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The East Shore Mainstreet

KOOTENAY LAKE BC

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

INSIDE:

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

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www.eshore.ca

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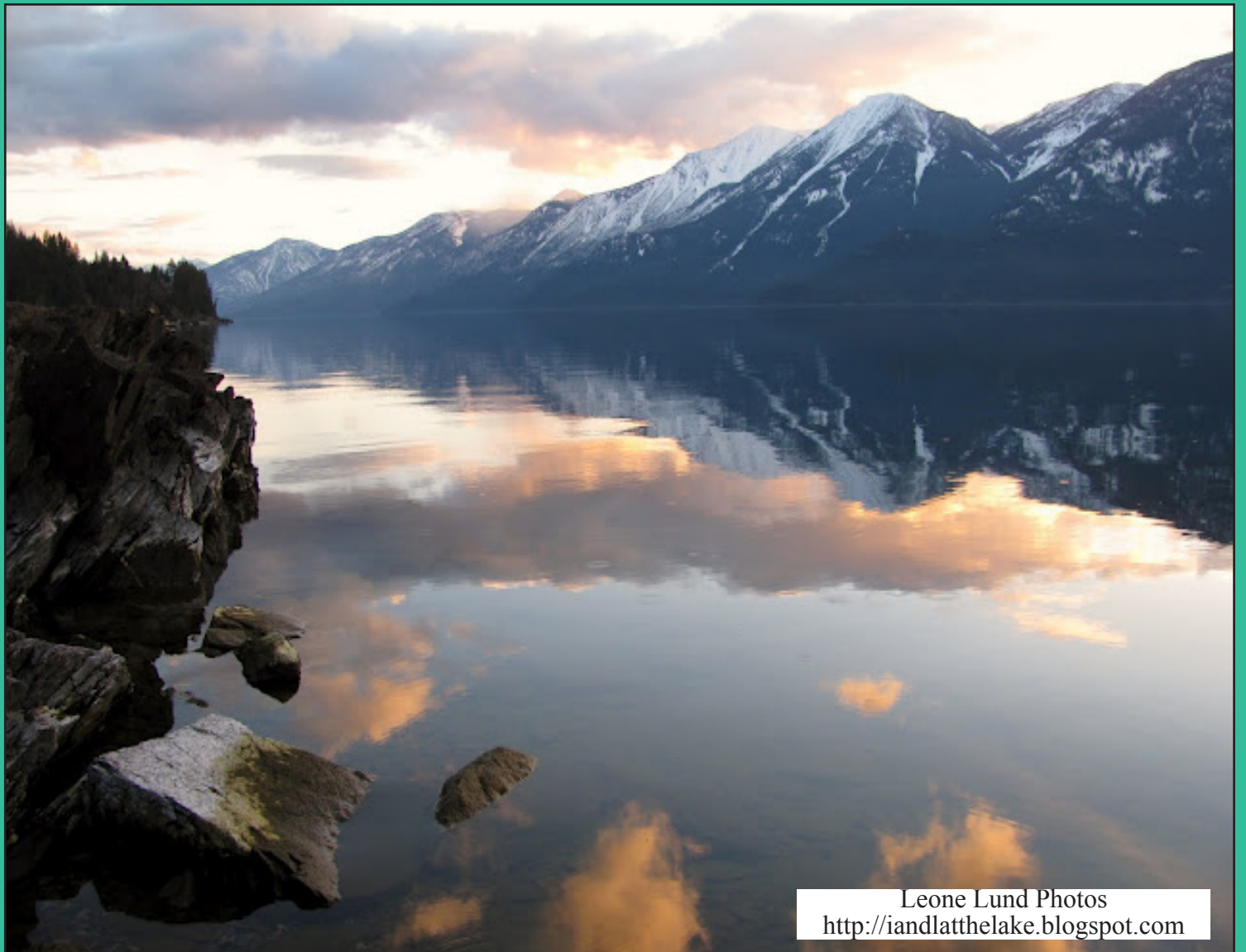
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Leone Lund Photos
<http://iandlatthelake.blogspot.com>

\$100,000 for Area Youth Approved!

by Ingrid Baetzel & Daniel Seguin

Look to the horizon and imagine what you can. On February 20, Columbia Basin Trust approved the disbursement of \$25,000 per year for our area youth and their interests. Approximately 45 youth, parents, school staff and community members gathered with CBT representatives Wayne Lundeberg and Michelle D'Entremont at the Crawford Bay School and came to an efficient consensus as to how the funds might best be used. It was decided the \$100,000 would be spent responding to three specific community youth needs: transportation, youth program coordination/youth leadership, and youth hang-out space. The initial plan is to allocate funds towards a youth coordinator position, set up a youth council for the community, develop a community-based program that addresses youth transportation needs, and bring life into a youth recreation location. The next step for the newly formed steering committee is to put together a project plan and budget. The East Shore did it! Thanks to an amazing turnout of youth and adults, we're taking real action towards addressing youth needs in our community.

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Central Kootenay Lake's community non-profit ISP

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MS Issues

by Ingrid Baetzel,
Editor

One of the greatest ongoing battles in my life is remembering to stay present. To live right now – today. I love anticipation. I am someone who can drag out the excited pre-drama of a weekend getaway for over year...

Case in point – how about a trip with girlfriends to Las Vegas for my 40th in early March? It'll be four days away, and yet it feels like the grandest holiday I've ever taken. That could have something to do with the lascivious, dirty, gluttonous, shiny, over-indulging nature of the city we're going to visit. We're going to do it up right and I'm over the moon. While most readers will be reading these lines, I'll be there; soaking it in and probably spitting a good deal of it back out. I'm already guessing that three days in Sin City will do it for me. We'll see.

Here's the thing. Las Vegas – corrupt, hot, greedy, corporate, flashy. It kind of goes against the nature of this glorious stretch of land we call the East Shore. Can two places be more different? So, while knowing that I'm going to have a stupidly good time, that I need to let go of my judgments and just be there while I'm there, I know that there is a sickness to the city before I've even seen it. I know that nearly everything that is wrong with our gorgeous and depraved species is embodied in this place and its lifestyle. I know that gambling, debauchery, excessive power (of all kinds), excessive wealth, excess in general, are all going to be prevalent and perhaps saddening. I also know that there ain't no way that voice is going to ruin my time. I'm living in it. I'm staying present for this trip.

This human condition of building things up to legendary status takes away from our ability to be present in today. I've actually wasted a good bit of time looking forward and dreaming of the future, while forgetting to say hello to the moment I'm in. The older I get (how blasé and clichéd that I'm so damned reflective as I hit this milestone age), the more I realize, well, how quickly I'm getting older... how fast it's all going. My hair is graying and my body is slowing down (not that I was ever moving at lightning-speed).

My brain is slowing down too... Meditation and introspection certainly get easier with age; it's the natural pattern. As a kid, when you're gazing out the window, you're spacing out - daydreaming about tomorrow, the weekend, a hot date. As an adult, you're meditating - gathering yourself, checking in with now. I suspect that a really old person seen gazing out a window might appear to be lost in the past. These timelines shift and change, but I suspect we could all do with a bit of a dose of BE HERE NOW. I'm trying to use this stage in my life as the time where I am the most present for me and the people I love.

I will be here now again soon. But first, I'm going to be somewhere else and try really hard to reflect on nothing. Hold my poodle, I'm goin' to Vegas!

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LETTERS TO THE EDITOR

THANK YOU

Dear Editor:

To the East Shore communities for all of the cards and attendance at the service for my husband Glen McKenzie. Your kind words and heartfelt sympathy have been a great help to me at this difficult time.

Thank you so much.

Verna Mayers-McKenzie, Boswell

THANK YOU MAINSTREET

I just finished reading the February 2012 edition and seriously, front to back cover, it was so engaging and full of super great ideas for radio interviews.

Thank you for keeping us connected to the news that affects us directly and the people who make an impact on our lives. With that edge of new ideas and insightful conversation starters coupled with the history of our community, you're the best newspaper in the whole world (not that I have read all of them)! But, I feel it to be true - we are so lucky to have you!

Leah Wilson, Kootenay Bay

A FLOOD OF LETTERS COULD RE-EXTEND FERRY HOURS!

Dear Editor:

Kootenay Lake Ferry service contract is up for renewal in April 2012 and changes could easily be made to the schedule at this time.

Following are some facts regarding Kootenay Lake ferry services:

- A number of years ago, the Ministry of Transportation proposed cut backs to ferry services throughout British Columbia. When this was proposed, every community objected loud and clear with intensive phone calls and letter writing to the scheduled cut backs... well, almost all.. EXCEPT ONE - the EAST SHORE community, (our only collective request was for paper towels in the bathrooms).

- Every other community maintained their ferry services and schedules as they were, Kootenay Lake

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ferry services were the ONLY services cut back province wide! Kootenay Lake ferry services were reduced as follows;

- Last sailing *was*: Balfour - 12:20 am and Kootenay Bay - 1:10 am
- Last sailing is *now*: Balfour - 9:40 pm & Kootenay Bay - 11:20 pm

A private, feasibility projection was done regarding how possible schedule changes could be made that would NOT cost more overall for a) crew hours, b) mechanical maintenance and c) fuel costs. The projection results showed that IF Kootenay Lake Ferries were run on an ON-THE-HOUR schedule, and extended to pre-cut back hours, crew hours and cost would go up; HOWEVER, they would be offset by reduced mechanical maintenance costs, and reduced fuel costs

Points to consider regarding transportation access via Kootenay Lake Ferry service and its schedule:

- small community - we rely on the proximity of larger towns and cities to sustain our quality of life;
- we rely heavily on tourists and summer residents to bring much needed commerce to our small community;
- we already face isolation as one of the challenges to growth and robustness in our economy;
- access and travel via the ferry is a crucial link across Kootenay Lake;
- health: extended ambulance service hours to our regional hospital (Trail);
- hospital: reduced overnight stays, patients could come home;
- reduction in driving times, Nelson is closer and a safer drive for the ambulance (especially in winter);
- greater access for elderly, retirees, during night hours



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

Copies every issue: 1000

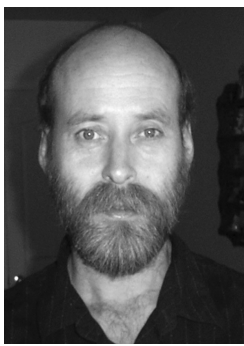
The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in April 2012 issue items by:

Next Deadline: Wed, March 28, 2012

- visiting family and loved ones whom may be in eldercare or hospital;
- young families need access for newborns and births;
- increased economic confidence for potential new and existing residents;
- standard of living/lifestyle appeal for the extended access to larger cultural center;
- extended hours for small businesses (business owners) to access services];
- the economic sustainability of our small rural area requires connection and access to services only Nelson can provide due to its larger tax base and population;
- youth/children: opportunities for children and youth, to connection with a larger youth community;
- increase youth education & cultural enjoyment due to increased accessibility to evening events;
- connection to larger demographics that can build and sustain youth centers and activities;
- decreasing youth risk of addiction, mischief & depression due to boredom;
- access to services: library, aquatic center, skate park, soccer, hockey and more;
- jobs: Workers in the service industry need to be able to stay till the end of night shifts;
- extended hours creates the opportunity for more diverse work options off the shore and still live here;
- ability to have a social/cultural life after work, and still live and sleep on the East Shore;

I am writing a letter and calling the Ministry of Transportation to make my request LOUD & CLEAR! I am requesting that these changes be made to Kootenay Lake Ferry Schedule:

1) Ferries operate on an ON THE HOUR schedule (So EASY to remember & cost effective!);



RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

Budget and Taxes: Since my February article we held another RDCK budget meeting where we discussed most of the services for our collective areas. On February 23 we met again to establish the tax rates for most of those services. As I have indicated before, budgets for local government are fairly complex since some services are collective across the entire region, some are clustered around groups of communities and some are unique to single communities.

