their claim in good standing. The float house was left anchored in front of the cliff the first year but it was too exposed to the wind, so they moved it over to our side of the bay. I told them where there was an old BC Forest Service anchor and chain, so this became a safer spot. A couple of years passed and they let the big float strand at high water. Babich made a smaller float with just a storage box and he did get a skin diving crew out, but the 200' plus depth was just too deep.



Company sign and logo, "Canada Kootenay Salvage Ltd", in use from c.1968 to 1972. Now owned by Tom Lymbery, the sign is about all that remains from Babich and Card's treasure salvage company. Photo: Frances Roback

Card then left the partnership and went on the road repairing TV sets. He had a camper with a Briggs and Stratton - powered 110 volt generator on the front bumper. These usually don't provide steady enough power to give a clear picture, but he had transistorized the speed control. Even in those years he understood the mysteries of transistors. His son, Gerald, tells me that Horace paid up to \$150 for a single transistor in the 1950s.

In 1972 Steve Babich approached me to see if I would take some of his equipment (not including the underwater camera) off his hands, so I ended up buying his boat, motor, and float house. We eventually got an offer for the latter - it fitted the long-haired dreams of a houseboat with no taxes. The float house changed hands many times, and each owner made improvements to the structure, such as adding big windows and an upper floor. It ended up on the beach across at Picnic Bay, where the occupant could raise some pot near one of the tiny meadows, where Randall Kemp and his partners had searched for cattle. One November there was a mysterious fire which completely destroyed the structure.

In April 1983 a much more publicized search was organized by Blair Suffredine, a Nelson lawyer. He enlisted the owners of the Balfour Beach Inn and brought in TV and other reporters to cover a diving contest during the last two weeks in April, when the lake would be at its lowest level. Three divers from Hamilton, Ont., and one from Cranbrook reached depths of 110 feet. That was about the maximum for skin divers unless they have special air mixtures, such as the crew used while diving to the sunken stern-wheeler, SS Ainsworth.

For the diving contest a steel hulled Kaslo houseboat was chartered, but the TV reporters were somewhat frustrated – not much to picture underwater. Gray Creek old timer Magnus Jernberg was enlisted with his story of finding a rowboat with a big hole in the bottom when he first settled in Gray Creek in the 1920s. Brian Lodmell of Riondel and his Lucky Goose orchestra wrote and performed a gold boulder song on the boat for the benefit of the TV. A while back I asked Brian for a copy, but he said he never wrote it down.

Blair Suffredine and his father Wray, who was director of the Nelson Chamber of Commerce, hoped to make this an annual event. In April 1985, Blair brought in Peter Fast of Niagara Falls, Ont., the self-styled Best Dowsler in Canada, as April has low lake levels and the water is clear. *The Nelson Daily News* said, "On Saturday with Blair Suffredine, [Fast] plans to retrieve the \$24 million hunk of gold." Possibly more a tourism promotion than anything else, this was the last effort that I know of for the Suffredines. Blair went on to become the Liberal MLA for Nelson-Creston in 2001-5.

Every year, usually in September, we have divers from Seattle and elsewhere who won't tell us what they are searching for. They bring in different and more sophisticated equipment each time, but spend a lot of time setting it up on our beach.

Now, the most important question is, "How could such an enormous chunk of gold be on Pilot Peninsula?" I pressed this question to Steve Babich more than once, and his reply always was, "We found the reason it was there in 1892." Again, if I had invested in his project, I might have the answer.

However, reports of the amazing variety of mineralization here were brought to us by Skip (Percy) Crosby, who came all the way from Harvard University. Skip was a geology graduate student working on his thesis. Skip used a five mile square from Gray Creek, across the peninsula and up into the mountains behind Procter. For four summers from 1957 to 1960, Skip established a base in our campground, employing a different geology student each year. Each day they would climb with prospect picks in hand, and pack numbered samples back to their tent. Some of the metal samples were zinc, iron, tungsten, tin, copper, silver, gold, and more. Mineral exploration geologist Terry Turner obtained a copy of Percy Crosby's PhD thesis from Harvard, "The Structure and Petrology of the Central Kootenay Area." Petrology, according to the dictionary, is a science that deals with the origin, occurrence, structure, chemical composition, and classification of rocks.

One year there was a fire up the hill. Like many from the U S, Skip used to complain about the cost of living here, so I got local forest ranger Roland Lussier to give them employment with the firefighting crew. They got at least a week's wages.

Some people say there is no gold in the Kootenays, but in the years they were operating, the Rossland mines produced more gold than Dawson City. You can't go a quarter mile without finding an old prospect on the point of Pilot Peninsula and at Gray Creek. If you know where to look, you'll find 1890s mine tunnels and shafts all over. The molybdenite tunnels were worked in 1917, as it was needed to harden steel during the war. The Five Metals mine at a higher elevation put in a 400 foot tunnel to tap into the rich iron ore deposits, as well as their other four metals.

Prospector Joe Gunther worked around here extensively from the 1940s to the '60s. While working a rocker in the Gray Creek channel Joe found some nuggets – I remember seeing one which weighed a full ounce on our Post Office scale. He staked many claims, and often sold options to the Consolidated Mining & Smelting Co. (now Teck) for many other minerals. In fact, Teck does some drilling on the peninsula almost every year.

There are those who say, "It wasn't gold. It must have been galena" for that is the more common find. I was skeptical at first, but the dedication of Stephen Babich and Horace Card made me into a believer.

Will they ever find the magical boulder? — I hope not!

Did You Know...

If you add the last two digits of your birth year to how old you'll turn this year, it will always add to 111! (11 if eleven or younger)

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Thoughts from a Disturbed Mind

by Harvey Valgardson

Well, that was kind of weird. I think I just had a humbling experience. It's hard to be sure because I don't really do humble but I looked it up and what I felt matched the definition. Fortunately, my ego was large enough to quell the phenomenon but I thought I should write a few words on the subject while it's still fresh in my mind. After all, I may never get the chance again.

It happened at the post office. Checking the mail pretty much sums up my social life these days so if anything unusual is going to occur, that is the stage it must be played upon. A man I've never met approached me and asked if I was Harvey Valgardson. I cringed.

Traditionally that question has been followed by the distinctive snap of handcuffs and a car ride. This fellow turned out to be a lot more benevolent than my usual inquisitors. He merely wanted to tell me how much he enjoyed this column. It's not every day I meet a discerning gentleman with such an obvious gourmet taste in literature, so I took a few minutes out of my busy day to visit with him.

I soon found out I was dealing with a highly entertaining individual. He told me a story that was vaguely related to one of my own and by the time he finished, I was laughing harder than I have for some time. I told him he should write and submit the tale so everyone could enjoy it.

I watched as his eyes grew serious and his smile drooped under the weight of my suggestion. "I'd like to," he murmured, "But I can't."

My initial impulse was to ask why not, but life has taught me to be cautious when confused. It may very well be a can of worms best left unopened. Maybe he's illiterate. That was my first thought, but no, he'd already told me that he enjoyed my words, which demonstrated literacy of a impeccable variety.

Before I could speculate any further, he explained, "I'd like to write but I don't know anything about grammar or punctuation." That's where the humbling part came in.

Anyone who has perused my puffery and knows anything about grammar already knew that I don't. I probably got kicked out of that class. Lord knows, I got kicked out of a few. And punctuation? I know a period is used to end a sentence but after that the rules get kind of blurry. I honestly have no idea what a colon or semi-colon is for, but that doesn't stop me from throwing the odd one in. It's kind of fun and besides, I don't want them to feel left out.

I think it's obvious that the gentleman in question and myself share the same handicaps. So why does he feel he can't write while I have the audacity to think I can? One of us must be wrong. I'm pretty sure it's him.

Let's look at the facts. You are reading these words so somebody must have written them. That somebody is me, ergo, I can write. Pretty simple, huh? The truth is you don't need an understanding of grammar or punctuation to write. U donte evn hav tu no how tu spel. Writing was developed as a tool to record and communicate information. If my readers can understand what I am trying to say, I consider all language requirements met. Purists might argue that I can't

write properly but to those I say, define proper.

Really, the only difference between that man and me is that I haven't told myself I can't. If he would only write the story exactly the way he told it I'm sure most people would enjoy it. It makes me wonder what other wonderful things the world has been robbed of by those two words. I can't.