The provincial government advises what the tax base is for all areas within the province with changes due to growth (new homes, renovations, upgrades or subdivisions resulting in a net increase in property value) and due to market conditions (real estate price changes with no other changes or improvements to the property). They tabulate the values over the years broken into Regional Districts as a whole plus the individual municipalities and rural areas within that regional district. Our staff do further analysis of the raw data to determine the localized tax base for services which only pertain to a portion of a rural area. Due to the wide variation in our communities, urban and rural, these changes are not usually uniform across the regional district. This has the effect of shifting the burden of taxes to be paid by various communities. If growth is strong it can even result in lower taxation for some services in some areas.

So how did Area A compare to our neighbouring areas this year? Following a few years of stronger than average growth plus higher than average increase in market values, Area A actually saw a slightly lower than average growth this past year (1.4% growth for Area A versus 1.6% average for the regional district as a whole). What this first number means is that if the budget for a typical service within the RDCK was increased by 1.6% or less for 2012 that the average taxpayer would see zero increase in their local government portion of property taxes and the average Area A resident would actually see a slight decrease. Why would costs increase at all? With growth there are more people to serve (as is born out by census figures recently released), some base costs such as fuel have gone up more than the average inflation rate, there have been some nominal wage increases negotiated at 1% plus a variety of other factors. Why would costs go down? Economies of scale, favourable market conditions when renegotiating contracted services and the ability to use operating surpluses to smooth out taxation trends. Given all of this, I do not expect our typical increase for the larger shared services will be more than 1% and that the budgets for some services may be reduced slightly due to the accumulation of operating surpluses from prior years. Other, smaller services which have seen capital improvement projects may see notable increases.

On the other major factor of market change, Area A was on average flat (0.0% change on the official chart) while region wide the average market value declined by 0.2%. This means that Area A would pick up a slightly higher tax burden compared to our neighbours. To within a fraction of a percentage point the two factors actually cancel one another out, with Area A representing 6.46% of the total RDCK "converted"

tax base for 2012 which is exactly the figure for 2011. This means, once again, very flat trends in taxation change on average.

Following our budget meeting on February 23, staff will schedule public sessions where the proposed budget is presented in a number of communities throughout the RDCK and questions or concerns are heard. Watch the *Mainstreet* or other papers for dates and places.

Population: The other important change to note is population. The 2011 census figures have been released with some significant shifts in the RDCK. Note the figures will not be finally adopted by the province for about six months in order to allow for an appeal process. Population in the RDCK had been traditionally slightly higher than rural areas than in the collective incorporated municipalities. This census that trend has changed. There has been a 4.1% overall increase in regional population over the past five years with the majority of the increases being in the municipalities. For example, Nelson saw a 10.5% increase, Creston saw a 9.9% increase and Salmo increased by 13.1%. I suspect that some of this change is due to migration of people seeking a more rural (Nelson being rural in comparison to Calgary or Vancouver) lifestyle but the concentration in urban areas may also be a shift of some demographics, in particular seniors, closer to medical facilities and assisted living facilities. Typically the Rural Innovation Chair at Selkirk College performs more detailed analysis of demographic trends so those who are interested may look to Dr. McDonald's updates in the coming months and years.

The two most significant issues with shifts in population for the RDCK is voting strength at our board meetings and policing costs which are changing for the Town of Creston.

Our corporate structure in the RDCK is based on the province wide model where each director is afforded one vote on matters of policy and direction to staff but that on financial matters each director is assigned a voting strength based on the population of the area which they represent. The increment for voting strength is 2500 people, so in Area A with an official 2011 permanent population of 2030 I have one vote to cast on your behalf. Electoral Area B (Ericson, Canyon, Lister, Yahk) went from an official population of 4575 in 2006 to 4464 in 2011 which means they continue to have a voting strength of two (between 2501 and 5000 population). With this census, Creston exceeded a population of 5000 which means they now hold three votes rather than the two votes they held for decades, the City of Nelson exceeded 10000 which means they move from three to four votes and the City of Castlegar exceeded 7500 which means they move from 2 votes to 3 votes. Only one rural electoral area, Area I near Castlegar, had an increase in voting strength which means that the total municipal vote, if they decided to vote as a block, now exceeds the rural vote.

Based on the federal/provincial agreement on sharing policing costs, the Town of Creston now moves into a category where they now pay directly for 90% of their RCMP costs (up from 30%) which will put serious pressure on their budget. It may also introduce controversy over relative policing activity between the urban and rural areas.

That's more than enough numbers for this month. On other items, look for dates for both Rec 9 and EDC (Economic Development Commission) meetings in March. The current application deadlines for EDC is March 7.

If you have a question please contact me by calling 250-223-8463 or e-mail gjackman@kootenay.com.

LETTERS TO THE EDITOR

2) *Re-extending hours of last sailings - Leaving Balfour -12:00 am - Leaving Kootenay Bay - 1:00 am;*

I will include a selection of the ABOVE reasons to support why these changes are important to me, my family, my community, local businesses, and overall economic and social vitality!

Please address your letters, comments and questions to:

Blair Lekstrom,
Minister of Transportation & Infrastructure
PO Box 9055
Victoria, B.C. V8W 9E2
PHONE; 1-250-387-1978
EMAIL; Blair.Lekstrom@gov.bc.ca

I hope this will inspire you to write or phoning the Ministry of Transportation and be heard, LOUD & CLEAR!

Jayanti Holman, Riondel Road

QUESTIONING DEVELOPMENT?

Dear Editor:

A response to "Our Back Yard" (Feb 2012).

Thank you to Galadriel Rael for opening up the conversation in print regarding the Crawford Bay Wetlands, the disturbance to the west side of the airstrip, and public access to beach areas. It was intriguing to learn so very much about who has ownership of what land, and how public access to the beach really works. These matters are of interest in a world that is developing around us, where ownership appears more and more important than the general "good for all" practice, coupled with the fact that building roads (even when you're allowed to) can feel impossible at times.

As a resident of the area, I expect that the trickle-down disturbance to sensitive environmental habitat is held as a consideration (by any land owner no matter the amount of land) before engaging in activity such

as digging, demolishing, contaminating, constructing, the usual. Someone once said: it can be easier to ask for forgiveness than to ask permission. The question I hope anyone in such a position would ask is: should we really be doing this?

It is my hope that this matter is discussed and encourages a community commitment to preserving our natural landscape, instead of creating a confrontation that divides, for necessary agreements are evidently required to protect the area of the wetlands and beaches as this is our natural environment. I, along with other reader's, look forward to hearing how the land will be restored in the spring, and what the future holds.

Leah Wilson, Kootenay Bay

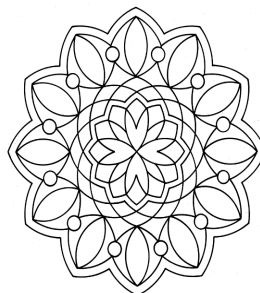
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March 2012 *Mainstreet* 3

Rick Hansen Relay Comes to East Shore

submitted by Leah Wilson

"If one person can inspire many, imagine what 7,000 can do."

-Rick Hansen, on his 25th Anniversary Relay

Remember the epic and historic Man in Motion Tour 25 years ago? Everyone was talking about his journey as he wheel-chaired his way across the country and into our hearts.

Now the Rick Hansen Relay celebrates 25 years. Seven thousand local hero participants are running, walking, wheeling or biking while passing a singular medal made by the Canadian Mint, from hero to hero across the country, sharing their hope and inspirations with a message of injury prevention and the need for more research, rehabilitation and care.

On August 24, 2011 - the Rick Hansen Relay started in Newfoundland.

On April 19, 2012 it comes to the East Shore of Kootenay Lake.

Gina Medhurst put herself out there to coordinate the 25th Anniversary Relay to include Crawford Bay, so that out of the 2,000 medal bearers in all of British Columbia, four of our very own local heroes can participate in this historic and important event.

Quote: "I remember when Rick Hansen first came through on his Man in Motion tour 25 years ago, I was the age my daughter Rowan is now, and I wanted her to have a chance at the same experience I did."

The 25th Anniversary Relay is to recognize and celebrate the amazing individuals from across the country who are making a difference and who mirror Rick's values, in this we will greet the endurance paraplegic athlete Joey Desjardins who will pass the medal to the first of our local hero's at the Credit Union at exactly 11:10am (precisely) on April 19.

7,000 participants will pass the specially made medal, with 2,000 of these being B.C. residents, and four of these are here on the East Shore. Thursday April 19, 2012.

This is a call to action to all residents, bring out your lawn chairs and noise makers, and show your support by being there. For it is much more exciting to be the medal bearer running your 250 meters in Canadian history while friends, family, and neighbours cheer you on, instead of the silent stillness that our lonely highway usually offers up. Then we make way like a parade with the touring motor home blasting music and making a spectacle of itself - to the Crawford Bay School for a special 15 minute presentation and photo opportunity.

More opportunity to mingle is found at the Kootenay Bay Ferry landing as the relay will be catching the 12:20 boat - with word that one of the ferry crew will take the medal across the lake, where it is passed on in Balfour, ending the day with a special event at the Nelson Rec. Center at 5pm.

For more information: www.rickhansen.com.

Yogathon for Empowerment Kukua Pamoja Project Fundraiser

press release

Wanna yoga for a great cause? On March 11, Jamie McBeth of Nelson is putting on a Yogathon fundraiser in support of the Kukua Pamoja project - a young women's empowerment group which runs a feeding program for children affected by HIV/AIDS in Nairobi, Kenya.

Jamie helped start this program a number of years ago. They still have not yet achieved formal funding, so the program depends on donations to run.

The Yogathon will be held on Sunday March 11, from 10am-7:30pm, and will be held at Studio ALive at 1209 Falls Street in Nelson. All proceeds from this fundraiser will be donated to the program.

Participants must raise a minimum of \$25 to enter. Participants may choose from five classes of yoga, taught by different local teachers. Some of the kinds of yoga to be offered will be: Anasuaara, Traditional Hatha Flow, Kundalini, Laughter Yoga and Beginner's Partner/Acro Yoga. Each class is one and a half hours long and you can attend as many as you like.

There will be prizes for the highest pledges and a potluck will end the day to celebrate the great event. If you'd like a tax receipt, you can make a cheque out to ANKORS with KP in the memo and include your full name and address.

Check out an informative and moving video about Kukua Pamoja at this address: www.youtube.com/watch?v=2FLON--WCS4

Kootenay Co-op Moves to Existing Extra Foods Location

by Ingrid Baetzel

The Kootenay Co-op is moving into the building currently housing the Extra Foods grocery store at corner of Vernon and Baker Street, having entered into a contract to purchase the building at 708 Vernon Street from the Howes Family Business.

The possession date is June 1, 2012. The current lease agreement between the owners of Extra Foods and the Howes Family Business expires May 31, 2012, but Deirdrie Lang (Co-op General Manager) said it would take months before the new store is fully operational.

"Before we can move in we need to have building gone over, inspected and assessed to find out the work needed to go into the new store," said Lang.

The existing Co-op is a very tightly filled 7200 square foot location that has 4800 square feet used for retail, whereas the Howes Family Business building is 18,500 square feet. Extra Foods is owned and operated by Loblaw Companies Limited.

The media relations department from Loblaw stated that the reason for the closure of Extra Foods is that the lease agreement with the last land owner expires in May of this year.

Something to consider is that the existing Extra Foods is the central grocery shopping alternative for low-income residents. Questions are already arising about where these people will shop for food when it closes.

When asked about this issue, Lang stated, "We know that this will impact regular shoppers at EF and we know that the Co-op will need to work to address this. We are committed to finding the balance of offering a wide range of good quality, healthy and affordable foods that fall within the parameters of our mission. We currently contribute more than \$40,000 every year to community groups and initiatives that serve vulnerable and marginalized members of our community... ANKORS, the Family Place, Broader Horizons and many more. This move will allow us to increase the positive footprint we make in our community."

The Kootenay Co-op currently employs 70 people. Lang said she feels for the staff losing jobs at Extra Foods. It seems to go without saying that there is no guarantee of these people finding a place with the new business, even though the Co-op will need to hire more staff to support during transition and once they're open in the new location.

The next step in the purchase is a Special General Meeting to be held on Monday, March 19 at 7pm at the Best Western Baker Street Inn (see ad this issue). An important resolution is to be put forward to the more than 10,000 members that enable the purchase to move forward.



GRANT APPLICATIONS INVITED

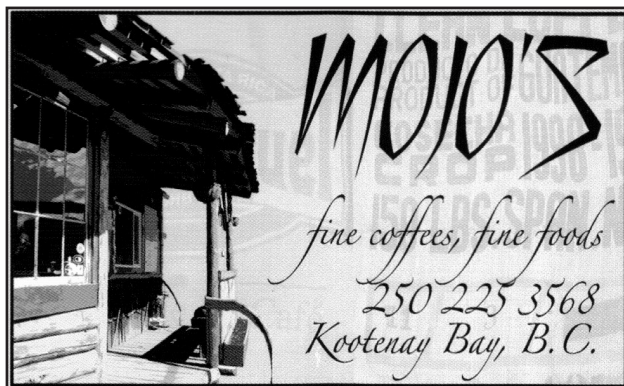
The Creston-Kootenay Foundation invites applications for grants from not-for-profit organizations based between Yahk and Riondel

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, 2012



RDCK
Recreation
Commission No. 9

Rec 9 General Meeting

Rec 9 general meeting on March 19th at 7:15 at Crawford Bay Community Corner. Part of the meeting will include an update on the status of Area A parks. Everyone welcome. For more info call Joan 250 227-9065



Maxx & Nambi's for breakfast! 9-12 Sundays.

*The East Shore
Mainstreet*

*Creativity, Community
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What Do I Need To Know About E?

by Jamie McBeth for ANKORS

Given the recent surge of E-related deaths in BC and Alberta, here is some information around MDMA-like substances. This information is for those who use MDMA-like substances, and for those who care about those who use MDMA-like substances. Please pass it on!

- BC is the hub of Ecstasy production, and recently there has been a prohibition on the ingredients that are traditionally used to make E-like substances. The result of this is that the E-supply has been contaminated with PMA or PMMA.

- Often people think if they stay away from pressed pills, and only stick with powder or caps that they are safer. We believe that due to prohibition whether now or later, the whole supply has the chance of being contaminated.

- PMMA is toxic to some individuals at low doses, and quite toxic to many at high doses. One person may be genetically pre-determined to suffer fatal hyperthermia, and another may take ten hits with no impact.

- PMMA causes fatal HYPERTHERMIA, or over-heating. If you are choosing to use, and you notice you are feeling hot, with a rapid heartbeat, dry hot skin, not sweating, or sweating buckets, seizures, headache, nausea, ALTERED unusual behaviour (like violence), slurring of words, confusion or breakdown of motor skills...get to the E.R. IMMEDIATELY! Even 40 minutes is waiting too long. Hyperthermia can cause massive tissue and organ damage. You will not get in trouble, just get to E.R., tell them what/how much you took and let them help you!

THERE IS NO WAY TO TREAT THIS KIND OF SEVERE HYPERTHERMIA IN THE FIELD. Ice packs or cold baths will actually cause capillaries to close, locking the heat in, get the person to the hosp, or call 911.

- Do not be afraid to call the ambulance, or take your friend to the hospital. You will not be arrested or get in trouble. You need to tell them immediately that your friend took E and is experiencing overheating. Be assertive if you go into the E.R. Do not accept to wait in another room. Be clear that your friend took E, is overheating and time is of the essence.

- PMMA is a very mild high. If you take what you believe is an MDMA-like substance and you don't react, refrain from taking more to increase the effects.

- E, MDMA, MDA, MDE are almost always a "combo" drug, despite often being touted as "pure". It is wise to assume that almost all hits have both contaminants and adulterants. If you are choosing to use, keep your dose low, watch for strange side effects, have one friend in your group as the 'sitter' and go immediately for help if anyone feels over-heated, nauseous or out of sorts.

- There is no test, other than a laboratory-run toxicology screen, that can tell you what is in your pill, powder or capsule. Reagent tests, like the ones supplied by DanceSafe or EZ are not purity tests. These reagent tests can only look for the existence of one substance, not for the existence of many substances. In the case of poly drugs, the existence of one drug can overpower the test, and so one can never tell exactly what is in their drug. For example, if a pill contains MDMA, caffeine, DXM, Ketamine, speed and a buffer, once the MDMA-like substance has been detected, the test turns black to test positive for "E". It can show the existence of the E-like substance in our example, but not the other adulterants and contaminants.

- Obviously, the only way to protect yourself 100% is to choose not to take any MDMA-like substances. However, if you choose to use, then please use wisely.

Educate yourself and others, and do not hesitate to contact Jamie MacBeth at ANKORS for more information, (250) 505 5506, jamiemakena@gmail.com

Little Known News... Welcome to the North American Army

press release, excerpted from
canadafreepress.com

Will historians one day record that "It happened on Valentine's Day" when chronicling the timetable of the North American Union (NAU)?

With no warning, a significant military agreement was signed by the chief Armed Forces commanders of both the U.S.A. and Canada on February 14. The agreement allows the armed forces from one nation to support the armed forces of the other nation during a domestic civil emergency. Jerome R. Corsi writes of the range of domestic civil emergencies, in WorldNetDaily, "even one that does not involve a cross-border crisis."

The Valentine's Day pact got zero coverage in the mainstream media whose investigative reporters must have been out hunting down chocolate and posies.

Imagine an agreement that paves the way for the militaries of the U.S. and Canada to cross each other's borders to fight domestic emergencies not being announced by either the Harper government or the Canadian military.

Silent Auction Fundraiser!

Keep Tipi Camp Vibrant

Please donate quality new or used items for a fun filled silent auction. We are looking for your support to raise funds for many projects at Tipi Camp... new boat motor, replacing the roof of the Alice Bruce historical cabin, YA Program 17-21, WISE Camp, etc... All money raised will go directly into the program and various projects. By donating items and or attending the silent auction, you are giving in the most valuable way to this wonderful place, and helping keep Tipi Camp vibrant.

The Silent Auction will be held sometime in May at the Crawford Bay Hall. Watch for signs.

Call Sandra at 250.505.3173
w/ donations or for more info.



Acupuncture
Christine Peel,
Registered Acupuncturist
Now also offering:
Facial Rejuvenation Treatments
For an appointment, call 250.505.8130

New Key's Place
250.227.6911
Open!
Looking for Cooks & Bartenders

Aging Close to Home
Kootenay Lake Eastshore Eldercare
Co-operative Association
Invitation to AGM
Plan now to come to KLEECA's AGM at 2pm on Saturday, March 31 2012 at the Crawford Bay School to discuss the orderly wind up of KLEECA, the dispersal of residual funds, and options regarding your membership money.

The East Shore FOOD ROOTS group presents
The 1st annual
SEED SWAP
Friday, MARCH 9th
From 12 noon until 4pm at the Crawford Bay school
share/buy/sell/give/take/barter seeds with neighbours, friends, and fellow gardeners.
Get inspired, collect literature on techniques, and learn a few things to make seed-saving an integral part of your food-growing. This is an opportunity to take control of what plant varieties grow in your garden, to grow what suits your specific needs, to hang onto strains that you love, to find those special treasures you've been looking for. Saving seeds is the ultimate in potential, seeds are the past, and seeds are the future.
There will be a planting activity for kids of all ages from 1pm to 2:45, please feel free to participate. Also, you do NOT need to come with seeds if you have none to share... we will make you (in a friendly manner) take something home with you even if you have nothing to offer. For information or to reserve a space (for spreading out your seeds), please contact Jacqueline Wedge at 227-6803.
This event is sponsored by community connections and the RDCK.



Thoughts from a Disturbed Mind

by Harvey Valgardson

Do you ever get the feeling that there is a lot going on just beyond our comprehension? Is anything we do really important or are we merely pieces on some kind of cosmic board game, being moved about by bored entities with warped senses of humour? I had a collision with coincidence the other day and it raised my suspicions.