I once worked for a woman who was absolutely amazing. No one was more adept at ducking and weaving through the quagmire of life. Around her the extraordinary became commonplace and, no matter what challenges came along, she would always find a solution. Sometimes, when the crap started to pile up she would throw her hands in the air and say, "I can't walk on water."

He merely wanted to tell me how much he enjoyed this column. It's not every day I meet a discerning gentleman with such an obvious gourmet taste in literature, so I took a few minutes out of my busy day to visit with him.

I never really thought about it then but now, looking back, I doubt it. What she should have said, if she was being honest, was that she had not yet figured out how to walk on water, because if the situation had ever called for it, I'm sure she would have. It's ironic that the only time those two words become absolute is when we say so.

Well anyway, good sir, if you're reading this, and I suspect you are, be warned. Someday when you least expect it our paths may cross again. When they do I will definitely ask if

you have written that story yet. At that point, you will have options. You can tell me you are unwilling to expend the effort and I will understand. You can say that you are afraid your efforts will be ridiculed and believe me, I will commiserate. But please, don't tell me you can't, because that's simply not true. At least, that's what I've been thinking.

- **Planning a wedding?**
- **Holding a meeting?**

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High Mexican Doors

by Tom Lymbery



In Mexico, houses are built enclosing the complete lot with brick walls. Because of the angled shaped lot this new construction (2010) looks like the prow of a ship. The far end is the front of the house, on another street. Look at the high door five feet above the street, with no steps, or likelihood of access, ideal for unwanted visitors, or Jehovah Witnesses. "Take the quick way out."

Tom Sez

by Tom Lymbery

Since gophers are such a pest in Crawford Bay (Gopher Bay) they could encourage badgers, as the Princeton Golf Course has done. Each badger will eat at least two gophers a day.

Yukon's Airline, Air North now has a 737-200 with a gravel kit to be able to bring jet service to both Dawson City and Old Crow. They also serve Inuvik, but this has a paved runway.

Will Gerald be able to review the movie **"The Girl with the Dragging Tatoo"**?

Feb 14 was the first anniversary of the **passing of Dick Francis** at the age of 90. He flew Spitfires in the 1939-45 war, became Champion Jockey in steeplechase horse racing, then went on to write 40 mystery novels that always had a horseracing element.

Evidently Quebec hasn't lost its birches, as we have. New subway cars for Montreal will still use Quebec yellow birch for brake pads, as the old units did. Regular brake pads would create carbon dust, a health concern. The wood is boiled in peanut oil and salt water to prevent it heating up.

A sooft drink! Clay Butler of Soquel, California plans to supply medical marijuana outlets with his soda pot, which contains THC. Besides his flagship cola drink, Canna Cola, he will have Orange Kush.

Pacific Coastal Airlines has spent millions increasing their fleet of Swedish made Saab 340 planes from one to seven. Traffic from Trail and Cranbrook has increased to the point that they are using the larger 30 to 33 passenger Saabs instead of the 19 pass Beechcraft 1900s on many flights. They are also looking at flying from Trail to Kelowna – allowing an easy connection to Westjet service.

Our lake reaches its seasonal low March 31, so please plan your beach cleanup and dock repairs for April

If you can spell **ALZEIMERS** you don't have it!

Our Postal Service is increasing those areas using the street name and number as the important address. This also changes the last digit of the postal code, as it has in Boswell / Destiny Bay.

Yukon Quest – the annual 1000 mile sled dog race from Whitehorse to Fairbanks, Alaska was won this year by a rookie, Dallas Seavey in 10 days and 11 hours, almost a day longer than last year, because of tougher conditions. Not only the drivers but the dogs are awarded – one was dog Silver who won attention and prizes as he helped other teams over one of the most difficult summits. The race alternates direction – 2012 will be Fairbanks to Whitehorse.

Tip of the Day...

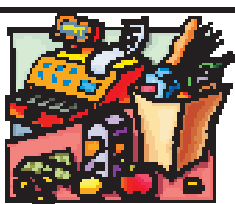
Place rocks under your plants - they help keep the moisture in.

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Keeping with the theme of Kootenay Lake birds, from last month's edition, John Smith sent in this photo he took in February of a bald eagle in all its majesty.



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Birth Announcement

Eira Smilla Plaumann



Born on February 3rd, 2011

Most beautiful snow child
Born peacefully into hearts gone wild
We welcome you
Most beautiful snow child

For days we stared at you
Pondering life that was new
And we watched with wonder
As your fingers grew

As a new life adventure suddenly starts
We are left with gratitude in our hearts
For the love we have received
Thank-you all

Next Deadline:

March 23, 2011



Switching System Upgrade Delayed
While we have the utmost confidence and regard for our new banking system provider and credit union system partners, we feel it would be in the best interest of our members to postpone SWITCH to a later date in 2011. A new date is still to be determined.

East Shore Community Branch
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Janet Wallace sent these photos to us from Tulum, Mexico, to remind us that spring is on the way, and with it the return of some of our lake's longterm residents. Above: Mexican beach. Below: Bob and Bonnie Schutter with dogs at their home in Mexico.

Junction Creek Hub

Lounge, Coffee Shop & DVD Rentals



11am - 12am, Every Day (Closed Thurs)
(will stay open until 1 AM for live music or on regular nights if busy enough).

Live Entertainment, Beginning in March:

- March 2 - Meet our Brand New House Band!
- March 12 - Brawley's Break Away from the Kootenays (Goodbye) Party
- March 18 - In the Mix with Farley Curzons.
- April 1 - Junction Creek Hub Grand Opening!
Music, drink, dance and merriment - food to follow... menu available later in March.

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Eat-til-you're-green full salad bar, hot entrée and soup for lunch every Monday-Thursday at the Crawford Bay School Hot Lunch Program... and all for only \$10.

Check out the liveliest (and busiest) vegetarian "restaurant" in town. Drop by around noon for a lunch you'll be telling your friends about.

Employment Opportunities



Kokanee Springs is now hiring for the season:

Lodge:
Housekeeping Staff
Front Desk Clerks

Golf Shop:
Retail Staff
Marshals
Starter
Cart Attendants

Food & Beverage:
Servers
Bartender
Dishwasher/Food Prep
Cooks
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Baker

Submit your resume to:
Kokanee Springs Golf Resort
Box 96, Crawford Bay, BC V0B 1E0
Fax: 250-227-9220
Or email: info@kokaneesprings.com

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Heavy Shtetl

Fiddleroots 2011 - Folk Music Camp

CAPTION BY LORNA ROBIN, PHOTOS BY JOHN SMITH

With financial assistance from our East Shore Credit Union, Rec 9 (RDCK), and the Columbia-Kootenay Cultural Alliance, and with an estimated 284 volunteer hours, the Applesauce Fiddlers hosted Fiddle Roots 2011: Folk Music Camp. Feb 18-20. It began with a dance and was followed by a weekend of music workshops, receiving rave reviews! from Howlin' Dan: "That was a really fun event, and I was happy and honoured to be a part of it. Thanks to you and the rest of the gang that put the weekend together, engaging, entertaining, and edifying!" and Slava Ocean: "I had a great time! What an excellent event for all ages. We need more of that in this day and age. Thank you to the Applesauce Fiddlers for all their dedication in making the event happen."



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From the Principal's Desk

by Dan Rude

At a recent principals and vice-principals meeting, we had a conversation around healthy living initiatives within our schools. This got me thinking about clarifying all of the work we do as a school and community towards the health of our children, our youth, and ourselves. It also got me thinking about where we have work to do as a school and as a community. Below is the first version of a listing of the work we are currently doing in our school to promote and teach healthy living, in no particular order. As always, we would like your input into what is currently being done and where you think we have work to do. Our work together is about healthy living, improving, and growing as individuals and as a community.