It all started one morning when I was having coffee in Krabi Town. I use the word coffee very loosely because it is nearly impossible to find a decent cup of brew in Thailand. Generally what you get is a cup, or maybe half a cup, of tepid water with anything between a spoon or three spoons of Nescafe dumped in. They simply do not take coffee seriously here. I spent two months in Krabi Town because that is how long the dentist needed to fix my teeth and in all that time I never did find anyplace that served real coffee. Since I couldn't find good, I settled for cheap and the cheapest was at a cafe right across the street from the provincial courthouse.

One day, as I was sipping my dreadful dose, the Thai version of a paddy wagon drove into the courthouse. It was a cube van with the top half cut off and replaced with thick wire mesh. Through the mesh I could see the prisoners. They were standing up and packed so tight you could not have slipped a playing card between them. The bottom suddenly dropped out of my stomach and I became instantly alert. It wasn't the sight of those unfortunate souls looking like cattle enroute to the slaughter-house that caught my attention. It was that dreadfully familiar sinking sensation that was lifting my hackles. Over the years I have come to understand that it means I am missing or have forgotten something important. They say we only use ten per cent of our brains and I believe that sinking sensation is the other ninety per cent trying to warn me about danger of some kind. Perhaps one of the entities has made, or is about to make, a move that will place me in check. Hey, I've already admitted I have a disturbed mind.

Whatever. The warning, if that's what it was, came while I was drinking coffee and so I started practicing extreme caution every morning while imbibing. It's been my experience that these things are all somehow connected. Unfortunately I am only human and so, predictably, I soon forgot about the incident. A couple of weeks later our visas expired, again, and we had to leave the country. When we returned we went to Chiang Mai and I was amazed and overjoyed to find a coffee kiosk, not more than two blocks from our room, which ground their own beans. There were three tables set up beside the sidewalk which was located on one of the city's busiest streets.

One morning I arrived for my usual cup of Americano but the lady who ran the place had slept in and had only then begun the brewing process. "You sit. I bring," she smiled and so I dutifully went out and sat. There are about six million people in Chiang Mai so sitting beside a busy road is like watching a parade of strangeness. Suddenly, from out of all that strangeness came something truly strange. He was, like me, a farang, which is what Thai people call foreigners. I put him in his mid twenties and for some reason he was wearing white silk pyjamas. His head was shaved except for a strip up the middle which was curled in a most peculiar fashion and dyed reddish black. His features were distinctly simian and taken altogether he strongly resembled a monkey with a dead rat on his head.

Now one of the other things I've noticed about the missing ninety per cent of our brains is that it can let us know when we are being stared at. And I was staring. Oh, I wasn't the only one doing it. A lot of motorists were slowing down for a second look but I was the only stationary starrer. He stopped and turned to face me and that's when I noticed his eyes. One was looking at something about a thousand miles away while the other one appeared to be spinning out of its socket and I realized that the young fellow had sampled generously from some pharmaceutical buffet. "What the f*** are you looking at?" he demanded.

Without my morning coffee I am as helpless as a baby and like the proverbial babe, out of my mouth came the truth. "I'm not sure but it looks kind of like a monkey with a dead rat on its head," I replied. He stormed over, put both hands on my table and started screaming something in an undecipherable Eastern European accent. When he finally wound down he leaned in close and whispered, "Get the message grandpa?"

Well, I was young once so I didn't care how he dressed or what he did with his hair but he didn't get to yell at me and he sure as heck didn't get to call me grandpa. I reached out, grabbed him by the testicles and squeezed. He screamed like a...well...like a monkey with a dead rat on his head and that made me so happy I squeezed a little harder. I was going to let him go (honestly) as soon as he hit a high C but as it turned out the entity was finally making its move and events were no longer under my control.

There was a gas station beside the coffee place and a couple of cops were getting their truck filled. The screaming drew their attention and they had come over to investigate. The first clue I had about their presence was a voice ordering me to "STOP THAT". I looked around, saw the cops and let go whereupon the tenor in training fell to his knees and puked on the cops boot. Strike one. With no visible sign of amusement the cop transferred his malevolent glare from his boot to me. "Why you hurt him?" he growled.

One of the entities must have been on my side because at that point the smiling lady arrived with my coffee. Except she was no longer smiling. After placing the much needed elixir in front of me she confronted the nearest cop and let loose with a blistering tirade. The cop responded with one of his own but I wasn't really listening. I was busy using the fortuitous interruption to consume caffeine as quick as I could. By the time the cop got back to me I was awake enough to improvise so when he repeated his question I assumed an innocent expression and said, "I didn't hurt him".

He looked down at the kid and then at me with a disbelieving expression. "You don't hurt him?" he asked.

"No," I replied, "I gave him a massage".

"A massage?"

"Yes. He asked me for a massage so I gave him one. A Canadian massage." I smiled to prove how harmless I really am.

At that point the kid struggled to his feet and started yelling, "I didn't ask for a massage. I said do you get the message".

The cop spoke pretty good English but he was

having trouble working his way through the nuances involved here. He held his hand up in an appeal for silence while he figured it all out and the kid slapped his hand. Strike two. As it turns out, two strikes is all you get in Thailand because the cops each grabbed an arm and dragged him over to their truck where the threw him in the back and cuffed him to the box. I was drinking coffee as fast as I could because I had a feeling I wouldn't be offered any in jail. After a couple of minutes of consulting with each other the cop with the messy boot came back and demanded two hundred baht.

"What for?" I asked.

"You don't have license for massage," he said.

Well, that was true and I also did not have two hundred baht. I opened my wallet and showed him the lone hundred which he took. He walked a few steps towards his truck before turning around and giving me a smile.

"Canadian massage," he chuckled while making squeezing motions.

I guess I got out of check but rather than tempt fate I also got out of Chiang Mai. We went to Mae Rim and found a lovely place in the country where they make excellent coffee and have English newspapers. This morning I was sitting on the terrace enjoying the great brew and perusing the paper when I came across an interesting article. Some government official has just introduced a bill calling for the immediate execution of anyone convicted of drug offenses. I got a familiar sinking sensation in my stomach. The plan was to come home in April but we are changing our tickets and returning early. The game, whatever it is, appears to be heating up and I'm getting out before my side loses. At least that's what I've been thinking.

Yoga w/ Lea:

Mon: All levels, 10am, CBay Comm. Cnrr.

Thurs: All levels, 9:30am, Boswell Hall

Fri: Beginner's Yoga, 10-11:30, CBay Comm. Cnrr.
Power Yoga, 5:30-7pm CBay Comm. Cnrr.

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

More info, call Lea, 250.227.9030



CRAWFORD BAY TRANSFER STATION OPERATING HOURS Effective March 11, 2012 to April 29, 2012

**9:00 am to 3:00 pm Sunday and Tuesday
CLOSED on ALL Statutory Holidays**

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

Business Opportunity



Kokanee Springs Golf Resort is accepting business proposals for the opportunity of securing the *Massage Therapist & Spa Business* at the Lodges of Kokanee Springs. Interested parties can submit a proposal to the Manager of Operations no later than April 6, 2012.

Preference will be given to proposals that are geared to providing massage/spa therapy to guests and patrons of the resort. RMT certification is preferable.

Submissions can be e-mailed to craig@kokaneesprings.com or faxed to 250-227-9220. Personal submissions can be dropped off Monday to Friday at the reception desk of the Lodges of Kokanee Springs Golf Resort.

Minding Your Business

A Community with Heart

by Jamie Cox, Chair for Kootenay Lake Chamber Of Commerce

When I took the role of chairperson of our local Chamber of Commerce, I wanted the Chamber to continue to be out there in the community. In my first year we decided to bring some warmth and light to the dreary days that winter can bring, with a show of the variety of talent we have on the East Shore.

We needed a cause... Our choice was the Crawford Bay School Hot Lunch Program that nourishes the community's budding talent. I am pleased to say it was a success. Now, this community is driven by volunteers, and here we were again a year later. What do we do? Who should we support? It was time to make the plans for a second annual Variety Show, or let it die. Now I am one that knows that consistency is the strength of life itself and wanted to be sure to continue the tradition even though everyone was busy, and January was soon passing. We had questions. What date do we have it on? Who will get things together? What will be the cause? In a fleeting moment the date was set. February 11... we thought about the time of year and decided to make it a Valentines theme. Now for the cause... it was brought to our attention that our local heroes on the First Responder Unit did not have a tool for life, an Automatic External Defibrillator. I was amazed that for an area was as beautiful to live in and as remote as our back yards and we did not have this tool for lifesaving that seems so vital. We now had a cause.

We needed the place... We decided to hold it again at the Crawford Bay Hall, with a rental kindly donated by the Hall Board. What about food? Let's have a pasta feast. Who will make the sauces? Who will take care of the talent? Do we have a bar? How about advertising? The day was coming fast and I must say, I felt disconnected in a way, from the event's potential.

Well who would have known? There were people coming forward with offerings of sauces. We cornered someone for the role of MC. Help came from all angles to set up the Hall, person the bar and cook the pasta, which was a task in itself, as well as get the liquor license!

To all of our amazement the event went off very smoothly. In the final hours before the night, I questioned, "Why are we having a theme of Valentines?" Then it came to me... a Defibrillator is required to resuscitate a heart.

On behalf of the Kootenay Lake Chamber of Commerce, thank you to the East Shore! We raised just over \$2,700 on the evening! Happy Valentines Day... For those community members who would like to still make a contribution towards the \$4,500 required you can mail a cheque to KLCC, Box 120, Crawford Bay, BC V0B 1E0 or make a deposit into the KLCC-AED Fundraiser account at the Credit Union.

I have not named the people that made this gift happen... I think that you know who you are. See you next year.

TOM SEZ

by Tom Lymbery

SUP - Stand Up Paddle Surfing – will this reach our lake?

Plan a trip to Gerrard at the first week in May for the spectacular spawning of the largest species of Rainbow Trout – see 20 pound plus jumping right out of the water as the males jockey for position. New viewing platform built by Friends of the Lardeau is scheduled to be open. These intelligent fish swim up the river from the lake AT NIGHT to avoid predators, and live to spawn again next year.

The YUKON QUEST – 1000 mile sled dog race from Fairbanks to Whitehorse took off February 4. 2012 winner was Hugh Neff whose nine dogs finished only 24 seconds ahead of seconde place Allen Moore. Hugh Neff's time was nine days 16 hrs. 5 min. This race is much tougher than the highly publicized Iditarod.

The Magnetic North Pole is moving towards Siberia about 360 miles each year, according to a David Suzuki program. He was flown north by Ken Borek Air of Calgary (Henry Stevenson's son is a pilot for that airline – as Henry recorded in a former *Mainstreet* article)

Make sure your house has a CARBON MON-OXIDE DETECTOR – five people died in Whitehorse because their home was lacking this. Apparently their oil furnace was at fault.

Soccer – the type of football that doesn't have two pointy ends. Viewers watching the women's teams competing to qualify for the Olympics, at the Vancouver Dome, may have noticed Teck / Cominco's ads promoting zinc for better health. Canada beat Mexico to qualify.

If you wish to move a larger tree or shrub, dig a trench all around it, cutting off the roots as deep as you can. Wait till next season, or year, and the tree will have stabilized with its shorter roots, and survives the transplanting process satisfactorily.

Correction – in this column's memo about Fred Wah being appointed Canada's Poet Laureate, I said that Gerry Wah (who had the Crawford Bay Store for a year or so) was Fred's brother – in fact he is Fred's COUSIN.

The University of Arkansas asked for the most appropriate definition of "Political Correctness" the winning student wrote "Political Correctness is a doctrine – fostered by a delusional, illogical minority and rapidly promoted by mainstream media – which holds forth the proposition that it is entirely possible to pick up a piece of shit by the clean end."

Please don't forget that, as required by International Joint Commission agreement, Kootenay Lake must drop to its zero level by March 31. April is the ideal time for beach cleanup and dock repairs.

How long since you cleaned your chimney? March has gusty winds that can start a chimney fire. If you hear that roaring noise, just make sure your stove damper and door are both shut, and hold tight, starving the fire for oxygen.

The Calgary Herald reports that in Greece, citizens can, on average, retire with a full government pension at age 58. In Germany, the citizens expected to bail out the bankrupt Greeks must work until the age of 67 before they can retire.

Hooping Tips & Tricks

by Leah Wilson

A visual is really required to describe how to hula hoop, but for those that are shy or unable to come out to group hooping sessions, I will offer up some hooping tips and tricks that I've learned so far.

The first hooping trick is to pick a hoop that fits. Some hoops are light and hard to control where some hoops are heavy and offer a slow controlled hooping motion; however, that does limit what you can do. Feeling frustrated that your hoop is always falling down? Try the "pull up the back" trick. When the hoop hits your back it can sometimes slip a bit. Getting your hand in there between your back and the hoop as it comes around again (with the palm out) and quickly grabbing the hoop ever so slightly and pulling it up so it is taking off for the next rotation, starting at the small of the back instead of heading for the bum, really gives the hoop more power and you more control as you practice, practice, practice. Get to know your hoop, feel it hit your body as it hoops around. When the open space happens between your belly and the hoop, try dipping your hand in there; hard to do at first, to get the timing right, but after a while your brain starts to get into it.

Hooping = Brain Candy. Many thanks to all those who have lent their hoops to the club. We now have between 6-8 extra practice hoops, for those who want to hoop but do not have one yet. If you're interested in attending an upcoming Starbelly Jam Hula Hoop Club session, call 250-227-9330.

Did you colour outside the lines as a child?
Do people call you stubborn?
Did you drop out of school?

Congratulations! These are common traits found among successful entrepreneurs. If you want to find out if you have what it takes to be an entrepreneur call Community Futures for more information.
Unemployed? Ask about the self-employment program.



Call Erika at 250 254-1967 to book a free appointment in Crawford Bay
www.futures.bc.ca

Growing communities one idea at a time.

Birth Announcement

Tienna Rae Leganchuk

Tienna Rae Leganchuk was born to loving parents Marla and Marc Leganchuk of Edmonton, Alberta, at 4:25 PM on Tuesday, January 10th, weighing 8lb. 2oz., a sweet sister for Teagan. Proud and delighted grandparents are Calvin and Anna Leganchuk of Raymore, Saskatchewan, and John Smith and Lorna Robin of Crawford Bay, B.C. Gina, Cory, and Rowan Medhurst of Crawford Bay are also excited to welcome their new niece and cousin.



March 2012 *Mainstreet* 7

Barefoot Handweaving



Early spring is design and production month, come visit before the crowds.

OPEN lots in March, hours vary 227-9655



From the Principal's Desk

by Dan Rude

One of my favourite parts of my work is to connect with other places and people who are doing interesting, visionary, and transforming work in places that have something in common with us. An idea that I put forward at our last PAC meeting, as well as at a school district level, is for a team of people to travel next fall to The Coalition of Essential Schools' Fall Forum in Providence, Rhode Island. Through readings and conversations, I keep coming across the school 'The Met' and its co-founders Dennis Littky and Elliot Washor. I'd love to see others connected to our school and district read the books 'One Kid at a Time' and 'The Big Picture: Education is Everyone's Business' and then travel with me in November to Rhode Island for some big thinking and visits to other schools. In the meantime, for a snapshot of some schools that are meeting today's opportunities and challenges in imaginative ways visit: www.innovationunit.org/resources/10-schools-21st-century and download '10 Schools for the 21st Century.pdf'.

This month, I'd also like to share with you a passage that, to me, clearly expresses many thoughts and ideas that are flowing in education right now.

'Much of the twentieth century was preoccupied with teaching and what to teach. Much time and effort was devoted to the curriculum as content, to questions of what students needed to know and how we should assess whether they had acquired this knowledge. Unsurprisingly a transmission model of teaching and learning underscored much of what went on and still goes on.

Lately we have recognized that more attention should be paid to how students learn. Contemporary thinking shows that learning is not merely the absorption of knowledge, but is an active process of mind. Learning is about constructing meaning and understanding; it is about students making sense – intellectually and emotionally – of the world. The emphasis is less on 'putting information in' and more on expanding existing knowledge with the goal of children constructing new understandings.'

– Geoff Southworth - Learning-Centered Leadership

From this perspective, real learning occurs when we connect ideas and experiences to how we previously have understood and experienced the world. Further, to learn is to ask our own intimate and deep questions, to make our own sense out of this complex and often contradictory world, and to ultimately act in new ways. To learn is to connect. To learn is to grow. To learn is to be transformed.

The PAC Box

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

PAC MEETING: Our next PAC meeting will be held on Tuesday, April 10, 2012. There will be no meeting in March due to Spring Break. Please join us. Call Ingrid at 227-9246 or email mainstreet@theeastshore.net to be put on the agenda.

HOT LUNCH PROGRAM: We are on a three-week Hot Lunch menu for Winter and Spring 2012. We are offering occasional meat alternatives on the menu due to demand. Our beef comes from a Tarzwell Farms in Creston, free range, antibiotic and hormone-free. The chicken come through Save-On-Foods in Nelson and are from Bradner Farms in Abbotsford. They are free range, organic chickens.

Mentorship Review

submitted by Crawford Bay School

In order to keep everyone in our very talented community thinking about possibilities of mentoring Crawford Bay high school students during the month of April, here's a description of one such experience from the program's first year. Ries Fowler was in Grade 7 last year, and is looking forward to see which opportunities will present themselves for the 2012 Mentorship session.

by Ries Fowler, Grade 8

The mentorships I participated in were golf, geocaching, curling, and pool. My mentor for all of these events was Glen Kinder.

I did my geocaching mentorship in various locations throughout the East Shore. Some locations were in the bushes or on beaches. Some were down cliffs and by rocks. I chose this mentorship because I wanted to try something new and see if geocaching would be something I would be interested in in the future.

I hoped to learn a variety of things such as how to use a GPS. I also hoped to learn about different places around the East Shore, and more about them.

I found it very interesting that there is a special type of GPS made specifically for geocaching. I also found it interesting how easy they were to use.

During my time geocaching I explored lots of different places around the East Shore, some of which I never knew even existed. It was lots of fun racing to see who could find the geocache first. It was also fun hiking in to the location of the geocache. I successfully located and found my very first geocache ever.

A problem that we ran into during our time geocaching was a clue to the location of a geocache. The clue said to look under a maple bush for the geocache, but we were surrounded by maple bushes so we had to look for a while.

I feel that it was a successful event because I had fun and learned lots. I was slightly disappointed when I was looking very hard for a geocache and then somebody else found it. If we do it again I would like to geocache in Balfour and Nelson.

I would also like to snowboard as a mentorship event, but the mentorships are in April and the ski hill won't be open.

Crawford Bay Student Represents at Spelling Bee

press release, submitted by Jennifer Irving



On February 18, 2012, Jessica Rideout, a grade 8 student at Crawford Bay Elementary Secondary School, attended the Regional PostMedia Canspell Spelling Bee in Kelowna. This was Jessica's 3rd and final time representing not only our school but also all of SD8 in the bee.

She did great again this year making it into the top 15 out of 30 participants. Jessica successfully spelled "spartan," in the first round. In the second round, she got "petunia" correct. Unfortunately, in the third round, Jessica spelled "physique" incorrectly, causing her to be eliminated from the competition.

Many thanks again to the following for sponsoring the trip;

- The Kootenay Lake Lions Club
- CBESS
- CBESS Parent Advisory Committee
- Crawford Bay Store
- Barefoot Handweaving
- Fireworks Copper & Glass



CALL FOR PROJECT PROPOSALS

Columbia Basin Trust Community Initiatives and Affected Areas Programs

The Regional District of Central Kootenay is accepting project proposals for funding consideration from Columbia Basin Trust's Community Initiatives and Affected Areas Programs for the areas of:

Electoral Area A	Electoral Area G & Salmo	Town of Creston
Electoral Area B	Electoral Area H	City of Nelson
Electoral Area C	Electoral Area I	Village of New Denver
Electoral Area D & Kaslo	Electoral Area J	Village of Nakusp
Electoral Area E	Electoral Area K	Village of Silverton
Electoral Area F	City of Castlegar	Village of Slokan

Application guidelines and forms are available at:

- RDCK main office in Nelson
- Municipal offices in each community
- RDCK website at www.rdck.bc.ca/corporate/grants/cbt.html
- CBT website at www.cbt.org

For information contact Judy Madelung at 1.250.352.8170, 1.800.268.7325 or jmadelung@rdck.bc.ca

Deadline for proposals is 4:30 p.m., Monday, March 5, 2012. Late applications are not eligible for consideration.