Physical Environment

- New LEED (Leadership in Environmental Energy and Design) building and grounds
- Clean Kootenay Lake air and water
- Immediate access to natural environment
- Parent sponsored and carefully selected outdoor play equipment
- Initiative underway to construct a community greenhouse
- Community fitness center & early childhood center

Physical Activity & Nutrition

- PAC sponsored vegetarian hot lunch program, with as much organic and local produce as possible
- Fruit available throughout the day
- Healthy snacks sold by elementary students
- K-12 Physical Education all year (K-6 everyday, 7-12 four days per week)
- Students actively playing in gym before school and during lunch breaks
- After school badminton
- After school karate class led by community member
- Athletics elective and various Wednesday workshops throughout the year
- Outdoor Education adventure trips
- Community evening sports

Partnerships within our Community

- Parents and community involvement in lunch program, classrooms, and outings
- Learning workshops facilitated by community members-teacher partnerships
- Community Mentorship and Work Experience Program

Partnerships beyond our Community

- Individual and group counseling through North Kootenay Lake Community Services
- Learning workshops facilitated by individuals and organizations from throughout our region
- 'Nobody's Perfect' parenting program
- Parents' circle with childcare provided
- ANKORS sexual health workshops
- 'P.A.R.T.Y. Program' (Preventing Alcohol and Risk-Related Trauma in Youth)
- Substance awareness education involving various organizations
- McCreary 'Next Steps' BC Youth Health survey
- Reel Youth claymation/film making

School Programming

- StrongStart early learning program in Crawford Bay and Riondel
- 'Roots of Empathy' in elementary
- 'Explorations in Lifelong Learning' grades 7-12
- Health & Career workshops involving local, regional, and provincial organizations
- Midwife led lessons and activities in K/1

- Composting and recycling
- Weekly elementary assemblies to celebrate successes and address concerns
- Yoga led by community member
- 30 Hour Famine
- Red Cross 'C.A.R.E.' program (preventing child sexual abuse through education)
- Handwashing lessons

Arts

- 'Artists in Education' grant for music led by community musicians
- 'Butterfly Fiddlers' after school fiddling lessons led by community member
- Dance classes with visiting teachers
- Weeklong art intensive workshop for grades 7-12
- 'ArtStarts' spring performances
- After school art class led by community member
- Secondary art elective

Work to be done???

EASEY NEWS

by Simone Stanley

We have a logo! I would like to thank all of our young and creative participants who entered our search for a logo contest. It was a joy to look at the art and see what time and effort was put into each logo entry.

Ibex's logo was chosen to represent our EASEY group. All of the logo entries will be posted in the Crawford Bay School. Please come and take a look and congratulate the children on their hard work.

Thank-you to the Regional District Economic Development Grant Board for awarding our committee a grant for \$1000 that will be used to create the logo, the brochure, and the web page for EASEY.

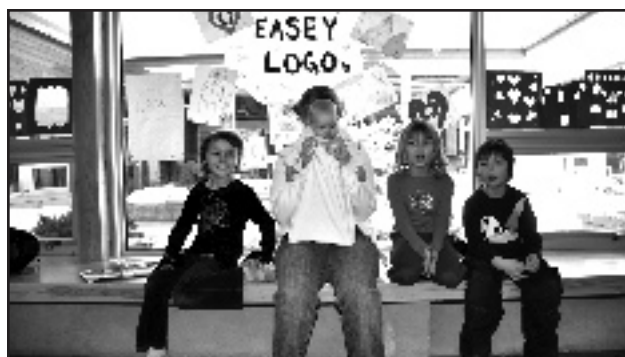
Nobody's Perfect: This program brings parents together to discuss and share the experiences of parenting. Start date: Every Tuesday- 5:00pm-7:30pm - Crawford Bay School Library. Child care and supper is provided. (This is a free program.)

Rhyme Time: Come and learn new songs, movement activities, and stories. Riondel Community Center Moms and Tots room. Program dates: March 5, 12 and 19 at 10:30am. (this is a free program)

Vision and Eye Test: March 2, 1:00pm during Strong Start, Family Place in Crawford Bay

Parenting Circle: Start March 4. Runs every Friday - 12:30pm - 2:30pm. Drop in format - Child care and snacks provided. Crawford Bay School - Family Place. Facilitated by community counsellor Laura Watt

For more information contact Simone Stanley, 227-9218 ex 5504. The next EASEY meeting is on March 10.



CBESS Featured Students 1-2-3 Students & You!



For this month's student features we would like to profile our grade 1/2/3 students and the involvements they have had with individuals and organizations beyond our school. In February, Jayanti English has led weekly sessions of yoga, Jacqueline Wedge led a workshop with clay, the organization 'Wildsight' came for a 'Winter Wonderland' morning of activities led by Jayne Frost, Ben Johnson led music sessions and Ms. MacLellan continued leading 'Roots of Empathy' in which baby Sofie and parents Tyler and Palma Wedman visit weekly for students to learn about communication and feelings. Thank you to all of the adults involved in these learning experiences and for your commitment to our children.

www.eshore.ca

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pebbles
by Wendy Scott
Pre-Spring
Notes

It's around the corner – so they say, but here in Riondel there's a bit more melting required (quite a bit) before we can truly embrace

the approach of spring. On Vancouver Island, however, it is possible to rush the season slightly.

Just north of Victoria at The Memorial Rose Garden in Sidney, rosebuds fatten on the arbour, green shoots poke through the soil and the central fountain is being cleaned and readied to bubble again. This park is a tranquil spot at any time of year. Hedges guarding the perimeter leave big enough gaps to invite a wandering entry. Memorial benches encourage contemplative rest. Brick pathways describe a full circle with their axis pointing directly across Resthaven Dr. to the Shoal Centre; a four storey expanse housing Senior's independent living units along with accommodation for individuals with disabilities.

Beacon Community Services is the umbrella group that oversees the Shoal Centre as well as several thrift shops – all run by volunteers and all supporting the activities at the centre. One in particular on Third Avenue appears to be a little white cottage with neat black trim. Inside, shelves are stocked with china, silverware and linens, along with funky table mats, doilies, saltcellars and pepper grinders for any occasion. And where else can you spot a tiny porcelain bell or a little music box for that friend whose eyes are no longer willing to show her the way.

It is a stark reality that a memorial for youth is a dominant feature in the restful park across from the care centre that caters so fully to seniors, but there it is – at the back of the Rose Garden – a totem pole standing alone as a symbol and a tribute to decades of troubled young people. The dedication at the foot of the totem reads: In Memory of all the Lost Youth of British Columbia. When spring arrives, a fresh rose will lie beside the plaque.

Juxtaposed across one of Sidney's busiest streets, both ends of life's spectrum are acknowledged: a reminder of the loss and survival that exist in every family, in every life, and in every town.



Today, in Riondel, we celebrated another event that rarely appears during a lifetime: the celebration of a particular discovery. Today two sisters sat together for the first time in a dozen years; two sisters who had lost touch until chance nudged a few possibilities

into place and the connection became a reality. An event like this deserves a party and Bonnie Anderson opened up Dutch Harbour Lodge for a gathering of about thirty friends. The honoured guests were Fiona McLaren and her sister, Mary Davies. Sisterhood was apparent as Fiona and Mary sat beside the fireplace and sang songs – No, let's re-phrase that – Fiona and Mary led songs for all of us to follow. The woman we

knew so well, Fiona, and the stranger in our midst, Mary, melded there in that room, into the two sisters who had grown together, ridden with their father – the veterinarian, singing – as their father requested – there and back – to and from his calls (Fiona says to keep them from bugging him). A childhood spent in song came forth again in the joy of discovery and reunion shared by a room-full of friends.

Soft, fluffy snow all day and, tonight, as the smoke from chimneys floats over the town, a full moon creates its own nimbus-glow through a film of high cirrostratus clouds. It's a fitting completion to thoughts that come about in this time between seasons; the time when lives end and new life begins and the misplaced arrive together and whole; a true celebration of life begun, ended and continued. An expectation of spring.

Checking today's weather, however, I see that Vancouver Island is enveloped in a blizzard of true winter proportions, while Riondel smiles under clear skies and brilliant sunshine. I'll admit the wind is cool and brisk, and the sun reflects from roadside piles of dirty snow, but water trickles down streets to look for still-buried ditches, slow moving flies crawl up window panes and a Kootenay stinkbug has appeared from an opening somewhere in the house to rest on a sunny windowsill; perhaps that springtime corner is close-by after all.



perhaps that springtime corner is close-by after all.

*Last Snow
Falling
white hushed footsteps
of winter's last visit.
The branches, heavy, strain to
wave
farewell.*

-Marie Saxton

Bible Talk

by Pastor Doug Middlebrook



Gen 1:27 God created man in His own image, in the image of God He created him; male and female He created them.

Of all the creatures or beings that were created, only man was created in God's image. The dictionary defines image as "a likeness, or something similar." To find out what that image is, we need to look at what it is not. God is not a physical being like us. We live in natural bodies, and while Jesus was on earth He also lived in a physical body, but that was only for a time of 33 years. So it is not our physical body that is the image of God. I think we all know this.

John 4:24 says that God is a spirit.

We are spiritual beings that live in an earthly vessel or tent. According to 2Co 5:1, we are spiritual beings as well as physical. So is this His Image? But the Angels are also spiritual beings. Heb 1:14 Are they not all ministering spirits sent forth to minister for those who will inherit salvation? But the Angels were not created in God's image. So being a spirit being is not the answer.

I think we find an answer in 1John 4:8. He who does not love does not know God, for God is love. It does not say that God has love, or gives love, but that He is love. Love is the singular attribute of God. John. 3:16 tells us that because God is Love, He acted. Love is the reason why God works on behalf of man. All that we know or experience of love has its source in God. Because we received love, we are able to give love. Love originated in and through God. God is the image of Love. So if we are created in the image of Love what does that look like? Let's look at the character or nature of love.

Love desires interaction, reciprocation and a response. Love wants to be loved in return. God created us so that His love would have a destination and so that He could not only show love but that He would receive it. Love looks for a respondent. He created a creature that was able to respond to His love; a creature that would have fellowship with Him, interact with Him and be intimate with Him. This was a higher calling than even the angels had. Angels were created to worship and to serve God, but we were created to love Him. I think that love is the one of the greatest needs that any human being has. I think it is in each of us to want to be loved. Love must be freely given. It cannot be programmed, bought or forced. Because of this God allowed the temptation of Adam and Eve and even warned them of the consequences. As we know they gave into the temptation. So God sent Jesus and led Him into the wilderness to be tempted. We know that Jesus never sinned in his earthly life, not even in the great temptation from Satan. Because of this He is able to lead others back to God. The Christian faith is based upon what God did through Jesus. The two greatest commandments focus around love.

Matt. 22: 37- 39 Jesus said to him, "You shall love the LORD your God with all your heart, with all your soul, and with all your mind. This is the first and greatest commandment. And the second is like it: You shall love your neighbor as yourself."

This is what I believe being created in the image of God means; that we love God and we love others as He loved us. God is love and He put this image in us, and because love must be free He gave us the right to choose. I encourage you to choose God. The alternative is to be separated from Him for eternity.

The Lord's love and blessings be with each one.

The East Shore
MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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East Shore Community Library/ Reading Centre News

by David George

Evil Tax Lords - Part Two

Circular reasoning, or around and around it goes and where it stops nobody knows. Spending hours on the telephone and going nowhere has been my fate recently in trying to get a definite or indeed any statement from anyone about why this province of High Stupid Tax has decided to charge us all seven percent more for our postage stamps.

First I phoned the Consumer Taxation Branch toll-free number in the blue pages of the new phone book, 1-877-388-4440, and was told that they did not want to talk to me about this issue, and I should call Canada Revenue instead at 1-800-959-5525 and ask about the Hated Silly Tax there. Well, the feds have absolutely no information about why this province added seven (7) percent to the taxes on postage stamps here. I need to talk with someone from our provincial government.

Further discussion with the BC Consumer Taxation Branch yielded a number for someone in their Communications department, presumably a sort of press agent, which number I shall try frequently during the next month (both the person whose number I was given, and their assistant were not available until next Monday, yadda, yadda, etc.).

Looking at the BC government website and trying all the searches I could think of led me to only one lonely pdf document, which states on page 3:

"The purchase of Canadian postage stamps at face value for mailing purposes is a prepayment for postal service and not subject to PST." sst_071.pdf ---from govt. of BC website---supposedly updated in July 2010, but obviously obsolete!

I tried to call Alex Atamanenko, MP to our west, 1-800-667-2393, and was not able to reach anyone there. I then tried Jim Abbott, our own MP, 1-800-668-5522, and was also unable to get through.

Michelle Mungall, MLA's office 250-354-5944, email: michelle.mungall.mla@leg.bc.ca is also looking into this and there will be more information in due course.

So there it sits for now; if you want to buy postage stamps in order to use Canada Post, a Federal Crown Corporation, and nothing to do with this province, and avoid the Horrid Stinking Tax, you must Go East, and buy them in Alberta.

Part Two of Greedy Publishers will have to wait for next issue, but there should be a Part Three about the Evil Tax Lords next month.

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Riondel Library

by Muriel Crowe

Whether I want it or not I am being dragged into the 21st Century and to the use of its electronic and other wonders. I admit that I can set the clock on both my VCR and my computer, that I use a digital camera like an absolute amateur and talk about gigabytes and megabytes generally makes me think of sharks although I don't know which one to credit to the great white shark. Beyond that I frequently yell for help as follows.

It has been suggested that access to eBooks through our library would be a wonderful advantage. I agree but as we are a reading centre and therefore not entitled to share in the BC "Library to go" program we would have to either set up our own system or subscribe to a company that will let us download from their system. Two of us have browsed the internet looking for these systems and have found a possibility but an expensive possibility. If there is anyone out there who has experience with eLibrary systems we would really like to have your help in deciding what to do. Meanwhile for those who are interested you can download older books from Project Gutenberg and Manybooks online.

The cataloguing of paperback books is nearing completion and when that is done we will do the magazines. This also means that overdue fines will be charged for all items in the library but it will give us greater control of inventory and enable us to track missing items.

Our new patron cards have at long last arrived. We had ordered them in December which of course created a holiday delay and then they sat in Customs for several weeks as no one thought to phone me regarding our address. Finally they are here and are being handed out as you come into the library. We are asking that you use them for all transactions and are giving broad hints that it will be suggested that you make a wee donation into our roof fund jar if you don't comply.

If you are tired of winter and shoveling snow please come in and borrow books to ease you into spring. Gardening, golfing, hiking or just wandering in the woods - we have books that can boost your interest and help while away these last grey days.

Book Review

by Tom Lymbery

DOUBLE OR NOTHING - the Flying Fur Buyer of Anahim lake, by D'Arcy Christensen, Caitlin Press, 222 pages, \$24.95

What a storekeeper - D'Arcy was always willing to let the customer gamble on the toss of two quarters - for double or nothing, whether it was for groceries, fur, or gas for your plane! For 30 years, he ran the store in Anahim Lake that his family operated over a century.

This is another of the most interesting books of the Chilcotin country west of Williams Lake. He tells us quite a bit about Pan Phillips, whose partner Rich Hobson wrote the book *Grass Beyond the Mountains*. That became read all across North America to make the far flung Chilcotin known sufficiently to make way for many more volumes by other authors.

D'Arcy is a storekeeper/flyer/gambler... quite a combination. He is a poker player who claims to win much more than he loses. One win is sufficient to purchase a used Super Cub, a light plane that can get in and out of short spaces, whether on wheels, skis or floats. Skis open up a whole new area of customers who don't have even basic airstrips, because frozen rivers, lakes, or packed snow can allow landings - and hopefully takeoffs. He says that if anyone waves a mink skin he would land and buy their furs, though often he would be delivering groceries and using them as part of the price of the furs. His recipe for landing on ice - look for moose or caribou tracks - if the ice is good enough for the animals it will support the plane. He describes the several different small planes that he upgraded from the Super Cub.

Many tales about interesting characters who he knew and worked with. Some stories are complimentary - some are not. Lots of familiar people - if you have read even a few of the books about the vast Chilcotin you will know many of these individualists.

Volunteer Opportunity!

The CBSS Hot Lunch Program has a salad bar and entree table to rival all others in the Kootenays. Many schools have had to discontinue or reduce their lunch programs to pizza and hot dogs due to funding shortages.

It is through the tireless fundraising efforts of the Parental Advisory Committee (P.A.C.) that our children, educators, and other community members have access to this healthy and diverse menu.

We have a number of volunteers who assist our chef, Farley Cussons, from Monday through Thursday.

There are a couple of openings if anyone is interested in joining our volunteer team.

If you have been looking for a way to support your community this just might be for you.

Contact CBSS @ 250-227-9228 or stop by the kitchen to find out more.

Love

by Zoe Baetzel

(for my Mama)

Our love is not love it's life.

Our love is strong love not broken.

Our love is between us two and never stolen.

But the best part of our love is that it is real love.