Administered and Managed by:
Regional District of Central Kootenay
Box 590, 202 Lakeside Drive, Nelson BC V1L 5R4
Phone: 250.352.6665 Fax: 250.352.9300
www.rdck.bc.ca



Celebrating the Early Years



Where: East Shore Family Place (CBay School)

When: Thursday March 8, 10 am to 2 pm

What: Free sight and teeth screening for young children to six years

-Enter door prize draw for t-shirts and other stuff

-Lunch at CBay Café (by donation)

-EASEY meeting (1 pm)

Announcing the winners of the Family Friendly Business Awards



Thought For Food

by Farley Curzons

For the past 12,000 years, Western civilization has been conditioned to believe that humans are separate and distinct from the environment in which they live. That's because, according to the perceived truths offered by the previous monotheistic consciousness, humans arrived on this planet in a separate act of divine intervention after the creation of all animals and plants.

When scientific materialism came into general consciousness, Charles Darwin offered a completely different story of origins but with essentially the same conclusion: We arrived on the planet for no other reason than sheer accident, the result of an improbable lineage of random mutations.

Both of these perceptions imply that human beings exist separate from the environment in which we are immersed. While monotheism teaches that mankind was given dominion over the biosphere, scientific materialism contributes to our separation from the environment by suggesting that the mission of science is to govern and control nature.

Our culture's misperceived detachment from the environment has introduced life-threatening flaws into the way we manage the economy of our planet. Specifically, we have failed to acknowledge the reality that the environment is the primary source of wealth. Our monetary wealth originates from the sun's energy, which fuels the growth of all life in our biosphere. Our further monetary wealth comes from the finite resources of Earth and through processes that lie outside the human economic marketplace and are not funded by, or considered part of, the human economy.

Chlorophyll molecules are responsible for photosynthesis, the process through which the sun's energy transforms water and carbon dioxide into nutritional sugar molecules. Plant cells harvest their solar-powered sugar molecules and use them for both metabolic building blocks and life sustaining energy. The growth of a cornstalk, from a sprout to the height of six or seven feet, is made possible by the accumulated nutritional wealth manufactured by the plants chlorophyll. Almost all life on this planet, including our own, is dependent upon photosynthesis-created sugar molecules.

Imagine one spring you place a kernel of corn in the ground. With proper sun and rainfall, in a few months the resulting corn plant will yield several ears of corn, each bearing hundreds of kernels with the same potential to produce. Where else can someone multiply wealth a thousand times in such a short period? The environment is truly a cornucopia of ever-producing wealth.

In only a couple of generations we have seen the virtual disappearance of the family farm. In their place more and more factory farms operate mono-culturally outside the rhythms of nature, producing de-natured food and toxic waste. Meanwhile science and technology have given civilization the opportunity to mine this planet's wealth in order to support the excesses of the human monetary economy. Three hundred-thousand US farmers and activists have now filed a class action lawsuit against agro-giant Monsanto for its short-sighted development and promotion of genetically modified seeds.

Our ignorance of the planet's fragile web of life has blinded us to the profound damage and havoc we wreak by pillaging the environments resources and then, adding insult to injury, contaminating that environment with discarded waste. The wealth of the ecosphere, like that of any living organism, is a direct reflection of its health. Decimated rainforests, festering open-pit mines, species harvested to extinction, collapse of the

fishing industry, toxic smog, pharmaceutically poisoned water-ways, buried radioactive waste, and many other man made catastrophes have compromised the environments well being and devalued its ability to produce health and wealth. Our misperceived efforts to dominate and control nature have unwittingly disturbed the ecosphere's natural balance and exacerbated environmental crisis that now threaten our survival.

This food column has focused on the building blocks of nutrition, the diluted and convoluted information about diet and nutrition in media and government, and how our healthcare system is more concerned with surgery and the newest pharmaceutical to cure your ills, than prescribing a whole food diet. Now it's time to embrace the season to come. It's time to plan your garden.

It's time to plan our community garden. What are your neighbors growing? Perhaps we could work together by expanding and delegating certain crops to certain spots. Then share the work of storing and preserving for the winter. There are a number of food production cooperatives in our region. If you are a farmer with no land, there are people who have made some available. I don't know about here on the east shore but I'd wager that a number of land-owners here might consider it, for if the money runs out she with the fresh foods, dried and preserved will have all the wealth. So let's get growing!

It is also quite likely that the cost of food will rise sharply this year so if you've been procrastinating the purchase of a couple 25kg bags of rice or beans, now's the time. We would be wise to double or even triple our garden space. There is no reason we cannot have a healthy vibrant community that is humming along with trade commerce, robust nutritional balance, and a more responsible medicine representative and pharmaceutical company salesman. All we have to do is accept responsibility for ourselves and devote a little bit more of our thought... for food.



East Shore Food Roots Happenings

submitted by Paris Marshall-Smith

March 9 - 12-4 Seed Exchange: Share your seeds, get some seeds, barter and buy and sell some seeds, learn how to save your own seeds, make connections, get inspired to grow more food, become more independent, take control of your food! Kids planting activities from 1 to 2:45 pm. lots of seed-saving information to take home. Please come even if you have nothing to share, as there will be a plethora of seeds to take home for everyone who attends...

This event is hosted by the FOOD ROOTS group in conjunction with the Regional Food Conference on Saturday, March 10 at Crawford Bay School

March 10 - 10-4 Kootenay Lake Regional Food System Gathering: Building on our past, creating our future. Join a gathering of the Kootenay Lake community to address the constraints, identify opportunities and plan for a more integrated regional food system. Find out what has been accomplished and what proj-

SUNSET SEED COMPANY

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

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ects are being dreamed of.

Speakers include Abra Brynne (Citizens and Food Systems), Jen Comer (Creston Valley Food Action Coalition), Aimee Watson (Kaslo Food Hub) and more!

From Johnson's Landing to Riondel, Kaslo to Creston; if you sell, grow, transport, eat or process food YOU are invited to the table.

Lunch (bring an ingredient to share for our stone soup) and childcare will be provided.

To register or for more information: eastshorefood@gmail.com or call 250.777.1555

JOIN THE DISCUSSION:

Do you have a food product you would like to develop but lack the space to do so? Do you have a food idea you would like to discuss? FOOD ROOTS is looking at how we can help support those on the East Shore who would like to work with food (sauces, preserves, artisanal products, medicinal products, breads, cheese, beer - what are you imagining?) and haven't been able to. We are interested in understanding the agro-economic potential of the east shore. What kind of facility would best support you? Right now we are thinking of a community kitchen/food incubator. A community commercial kitchen/food incubator facility offers the potential for a range of services including shared processing costs, equipment and knowledge/

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skill-development of value-added food products to be sold to local and regional vendors (farmer's markets, restaurants & retail outlets). In addition we see the community commercial kitchen/food incubator facility responding to the food system gaps by increasing connections between producer-processor-buyer-distributor, providing storage spaces and facilitating distribution networks.

The community commercial kitchen/food incubator is one of three social enterprise legs envisioned in the development of an eastshore community food centre/hub (similar to what Kaslo offers currently) and the enhancement of the local food system. The other two components are the community greenhouse and a community composting operation, which was researched by UBC students this past fall. Building on the success of our preliminary research of the social enterprise opportunities related to construction of a community greenhouse, we wish to continue with a feasibility study of the economic viability of a community commercial kitchen/food incubator. We see such a facility complimenting the productive capacity of the greenhouse and offering a source for the composting operation, maximizing spin-off products and services to be consumed locally.

Interested? Share your thoughts with us on March 10 at Crawford Bay School 10-4 or email: eastshorefood@gmail.com or phone 250 777 1555.

March 2012 Mainstreet 9

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Deathtrap

by Ira Levin

Produced by special arrangement with
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March 29-31
7:30 p.m.

Prince Charles Theatre
Creston, BC

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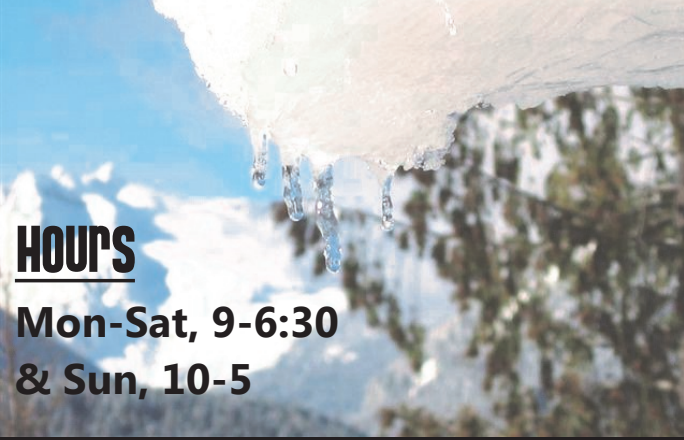
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March 19, 2012
7:00 PM

Best Western Baker Street Inn

PROPOSED SPECIAL RESOLUTION

The Board of Directors will be proposing the following special resolution:

LIMITATIONS ON INVESTING

Resolved pursuant to Rule 39 of the Association that the directors must not invest over 75% of the financial reserves of the Cooperative at any one time without the prior approval by the special resolution of the members:

That the Cooperative invest over 75% of its financial reserves for the sole purpose of acquiring and developing the property described as 708 Vernon Street, Nelson, British Columbia.

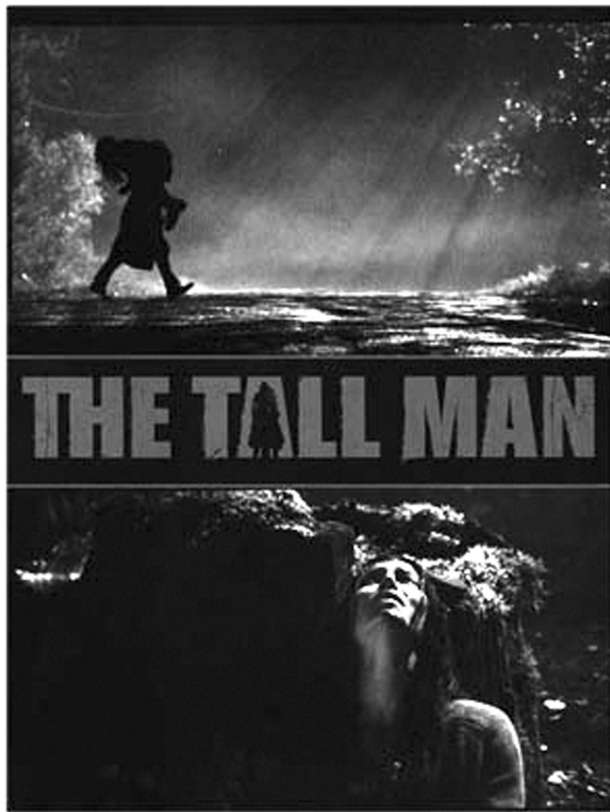
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The Tall Man is Coming



In the summer of 2011, the West Kootenay was a buzz after being told that an award winning director, Pascal Laugier, was going to shoot his latest horror film in Nelson's backyard. The film was based in a fictional town called Cold Rock, better known around here as Salmo

"The Tall Man" is a story of the haunting secrets that hide behind closed doors. With children gone missing over the years, leaving neither a clue nor a witness, superstitious locals talk of 'The Tall Man,' a legendary, mysterious dark figure who takes children away never to be seen again.