A Positive Side

by Pam Spiers

to truly know oneself,

one must look past the good from the bad,

separate the evil,

and you will have the truth.

Next Deadline:
March 23, 2011
www.mainstreet.eshore.ca
www.eshore.ca

ARTlink
CRESTON VALLEY
AND
EAST SHORE
Welcome to...
Art Walk 2011
Jun 17 - Sep 05
Time to Get On Board!
Calling all artists and businesses interested
in participating in Artwalk 2011.
Great attraction lasting from June 17 thru
September 05, 2011.
Registration available from
Artlink Coordinators:
Nora McDowell
250.428.9391
Dena Kubota
250.227.9441





Answers from the Physio

by Anna Rose, Physiotherapist

Q. Does the pain in my low back mean I've got a slipped disc?

A. Discs can protrude (they don't exactly "slip out"), but more common causes of low back pain are facet joint irritation and muscle strain.

Relevant anatomy

1. Bones -- below the seven vertebrae of your neck, or "cervical spine", and twelve vertebrae (with ribs attached) of your "thoracic spine", there are five vertebra in your low back, or "lumbar spine". The lowest of these sits on the top of a large triangular bone called the sacrum. The spinal cord runs down through the hole near the back of each vertebra.

2. Discs -- these are pliable structures that provide cushioning between the bodies of the vertebrae and contribute greatly to the flexibility of our spines. They are made of tough fibrocartilage with a gel-like centre.

3. Ligaments -- there are a number of long ligaments down different aspects of the spine. There are short ligaments around the facet joints, which are the small joints between the projecting knobs of adjacent vertebrae, behind the spinal canal.

4. Muscles -- the back has many muscles, in about four layers. The small, deep ones are key participants in core stability, along with the lower abdominals and pelvic floor muscles.

Disc protrusion

If a lot of force is put through the discs, the fibrocartilaginous outer part can be weakened, allowing the disc to bulge and press on other structures such as nerves. Years of wear and tear on the back can make discs more vulnerable to protrusions, but the protrusion itself usually occurs suddenly. Typically, the person tried to pick up a heavy weight with a rounded

back, and suddenly felt intense low back pain, with or without leg pain.

Facet joint irritation

Facet joints in the lumbar spine are vulnerable to several kinds of stresses, including compression in forced backward bending or twisting. Facet joints get irritated much less often if core stability is good, that is, if the deep postural muscles are doing their job to keep the alignment of the vertebrae optimal. These joints are often affected by osteoarthritis, and also take more stress when disc height decreases with age.

Muscle strain

A force that causes a disc protrusion or facet joint injury can cause muscle strain at the same time. Frequently, though, muscle strain results from less extreme forces. It can happen from a single effort or from repetitive actions, especially if strength and endurance haven't been built up gradually, or if work is done in awkward positions.

Muscle spasm is different than muscle strain. It's the protective contraction of the muscles caused by the pain of a significant deeper injury, such as a disc protrusion. It is the body's attempt to splint itself, but unfortunately, spasm also increases the pressure on injured structures, thereby increasing pain.

What to do about low back pain

For intense pain that came on suddenly during a specific activity, medical attention is advisable. Diagnostic imaging, bed rest and medications for pain and muscle spasm may be needed. Physio may be recommended at some time during recovery. Intense back pain that does not seem related to activity should definitely be seen by a doctor for diagnosis -- it could be caused by an internal organ.

For milder back pain, you can wait to see if it improves with relative rest, the use of cold on small areas of tenderness or heat on generalized muscle tension, and whatever medications or complementary treatments you trust. If you are not improving a few days after an activity that triggered back pain, or if you have pain of gradual onset that you can't figure out, physiotherapy can be very helpful. Physio will likely find contributing factors, and give you specific advice for management, also gentle exercises and hands-on treatment such as traction.

Long Live Life Highlights from the Annual Report 2010

The Heart & Stroke Foundation of
BC & Yukon

submitted by Leona Keraiff

"Since the foundation's inception 58 years ago, we've made dramatic advances in heart disease and stroke research and treatments-reducing the mortality rate by 25%. Yet, heart disease & stroke remain two of the three leading causes of death in Canada-with one life lost every 7 minutes."

"I am pleased to tell you that the research we are funding here in B.C. is making a difference. Dr. Scott Lear (St. Paul's Hospital, Vancouver) is searching for the answers to heart disease as chair in Cardiovascular Disease Prevention Research and Dr. Andrew Penn (on Vancouver Island) is examining TIA's, or mini-strokes to reduce the prevalence of full-blown strokes. We are promoting healthy living for British Columbians through promotions like HeartSmart Kids and Health Check. We also advocate for initiatives like the B.C. Stroke Strategy. Our vision is generations free of heart disease & stroke."

Bobbe Wood,

President/CEO Heart & Stroke Fndtn Canada

Signs of a Stroke - One or more of these:

- ~Sudden weakness, numbness
- ~Sudden trouble speaking
- ~Sudden vision problems
- ~Sudden severe headache
- ~Sudden dizziness

Call 9-1-1 immediately. Ask the possible stroke victim to smile or to say a simple sentence such as, "I am going shopping." If it is a struggle to do either, immediately get medical help!

Heart disease and stroke is the leading cause of death in Canadian women, taking more female lives than ALL forms of cancer COMBINED. The Heart Truth is a dynamic campaign to increase awareness in women. LEARN more at hearttruth.ca

The Heart & Stroke Foundation strives to save the lives of Canadian children. Over the past 15 years Canada has seen significant increases in obesity, high blood pressure and diabetes in younger patients. In BC, the foundation developed and, for 16 years, has provided HeartSmart kids program resources for teachers. The foundation has also developed a toolkit, Heart & Stroke Shaping Healthy Active Communities, to support individuals and organizations in their efforts to create healthy change. Read more at: heartandstroke.ca/healthycommunities. Many of you are familiar with the Jump Rope for Heart Program, now 28 years old. Thanks to Glen Kinder, our local children learned the heart health benefits of skipping. Lastly, the foundation created the Health Check program to help Canadians make healthier eating choices.

The foundation has been playing a leadership role in resuscitation in Canada since the 1970's and continues to call on us all to learn how to save a life. The HEART & STROKE CPR ANYTIME FAMILY & FRIENDS KIT allows anyone to learn the core skills of CPR for adults and children in just 22 minutes. Visit heart&stroke.ca/cpranytime to order your kit today. During the 2010 winter Games in Vancouver the foundation provided 10,000 kits to train 10,000 volunteers in the life-saving skills of CPR.

February is Heart month. The bulk of the monies raised to fund the research and above -mentioned programs comes from donations collected during this time. Here on the East Shore, I and others have been canvassers, visiting our neighbours and gathering contributions. For almost 20 years, we who collect and those of you who so generously donate have been helping this foundation work towards the goal of generations free of heart disease and stroke. Thanks for your support.

Next Deadline:

March 23, 2011

www.mainstreet.eshore.ca

www.eshore.ca

East Shore Physiotherapy

New Health Centre, Crawford Bay



Anna Rose BScPT

Full Assessments and Explanations,
Gentle Treatments, Home Programs

227-9155

The Fitness

Place

Hours:

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

Tues - Thurs: 6 pm - 8 pm

Sat: 8:30 - 10:30 am

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



Notice of Passing

Richard "Dick" Prest

1940-2011

It is with great sadness that we announce the passing of Richard on January 28, 2011, after a long, brave battle with cancer. Richard was pre-deceased by his father Wilfred and brother Gordon. He is survived and terribly missed by his wife, Louise, son Glenn (Janice), daughter Dawn (Wayne), granddaughters Joni Leigh and Brittany, mother Maria and nieces and nephews.

Born in Northern Ontario, Richard spent his youth and started his family, migrating to BC in 1966.

Richard wore many hats in his working career. He started out hard rock mining, then truck driving, fire suppression, school bus driver, snowplow driver and finally slid into retirement as a greens-keeper at Kokanee Springs Golf Resort.

An avid fisherman, hunter and woodworker, he was happiest in the outdoors and spending time with his family.

A celebration of life will be held when the weather brightens and the roads are safe for travel. In lieu of flowers, please send donations to the Canadian Cancer Society.