The film stars Jessica Biel, Stephen McHattie, William B. Davis, Samantha Ferris and Jodelle Ferland. Along with an all-star cast, the director also required extras to represent the people of Cold Rock and held auditions. Local Kootenay residents are part of the film.

The world premiere will be shown in Nelson. Tickets are \$15 (\$12 for students) and are available at the Capitol Theatre box office, <http://tickets.capitol-theatre.bc.ca> or by calling 250-352-6363

Samba Lago Profundo

by Shirley Wyngaard

Are you in the doldrums? Is life a little hum-drum?

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Mandala Project Underway

see photos to the right

To the right are shots of a mandala being created. Top left, Joli Mwinyi. Top right: Maya Sly. Bottom right: Olivia Wedge-Darchen. Bottom left: the girls plus Rajka Dunic, Allison Juris and Jacqueline Wedge.

12 **Mainstreet March 2012**

Deathtrap... Coming Soon!

by Footlighters Theatre Society

Greedy. Deception. Murder. On their own, each is, at best, distasteful. But mixing them together creates an exciting night of intrigue and action, when Footlighters Theatre Society presents the comedy-thriller *Deathtrap* from March 29-31.

"This is a really exciting show," said Brian Lawrence, who is co-directing *Deathtrap* with Geri Buchanan. "It's full of twists and turns that seem to come completely out of the blue. It's really hard to guess what's going to happen next."

The production is a revival of the first Footlighters show, which ran from Oct. 19-21, 1995. At the time, the fledgling group was unheard of, and failed to attract the audience that now attends Footlighters productions, including the 2005 thriller, *When the Reaper Calls*.

"Nobody knew what Footlighters was at the time," said Lawrence. "Now that it's well established, we thought it was time to bring *Deathtrap* back and give a new audience the chance to see it."

As well, it was time for some less family-oriented fare — in its last two seasons, Footlighters has offered two melodramas, a farce, a fairy tale and a musical. Capping off the 2011-2012 season with *Deathtrap* was a logical choice.

"We like to do shows that appeal to a wide range of people," said Lawrence. "But a show like this, which has some violence and language that may not be suitable for younger theatre-goers, really encourages the performers to push themselves and expand their range."



This mandala will hang outdoors eventually, along with eight to ten others, for everyone to enjoy!

Funding was provided by the Creston Kootenay Foundation, and the project is being co-ordinated by Jacqueline Wedge.

Neither Lawrence nor Buchanan — who teamed up with the direction of *The Music Man* and *The Sound of Music* — was involved in the original production, and in the play's five roles, a new cast joins them.

Footlighters newcomer Marc Archambault plays Sidney Bruhl, a once-brilliant playwright who has endured a string of flops. When he receives play in the mail from aspiring playwright Clifford Anderson (played by Jordan Koop, *The Villain Wore A Dirty Shirt*), he suggests to his wife, Myra (Suzanne Chubb, *The Villain Wore A Dirty Shirt*, *When the Reaper Calls*), the idea of killing Clifford and stealing the play. That covers the first two pages, and little more can be said without giving too much away — except to add that psychic Helga ten Dorp (Jennifer Dewald, *The Villain Wore A Dirty Shirt*, *Curse You*, *Jack Dalton*) and lawyer Porter Milgrim (*Vern Gorham*, *Aladdin*, *The Sound of Music*) also factor into *Deathtrap*'s intricate plot.

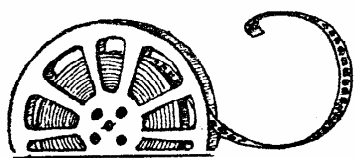
Deathtrap opened in Broadway's Music Box Theatre in 1978, starring John Wood, Marian Seldes, Victor Garber, Marian Winters and Richard Woods. It still holds the record as the longest-running comedy thriller on Broadway — and Seldes earned mention as "most durable actress" in the Guinness Book of World Records for appearing as Myra in all of *Deathtrap*'s 1,809 performances.

It was adapted to a 1982 film, starring Michael Caine, Christopher Reeve and Dyan Cannon, and although there are some differences, Lawrence suggests that that anyone planning to come to the show avoid seeing the film first.

"There are a lot of surprises — and you really don't want to spoil them," said Lawrence.

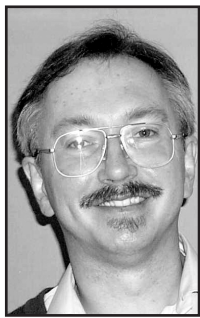
See the ad for *Deathtrap* on page 10.





Seldom Scene

by Gerald Panio



Bad Guy: "You're forbidden to talk!"

Good Guys: "All right, we won't do it anymore."

I've got to be honest with you. You're not going to find this month's movie at Reo's. And you're definitely not going to get it through Netflix. If it weren't for the fact that YouTube now has a gazillion videos and counting, your chances of ever seeing this month's pick would have been about the same as those of the Mainstreet's paying my way to Cannes.

There are a couple of possibilities here. One is that my film of choice is so avant-garde and intellectually dazzling that the intended audience would fit into a broom closet. The second possibility is that it's simply really, really, really bad and no one would want to invest any money in distributing it. Let me give you a hint: *Evil Brain From Outer Space*.

If you looked at that title and picked option one above, I've got a stock portfolio I'd like to sell you. If you picked option number two, I'd guess you might be wondering if I'm finally scraping the bottom of the barrel. Hey, cut me some slack here. What self-respecting movie lover and part-time critic could possibly resist anything with a title like *Evil Brain From Outer Space*? Don't answer that.

Notorious director Ed Wood's *Plan Nine from Outer Space* is often ranked near the top of the Worst Movies of All Time lists. And deservedly so. It's attained cult status. So has John DeBello's *Attack of the Killer Tomatoes*. But this month I'd humbly like to make the case for a new candidate for that coveted number one spot. Ed Wood, John DeBello--meet Starman.

In a way, this is a bit of a trip down nostalgia lane. I'm actually old enough to remember watching reruns of the original black & white *Superman* TV serial that ran from 1952 to 1958. That's the one that gave us the immortal "Faster than a speeding bullet! More powerful than a locomotive! Able to leap tall buildings in a single bound!" and that business about fighting for "truth, justice, and the American way." Superman was played by actor George Reeves, a lantern-jawed, bulked up Fuller Brush salesman type of guy in a padded costume that looked like something his grandmother made to keep him warm. It all seemed so much more innocent back then....

Meanwhile, in Japan, TV network brainiacs were thinking that it wasn't just Americans who needed rescuing from nefariousness. And so, five years after *Superman* hit the airwaves, Starman was born.

Played by actor Ken Itsui (who would later in life refuse to ever discuss this phase of his career), Starman was a Man of Steel created by the rulers of the Emerald Planet to save the universe from threats posed by Spherions, mad scientists, atomic mimes, spaceships resembling fluorescent light fixtures, and monsters looking like a cross between Javanese shadow puppets and low-rent Kalis. Starman himself spent half his time disguised as a regular human being (think *Death of a Salesman*, or early J. Edgar Hoover), and

half his time in a white lycra jumpsuit & cape, with a cute little antenna sticking out of the bathing cap thingy that covered his hair. His facial expressions ran the gamut from grim determination to conquer evil, to even more grim determination to conquer evil, to fiercely grim determination to conquer evil. The only time Starman cracks a smile is when he's battling hordes of minions in fight scenes that look like they were choreographed by Jackie Chan channeling the spirit of Mack Sennett and Georges Meliès. As fists & kicks miss their intended targets by proverbial miles, and hero and villains alike do random backflips 'cuz they look cool, Starman occasionally pauses in his pummeling to laugh heartily and flex his almost non-existent biceps. To demonstrate his super strength, he destroys an enemy space station by heroically bending what looks like the grill of a refrigerator rack.

The original title of the series was *Suupaa Jaiantsu* (Super Giant), despite the fact that none of the stories actually had giants in them. The show ran for five years. In 1964, Walter Manley Enterprises and Medalion Films spliced three episodes of *Super Giant* together to create *Evil Brain From Outer Space*, and another two episodes for a sequel, *Attack From Space*. A legend is born.

One of my favourite bits, repeated in both films, is the council of aliens on the Emerald Planet deciding that the time has come to send out Starman to save the day. The aliens' costumes look like the very best efforts of a grade three

class working with an enthusiastic teacher. Think giant plush stars with eyes and ice cream pails with light bulbs. And I'd swear their gestures are copies of those of Native Americans as portrayed in really bad Westerns. Not wanting to rely on brute force alone, Starman is also gifted with a high-tech wristwatch Globe Meter that allows him to fly through space, detect radioactivity, and understand every language on Earth.

If the state-of-the-art costuming (minion get to dress as either refugees from Ilsa, She-Wolf of the SS or wear tights with not-quite-evil logos) and special effects are enough, there's the ultimate in B-movie dialogue. Sepulchral narrators get to intone things like "Balazar's Brain seeks universal conquest!!" and warn that we're faced with "an insidious invasion by which all of Earth is threatened by ultimate destruction!!" The bad guys get to chuckle evilly and say "Starman has no choice but to risk the flames of the Death Star!!" and "I'll make you into a Sapphirian slave for all time! Use the Thought Eradicator!!"

Other mad scientists get lines like "If you try to stop me, I'll throw this nuclear grenade!" and "I created you, Super Germ! Don't you forget it!" To remind us that this is science fiction and not just fantasy, we also get the cool technical lingo: "Right 180 and 40 down! Use the EF orbit! Increase acceleration! Mach 80!!!"

Every hero needs sidekicks, and Starman is no exception. In both films there's a good scientist, an older mustachioed gentleman, working tirelessly against the forces of darkness. He's got a surprisingly young family that's there to be cute & plucky, and get kidnapped by aliens. Speaking of the kids, *Evil Brain From Outer Space* has what must be the worst rescue attempt by any superhero, ever. As the good scientist's teenage daughter is threatened with immanent death, Starman spends what seems like forever cheerfully tossing dummy bad guys around, posing, twirling a

six-shooter, and gloating at his own prowess. The girl risks dying of old age before Starman ever gets around to actually saving her.