Notice of Passing

BILL BURGE

1924-2011



Charles William McKay Burge passed away quietly on January 30, 2011 at his home in North Vancouver. The Burge family purchased the Caribou Ranch in Gray Creek from the Henry Croasdaille estate in 1920 and Bill was born in 1924. He attended school in Gray Creek, and high school in Nelson. After serving in the Royal

Canadian Airforce during the 1939-45 war he became a successful lawyer, living in West Vancouver.

He had a great interest in history and made sure he never missed Gray Creek Museum Days (in the Hall where he attended grade school) He created a Graduate History Scholarship and an endowed History Lectureship at UBC.

He is pre-deceased by parents Alice Maud and James McKay Burge, his wife Elizabeth, siblings Winnie Simpson, Gwen Hill, Barbara McLaughlin, Joan Hanson, Ruth Stilwell, Jim Burge, Marjorie Lytle and Irene Burge. Internment of ashes will be next to his wife Elizabeth in Gray Creek Cemetery.

He is survived by son Brendan and daughter-in-law Abigail, brother-in-law Doug McLaughlin, nephews Barry and Jim Burge, nieces Georgina and Carol (who grew up in Gray Creek) other nieces and nephews and many friends, caregivers Pinky, Lorna, and Zenelyn share in the family loss and are thanked for the devoted care and companionship for Bill.

*"Oh! I have slipped the surly bonds of Earth
And danced the skies on laughter-silvered wings"*

The Twilight Years

by Wendy Scott

Ethel Christensen penned that title. Ethel wrote the book, along with many others, including her own life history, stories of the people around her, and a great deal about this piece of ground from the long-ago time before the Flathead Indians bothered to show their metal mountain to a white man in a canoe; a time before the Bluebell Mine and the townsite of Riondel.

You might say Ethel's book was a How-To manual on the Twilight Years. She certainly knew how to live them. With the help of her son, Grant – who remodelled his own house for her needs – the most important ones being her desk, with good light coming from the right direction, and her typewriter – Ethel settled in to live – really live – those twilight years. Ethel's writing is a testimony to those years, in fact, she began her Twilight book with the notion that someone else would have to finish it for her, but after planning, organizing, and producing her own 90th birthday party, she went right on writing. With the vital editorial and typing assist from Ding Fiedler and Bert Higginbotham, Ethel finished her books at a time when she felt her life was winding down. Legs, feet, fingers, ears, eyes – they were all dwindling and there was that annoying lump that simply would not disappear.

Ethel left a legacy for her much loved family and her many dear friends. Four volumes of Ethel's books are in Riondel Library. She also took great delight in writing children's books – geared towards her grandchildren and her – several – great grandchildren.

Perhaps the most important aspect of her legacy for all those who knew Ethel, or heard about her, was her acute, accurate and precise memory. The fact that a woman could, in her ninth decade, produce her greatest volume of work is a wake-up call for those of us who are stumbling through mere 60's, 70's and 80's. Ethel would say – you have a long way to go, and she would laugh, as she often did.

When Ethel's hearing and sight began to dim and her fingers could no longer dance on those keys; when her spontaneous laughter couldn't quite rise, perhaps this was when Ethel remembered her own words: I think this is a good place to end this story ... I raised six children... I have ten grandchildren and fourteen great grandchildren... And I don't want to live to be a hundred.

You set us on the right path, Ethel. The images you left behind will linger well past that 100 year mark. Thank you.


*Having lived a full four score years
With a life of love, laughter and tears,
So many experiences, they reach the ceiling,
I should be having that getting old feeling.*

Ethel M Christensen

1918 - 2011



March 2011 Mainstreet 17



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

There is ongoing funding available for grants or projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. Please send us your proposals for consideration.

Sending in your proposal early gives us an opportunity to make corrections or suggestions that may help you to succeed. Please send them in at least a week early if possible.

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

An application form can be printed from the RDCK website following this path, or filled out online and emailed:
<http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html>
Email lornarobin@bluebell.ca
Or call 250-225-3333 for more info

Visit InvestKootenay.com

Remembrance Garden

by Wendy Scott

The garden is still snowy and slippery. Pretty much the same as everyone else's garden, but before long we'll be raking and digging and cleaning for spring. If you see activity, come on in and give us a hand.

We've lost another one of our founding members: Alison Diakiw, artist, gardener, and courageous woman. She is missed and she will be remembered.

Contacts:

Plaques – Wendy: wmescott@gmail.com
Shrubs – Muriel: mcrowe@bluebell.ca

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264
Box 140, Crawford Bay, B.C. V0B 1E0
E-mail: mainstreet@theeastshore.net

** ADVERTISING RATES

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

Sample Sizes - more sizes available.

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

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

Classified Ads: \$5/first 30 words,
10¢/word after the initial 30.

30% more for colour ads

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

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

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES

CC ENTERPRISES LTD - "Sensitive Sites our Specialty." Road bldg, logging, land/house site develmnt, self-loading log truck/dump truck, excavators/dozers, sand & gravel. Chris Choquette: 825-4701 or 354-9238.
CUSTOM STRETCH CANVAS & FRAMING - for the visual artist. Watch demo @ CustomStretchCanvas on YouTube. Petra: 250.225.3250.
HULLAND AND LARSEN CONSTRUCTION - experienced residential construction and custom finish work. 250.551.2915 or 250.505.3570.
JB (JUERGEN BAETZEL) CONSTRUCTION: 13 years experience, strong work ethic. Covered by Worksafe BC. Foundations to Finish (concrete, framing, roofing, drywall, siding, flooring, finish, carpentry, tile setting, some plumbing & wiring knowledge) 250.227.9246 or 250.505.7697.
MARK JOHNSTON CONSTRUCTION LTD. Ph: 250-227-9583, email: info@mrkjc.com
PROFESSIONAL PAINTER - 16 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.) 250-227-9688 or 250-551-4671

PERSONAL CARE/HEALTH

ALEXIS PHILLIPS, M.A., R.C.C. - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 227-6824.
ANIE BOUDREAU - YOGA THERAPIST. Private therapeutic yoga sessions - 250.505.6540
An ASTROLOGICAL CHART READING will give you awareness and understanding of your life and your current situation. Contact Susan Snead at 250-225-3520
BLANCHE TANNER - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression. 227-6877
COUNSELLING & SUPPORT SERVICES: Free and Confidential for children, adults and families. Services include: Adult Mental Health and Addictions; Child Youth Mental Health; & Family Support. Call 1-866-774-5324 (toll-free) or 250-353-7691. North Kootenay Lake Community Services Society.
FIRST CONTACT EAST SHORE MIDWIFERY - Sylke Plauermann, registered midwife. 250-227-6846.
MASSAGE, FOOT REFLEXOLOGY, POLARITY BALANCING: Call Susan Snead to book a session in your home or at hers in the Riondel area. 250- 225-3520
MASSAGE, SHIATSU - DEEP TISSUE - REIKI, mobile or in Crawford Bay, call James Wood, 250.227.6849 for an appointment.
REGISTERED HERBAL THERAPIST, MASTER HERBALIST - Maya Skalinska, M.H., R.H.T. Iridology, Tongue & Pulse analysis, Nutritional consultations, individual herbal remedies, Flower Essence consultations & remedies. For appointments, please call 250-225-3493.
REGISTERED ACUPUNCTURIST - Christine Peel, R.Ac. Traditional 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 ROOPER/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.

Creativity
Community
Conscience
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www.eshore.ca

CLASSIFIED SECTION

AUTOMOTIVE/MARINE

Roadside Emergency Kits \$39.95 - with everything from jumper cables, tire sealant, to an emergency blanket, first aid kit, and more - Gray Creek Store
March 31 is the seasonal low point for our lake - plan your dock repairs now - new chain for your saw, peavees, cant hooks, winches, dipped galvanized chain, spikes up to 12", timber washers, bolts and cable staples - Gray Creek Store

BUS. ANNOUNCEMENTS

Revised Sunday Hours: now 10 am to 6 pm. (Still 9 am to 7 pm all other days) - Gray Creek Store
Sirdar General Store - A unique place to shop on Duck Lake. Fishing & Hunting Licences, Tags & Tackle, Groceries, Island Farms Dairy Products, Confectioneries, Juices, Soft Drinks & Water, Energy Bars & Chocolate Bars, Chips & Nuts. Souvenirs and Crafts, Mitts & Toques, Seasonal Greeting Cards, Locally crafted cutting, bread boards, bird houses, crib boards. Post Office--Stamps & Money Orders. 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 Lymberry - Notary Public, 250- 227-9315, fax 227-9449

EMPLOYMENT OPPS/ HELP WANTED

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

EVENTS

Farley Plays Live: Live at Junction Creek Hub in Crawford Bay - Friday March 18th at 9pm - Farley Curzons. Slinger-songwriter brings his deep roots Canadian rock with Carribean, Celtic and Middle Eastern Rhythms to The Hub. Come on out and bring on spring with Farley!

HOME/BUILDING

March Winds Set Chimneys Afire - we have brushes and rods so you can clean before you get a chimney fire - 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 in new and improved tools - Gray Creek Store
Painting is the easiest and most economic renovation you can do and Benjamin Moore is the best quality paint - Gray Creek Store
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
Purchase a Blaze King Princess or King stove before March 31st 2011 and receive a free upgrade to your door from black to satin/gold plated or a free fan kit and convection deck! Gray Creek Store.
Ask Dan the difference between Jonsered/Husqvarna chain saws and those sold by

Canadian Tire et al. Jonsered & Husky are just different colours of the same units, as Johnston / Evinrude outboards used to be - Gray Creek Store.
Jonsered mix oil for saws/ two cycle engines has gas stabilizer included - save expensive carburetor cleaning to remove varnish left by lesser mix oils - Gray Creek Store
Rainbow Moment - a table torch with coloured flame, 3 colours to choose from, burns lamp oil - \$27.95 - Gray Creek Store
Propane Wall Heaters - direct vent kits included, 2 sizes in stock from \$675 - Gray Creek Store
120 Volt Ceramic Heaters with adjustable thermostats - and more styles - Gray Creek Store
Fire Extinguisher and Smoke Alarm pkg \$49.95 - Gray Creek Store
Forstner Wood Bits by Irwin - now we have a full stock for carpenters - Gray Creek Store
Extension cords in all sizes, from \$2.95 to \$119.95 - Gray Creek Store

MISCELLANEOUS FOR SALE

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

Cold FX and Stepsils: When that cold strikes, Stepsils allow you to get to sleep by numbing that sore throat - Gray Creek Store
Lakota Joint Care capsules: let Lakota defeat your rheumatism as the Lakota defeated Custer. Also: Beta Carotene capsules extend the use of your eyes - Gray Creek Store.

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
Quality home furnishings and canoe. Call (250) 227-9224 for appointment to view.
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
Wool Jac shirts with the shoulder rainproofing - we thought these were gone forever but we just got some more stock - 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

RENTALS/REAL ESTATE

Apartments at The Lakeview - Gray Creek. Studio - \$500 includes utilities, one Bedroom with view \$600 includes utilities, new, upscale 2 bedroom with lots of storage, \$850 (also good for office or health practitioner workspace). All have access to the beach. 250-227-9367 Lois

insidious butts left behind. Here is a way to control that noxious litter - Gray Creek Store (can also be used as a car ashtray)
Hydrographic chart of the Lake. boater's necessity, hard to find anywhere but Gray Creek Store

NOTICES

Convenient, clean & safe downtown parking. Park at the Nelson Parkade - Sunday \$3.00 all day. Wkdays \$1.50 for 2 hours, or \$3.75 for all day. ½ block off Baker on Vernon Street 354-8834.

OUTDOORS/REC

Snowmobile Helmets, same models ok for ATVs or Motorcycles, two styles and looks - Gray Creek Store
Echos Snowboards: Regularly \$115.95, Super Special \$69.95 - Gray Creek Store
Log Lifter with hickory handle, get your log off the ground for easier firewood cutting \$97.50 - Gray Creek Store

YARD & GARDEN

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

Dormant Spray Kit - delivers a knockout punch to overwintering algae and leaf curl on your fruit trees - essential to apply before the buds open - Gray Creek Store
36" Reach Extender \$22.95 - easily picks up from cigarette butts to full beer bottles - be ready for spring yard and highway clean-ups - Gray Creek Store
Seed Trays, lots of planting stuff - it may be too early to plant seeds but the prospect lifts your spirits - 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
Bird Feeders - and the black oil sunflower seeds that bring birds to your window - Gray Creek Store
Grip O Log Splitter - no hydraulics to freeze or leak, Honda powered, two second cycle time, uses the effort of two flywheels, was \$3400 now \$2995 - Gray Creek Store

Advertise
Online!
Call Ingrid at
250.227.9246
to find out
how...

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE Riondel Seniors Association AGM and Potluck Luncheon will be held on Feb 8th at 12:00 in the Seniors room at the Riondel Community Centre.

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

EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

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

PHYSICIAN COVERAGE FOR MARCH 2011

Mar 1, TUES - DR GRYMOPRE

Mar 2, WEDS - DR MOULSON

Mar 3, THURS - DR GRYMOPRE

Mar 8, TUES - DR GRYMOPRE

Mar 9, WEDS - DR MOULSON

Mar 10, THURS - DR GRYMOPRE

Mar 15, TUES - DR GRYMOPRE

Mar 16, WEDS - DR MOULSON

Mar 17, THURS - DR GRYMOPRE

Mar 22, TUES - DR GRYMOPRE

Mar 23, WEDS - DR MOULSON

Mar 24, THURS - DR GRYMOPRE

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

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

BOSWELL HALL GOINGS-ON

- 1. Boswell Book Club** meets monthly on the 2nd Thursday at 1pm.
- 2. Boswell Nifty Needlers Quilt Guild** meets monthly on the third Tuesday at 1pm. Contact Nancy Bowley 250-223-8046.
- 3. Boswell Vintners** meets monthly on the second Wednesday at 2pm. Contact Doreen Nault 250-227-9543.
- Carpet Bowling** continues on Tuesdays at 7pm. Contact Tom Sawyer 250-431-8404.
- 4. St. Anselm's Church** Services with Rev. Robin Celiz on the 1st Sunday of the month at 1:30pm
- 5. Yoga with Lea** is held on Tuesdays during the winter months at 9:30 - 11 am. Contact Marilyn Arms 250-223-8058.
- 6. Line Dancing** is being taught Saturdays at 10am. Bring a toonie and inside shoes. Beginners welcome.
- 7. Beginner Bridge** lessons are underway on Mondays at 2pm. This is an 8 week course which follows a set curriculum. Contact Liz Michaud if interested. 250-223-8070
- 8. The Annual General Meeting** of the Boswell and District Farmers' Institute will take place on March 9, 2011 at 7pm at the Boswell Memorial Hall. Come out and learn what we've accomplished in the past year and where we are heading in the future. All are welcome. Light refreshments will follow the meeting.
- 9. St. Patrick's Day Spring Dinner** will be held on March 19th at the Hall at 6pm. Everyone is welcome, but get your tickets early at Destiny Bay Store until March 18 (\$10). Tickets at the door are \$12.

THANKS FOR LOVING CARE

With heartfelt sadness, we would like to thank the Riondel First Response Team, Creston Ambulance, Dr. Yewing and nurses of the Creston Hospital for your immediate care for Richard Prest, who passed away on January 28, 2011. Thank you to Dr. Moulson, Dr. Malpass and the chemo nurses of the Nelson Hospital for caring for Richard during his four-year battle with cancer. Special thank yous to everyone

for your prayers, phone calls, cards and all the hugs. Forever in our hearts and thoughts - Louise Prest and Family.

THANKS FOR HELP IN EMERGENCY

I would like to thank the Riondel fire crew for their promptness and expertise while responding to a chimney fire at my home on Friday, Feb.18th. Also, a special thanks to Lance for his calm and direct approach to the situation and to my neighbours Jim & Mary Donald for their help and support. Thanks, Lynda Leduc

CONNECTED AND EMBEDDED

On February 3, Eira came into the world and made our family very happy. A huge thank-you goes out to the community for the well wishes, congratulations, presents, meals, spontaneous parties, and patient understanding. We feel connected and embedded in this wonderful community. Thank-you. Sylke and Klaus Plaumann

RIONDEL ROAD VOLUNTEERS

...are needed for the spring Highway Clean-up in April. The high school students will be busy with an invasive plant project this year so I am calling for Riondel Road residents to walk a kilometre of the road and make it clean and green. Usually this takes only about an hour or so. Please let me know if you can help and we will coordinate our efforts. Call Lorna 225-3333 or email lornarobin@bluebell.ca Residents in other areas who want to join in with the clean-up are also most welcome.

TRACKING & NATURE AWARENESS WALKS

Walks will continue with pre-registration only, as days and locations may change. Email or phone if you want to be informed. lornarobin@bluebell.ca 250-225-3333

WORLD DAY OF PRAYER

Friday, March 4 @ 1:00 pm @ Most Holy Redeemer Catholic Church in Riondel. Refreshments to follow at Senior's Centre. Please join us. More info? Judy @ (250)227-9575

HUGE JUICY THANKS

To Jacqueline Wedge who worked (and continues to work) tirelessly for arts, music and culture in our communities and in our school. Her vibrant, wild, wondrous vision for arts and music keep our toes tapping and our fingers crafting. An especially big thanks goes out to her for the wonderful Paint-A-Thon held in February, which raised over \$3,000 for art and music programs for young and old on the East Shore. Although not so hugely attended, those most excellent people who did attend were beyond supportive and reassured our faith in community. GO ARTS!

PARENTING CIRCLE

East Shore Parenting Circle will start March 4 and run every Friday at the Crawford Bay School. This inclusive program relates to parents and their problems in an accepting, caring way and promotes: sharing parenting ideas and helping each other solve problems, developing a support network and building connections between parents, providing a safe place to express feelings of anger or frustration, being a stepping stone or a bridge to other programs or courses. Parent Circle - Start March 4, 2011 and runs every Friday - 12:30pm - 2:30pm. Drop in format - Child care and snacks provided. Crawford Bay School - Family Place. Facilitated by community counsellor Laura Watt. Phone: Laura Watt at 250-353-7691

**Next Deadline:
March 23, 2011**

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

MARCH SCHEDULE

March 6: Pastor Doug Middlebrook, KLC, 3pm music - Cheryl Middlebrook

March 13: Brenda Panio, Anglican, 11am

March 20: Rev. Robin Ruder Celiz, Anglican, 1:00 pm

Combined service at Riondel, 1:00 pm

March 27: Jeff Zak, Mennonite, 12 pm

music - Darryl Alguire

Special music every Sunday. Please check www.riondel.ca for changes. Info at 250-225-3381

CHRIST CHURCH & EAST SHORE CONGREGATIONS

ST. ANSELM'S CHURCH BOSWELL (Anglican)

For information call Christ Church Creston 428-4248

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

April 3 - 1:30 pm: Rev Robin Ruder Celiz

HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

March 20: Combined service with Riondel Community Church

at 1:00 pm in Riondel - Rev. Robin Ruder Celiz

Church Services held on the third Sunday of the month.

For information call Karen Gilbert: 227-8914

or Sue Philp: 227- 9140

email: harrisonmemchurch@gmail.com

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us for a time of Praise, Worship & then the Word

Sunday Service 10am -11:30am

Youth Meetings (CBYG) weekly. Call for info.

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

TEMPLE OF DIVINE LIGHT

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

Everyone welcome - Yasodhara Ashram 227-9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

**Next Deadline:
March 23, 2011**

MEETING PLACES

EASTSHORE ALLIANCE SUPPORTING THE EARLY YEARS (EASEY)

The next meeting will be held on March 10, 2011. Everyone is welcome and childcare is offered. Contact Simone Stanley at 250.227.9218 ext 5504.

Email: simones@kootenaykids.ca

LIONS CLUB - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay.
Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

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

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

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

PARENT ADVISORY COMMITTEE (PAC) Meetings held at 7 pm at the Crawford Bay School library on the second Monday of the month. **March meeting: March 7, 2011.**

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

March 2011 Mainstreet 19

March 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Dr. Grymonpre	Knit Wits, Comm. Corner, 10am Volleyball, 7pm, CBESS Dr. Moulson Lab 7:30-10:30	Theatre Sports, Improv, CBESS, 7:30 pm Dr. Grymonpre	Parenting Circle, 12:30 - 2:30, CBESS Bridge, Seniors room,	
6	7	8	9	10	11	12
Bottle Depot, 10-2	Kindergarten Registration Week Youth Nights, Comm. Corner, 3:30 - 7:00 PAC Meeting, CBESS Library, 7pm	Lions Mtng, 7 pm Dr. Grymonpre	Riondel Seniors AGM Knit Wits, Comm. Corner, 10am Volleyball, 7pm, CBESS Dr. Moulson Lab 7:30-10:30	Theatre Sports, Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	Parenting Circle, 12:30 - 2:30, CBESS Bridge, Seniors room, Rio Comm Centre, 1pm	Brawley's Goodbye Party @ The Hub
13	14	15	16	17	18	19
Bottle Depot, 10-2	Youth Nights, Comm. Corner, 3:30 - 7:00	KLEECA Housing Survey Deadline Dr. Grymonpre	Knit Wits, Comm. Corner, 10am Volleyball, 7pm, CBESS Dr. Moulson, Lab 7:30-10:30	Theatre Sports, Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	Parenting Circle, 12:30 - 2:30, CBESS Farley Curzons at The Hub Bridge, Seniors room, Rio Comm Centre, 1pm	
20	21	22	23	24	25	26
Bottle Depot, 10-2	Youth Nights, Comm. Corner, 3:30 - 7:00	Chamber Meeting, CBESS 7pm Lions Mtng, 7 pm Dr. Grymonpre	Knit Wits, Comm. Corner, 10am Volleyball, 7pm, CBESS Dr. Moulson, Lab 7:30-10:30 MAINSTREET DEADLINE	Theatre Sports, Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Grymonpre	Parenting Circle, 12:30 - 2:30, CBESS Bridge, Seniors room, Rio Comm Centre, 1pm	
27	28	29	30	31		
Bottle Depot, 10-2	Youth Nights, Comm. Corner, 3:30 - 7:00	Dr. Grymonpre	Knit Wits, Comm. Corner, 10am Volleyball, 7pm, CBESS Dr. Moulson, Lab 7:30-10:30	Theatre Sports, Improv, CBESS, 7:30 pm Dr. Grymonpre		

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

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

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

Say What?

All-You-Can-Eat Lunch for \$10?

That's right, folks!
Eat-til-you're-green full salad bar, hot entrée and soup for lunch every Monday-Thursday at the Crawford Bay School Hot Lunch Program... and all for only \$10.

Check out the liveliest (and busiest) vegetarian "restaurant" in town. Drop by around noon for a lunch you'll be telling your friends about.



Winter Hours:

Mon-Sat: 9-6
Sun: 10-5

RIONDEL MARKET

Fresh baking daily, large selection of produce, groceries, liquor agency, fishing tackle, and video outlet.

TEL: 250.225.3214 FAX: 250.225.3226

ES Health Centre 227-9006

COUNSELLORS

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

Public Health Dental Screening/Counseling: 428-3876
Community Nursing: 227-9019 Hospice: 227-9006
Mammography Screening: 354-6721
Baby Clinics: 428-3873 Physiotherapy: 227-9155
Massage Therapy: 227-6877

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

ADVERTISER	PAGE
Angus MacDonald Reiki	3
ArtWalk	15
B-57 Excavating	11
Barefoot Handweaving	3
Boswell Hall	1
Community Futures	2
Crawford Bay Hall & Parks	1
Crawford Bay Store	11
Credit Union	11
Creston/Kootenay Foundation	3
Dan's Ground Disturbances	11
EDC	17
Elder Abuse Prevention	5
ESIS	1
East Shore Storage	4
East Side Mojo's	5
Eastshore Physiotherapy	16
Fitness Place	16
Footlighters Sound of Music	10
Gray Creek Store	18
G.R.S. Contracting	11
EZ Dock	10
Harreson Tanner	2
Hulland and Larsen	11
Junction Creek Hub	11
Kindergarten Registration	2
Kokanee Springs Emp. Opps	11
Kootenay Insurance Services	4
New-2-U	4
Newkeys	3,8,9
PAC Hot Lunch Invite	10, 20
RDCK TS Hours	2
Riondel Market	10
Sunnywoods Farm	3
Sunset Seed	1
Turlock Electrical	11
Volunteer Opportunity	3
Will Chapman	11

Transfer Station Hours

Crawford Bay:
Sun & Tues :
10 am - 4 pm

Mar 13 - Apr 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:

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

Enjoy Your Spring Break!