I think I'd also have to pick *Evil Brain* for most anticlimactic evil monster of all time. After spending 70 minutes being told about how Balazar's disembodied brain is controlling super germs and vast armies of mutants, when we finally see it in its airtight bell jar it looks like a pizza that someone left in the microwave too long. I know this may have been 1957, but what were they thinking? Perhaps they'd already blown their whole budget on plastic models, tights, and secret hideaways. If it's any consolation, we do get to see the aliens take out downtown LA, New York, and Tokyo. Lego apocalypse!

In retrospect, Ken Utsui had absolutely no reason to be ashamed. I smile every time I think of Starman. It's the movie lover's equivalent of that illegal smile John Prine once sang about—it don't cost very much, and it lasts a long while.



**Next Deadline:
March 28, 2012**

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pebbles
by Wendy Scott
Lingering

Today I listened to a secret. It has only two ingredients, and one of those is – wait for it – chocolate! I think anyone will agree that

a secret involving that dark, delectably decadent substance must be shouted from the rooftops or at least published on-line. Some say it has been proven beyond all doubt that chocolate is so good for a person's health that anyone not stocking it in sufficient amounts should be charged with mismanagement and not providing the necessities of life.

Ah, and do I hear a delicately suspicious query, a whisper even – um, what's the other ingredient?? Not to worry, it is another necessity of life, indeed life will not survive without it. Water, my friends, water. And here's the magic bit. Melt, mix, chill, and voila! May I present – mousse. And as this dear lady murmured in my ear, mix a bit more, add a touch of whatever comes to mind – rum, bourbon, peppermint, vanilla, coffee – pick out little bits – roll into balls – coat with sprinkles, sparkles, coconut, goat cheese (what!!) arrange on a decorative platter and present – with very strong coffee, of course and (ah, here comes the goat cheese) a board of cheeses with crackers of odd and peculiar shapes. Can you tell me of a better way to stave off this tenacious winter season? After three (four?) days of glorious sunshine, what did we wake to this morning? Snow. Someone said to me, well, it is February. I agree, but why does this truncated month insist on dragging its days in the languid manner of a school child when wakened in the winter darkness of our unique East Shore time zone?

Winter lingers. Of this there is no doubt. Ice is treacherous; snow – crusted, dirty and annoying; rain – useless as the temperature, once again, drops. But with all this complaint and frustration, we know – because we can feel it in the air and because it happens yearly – we know that spring is just around the corner.

Oh dear, someone else has reminded me of the year without summer – 1816, or thereabout; you could, they said, during that absent summer season, skate on the Thames in London and play in the July snow in Quebec City. This condition was due, I was told, to a rather large volcanic eruption in the general vicinity of Indonesia. Hm, the effects are widespread, so it's no use just looking around the East Shore for hints of volcanism.

I think I prefer to trust the calendar and wait as patiently as possible for the aconites to emerge through all that lingering snow. Then I will count snowdrops and the crocus; I'll be surprised, as I am every year, when the myrtle presents stems crowded with deep pink flowers and sharp spikes; I'll rejoice with any daffodils that have avoided the narcissus fly, and see how many deep, bright hues come throughout the season as tulips open with their seriously, solemn and brief chorus of colours.

Those other choristers? The sparrows, finches, chickadees, nuthatch – they are here already; the season truly arrives with the swallows and, of course, the hummers. Then we know why we wait.

In short, I will linger with the season and use my time wisely – for the good of my health, eating as much chocolate as I can possibly find. Thank you, Stephanie, for the delicious secret!

Oh, but wait, you say – how much of each? 8 ounces of chocolate (as dark as you can find – we're talking about your health!) and ¾ cup water. That's it! Linger happily. And (I shudder to use this cliché,) Enjoy!

Bible Talk

by Pastor Doug Middlebrook

Naming Your Future Sermon



Job 22:28 You will also declare a thing, And it will be established for you.

This scripture tells us that we speak to our futures and the futures of others. Our examples from the bible hopefully will help us to speak the right things.

1 Samuel 4 vs.19-21 Now his daughter-in-law, Phinehas' wife, was with child, due to be delivered; and when she heard the news that the ark of God was captured, and that her father-in-law and her husband were dead, she bowed herself and gave birth, for her labor pains came upon her. And about the time of her death the women who stood by her said to her, "Do not fear, for you have borne a son." But she did not answer, nor did she regard it. Then she named the child Ichabod saying, "The glory has departed from Israel!"

Phineas and his brother Hophni were killed in battle against the Philistines and her father-in-law Eli died at the news of the ark being captured. Things looked pretty bleak for her! So according to her present feeling she names her son. She spoke to what her future held and her son would be a constant reminder of it. No presence of God. Notice what she did; she named her future by what was happening in her present. She could have just as easily named him "the glory will return," but she was so focused on the negative, so caught up in where she was at that moment that she defined her future by it. Here is another example from the book of Ruth. But she said to them, "Do not call me Naomi; call me Mara, for the Almighty has dealt very bitterly with me, I went out full, and the LORD has brought me home again empty. See how she focused in on the negative. Yes she left with a husband, two children and yes they all died. So she changes her name to speak how she thinks the Lord has dealt with her. She could have focused on the fact that she had 2 daughters-in-law, that she was alive, and the Lord brought her home safely.

That's it, isn't it? **The Lord sees our heart He sees the future that He has for us Jer. 29-11.** Have you ever spoke to your future from your current place, from your present. I think we all have at some level, said things like I never be any good at that, or I'll never win or I can't do it. Or even worse maybe we have spoken into the future of someone else. In the bible days they named their children and it seems that the name and character came together. Example, Jacob the Surplanter is one. But as I said God sees our future and speaks to that, positively. He changed Jacob to Israel, Abram to Abraham, Simon to Peter, Saul to Paul. I'm not sure why, but we always seem to focus on the negative. The news is just one example. Are we trained to view life this way, if it is, then we need RE-Training. That's what Jesus came to do, to retrain the way we think, the way we do things.

Romans 12:1-3 renew our minds. Things like care for the less fortunate, feed the poor, turn the other cheek, and go the extra mile. These are foreign practices to most people. If we are to follow Him, we need to think and see and do things as He did. Jesus didn't look at a hopeless circumstance and panic, He looked at it and saw away to help, to show God. It is my prayer that we learn to speak positive things, speak life and encouragement, not only into our own lives but the lives of others. May the Lord bless you and keep you.

**Next Deadline:
March 28, 2012**

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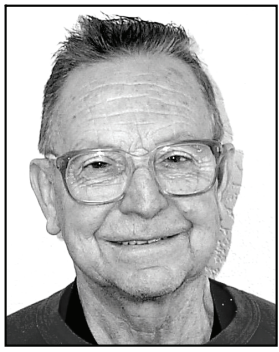


Growing communities one idea at a time.

REWARD

\$500 reward offered for information leading to the recovery of this motorcycle. It was stolen in Crawford Bay in mid-November. It is a 1998 Kawasaki KX250 motocross bike with the number 191 displayed on the side and front. It is green and white and covered with decals. This is an off road bike only. It has no kickstand but the separate triangle stand was also stolen. There is huge sentimental value attached to this item. My 2 older sons bought it for my youngest son after their father passed away when he was 14. If you have any information please call Gerry at 780-907-6940 or anonymous tips can be left at Crimestoppers at 1-800-222-8477 or online bccrimestoppers.com.





Tom's Corner

by Tom Lybery
Coconut Palms

Last month... cedars. How about coconut palms for a complete change of pace? Let me transport you to a warmer clime for this read. Having spent several months every year in the midst of these tropical trees, I continue to find them of great interest. What other tree can withstand hurricanes which blow it almost flat, accept a measure of salt, and produce a crop every seven months? From some vantage points on the west coast of Mexico, you can see a thousand acres of these. Since the leaves are all in a cluster right at the top of the tree, which is usually 40 feet to 90 feet up, many other crops from corn, peppers, tomatoes to bananas grow well below the space canopy.

The way a coconut palm grows is different from any other. Can you pick out the spike sticking straight up in the middle of the photo that shows only the top of the tree? In a week or two, this spike will grow wider until it tips over to become the newest frond of that tree. In time, the oldest frond at the bottom will drop to the ground, leaving another of those corrugations which mark the bark. In some places, steps are cut to make climbing easier, which surprisingly doesn't damage the tree, or slow its growth and production. Coconuts left on the ground or partly buried will start to sprout through one of its three eyes - **but not in Jamaica, where every fallen coconut seems to have a land crab inside.** (Where you see tropical gopher holes, they are actually made by land crabs.) These remarkable fruit have drifted thousands of ocean miles to land somewhere else, and become a tree in another land.

Coconut palms are very different to other tree species as they have no tap roots or root hairs. If uprooted in a 100 mph tropical storm they will recover if they are set upright again. I always thought the wood could not be of much use from such a flexible stem, but I was entirely wrong. It is strong, and can even be used for bridges. I have frequently seen workers making timbers and dimension lumber, using chainsaws to cut down the grain. And it is knot free. In countries such as Mexico where wood is scarce, coco wood is a valuable substitute for hardwoods.

During our Historical Society tour of Wedgwood Manor last summer, John Edwards told us the story of Commander Harrison insisting on knot free lumber when he had the house built over 100 years ago. Once he saw knots in a sub floor and insisted that this be replaced, even though it meant taking up the expensive flooring that had already been partially nailed down over the sub floor. John and Joan spent several years stabilizing and repairing this historic building before they could open as a bed and breakfast. How much simpler would it have been if Harrison had brought this wood in from the tropics? The Burden and Wat-

son sawmill must have had to sort carefully to fill the Commander's specifications.

The man harvesting bunches of nuts in the photo is working on the tree in front of our home in Barra de Navidad. We have to park our car carefully so that an occasional nut doesn't fall on it. He uses grips for his shoes, similar to ones we have in Gray Creek to walk on icy pathways, and scampers up the trunk carrying only a machete and a rope. He trims off some of the lower branches to allow working space, ties a rope around a bunch of nuts, machetes them loose, and then lowers the weighty mass slowly to the ground. If any nut falls



it would break on impact, as he is 40 feet up. The tree still has another three bunches, but what he takes is a full load for his three wheeled cycle cart. I'm sure I couldn't ride it over the many *topes* (speed bumps), because the load is so heavy. I don't know what he gets paid for these, but it is not likely much more than one peso (ten cents) a nut. But since these are street trees, at least he doesn't have to pay for what he gathers.

There are about ten green nuts in each of the three bunches he has harvested, and it is all he can do to load them in his cycle cart. The nuts

are used for coconut water, which is a refreshing drink wherever it is available, mixed with rum or almost anything. *Tuba* is sold on the street out of a gourd or a glass container, and is often flavoured with peanuts. The coconut water is sterile, and was used in emergencies in the Pacific during the war. Since it mixes readily with blood it could extend limited supplies of plasma for transfusions. The green nuts commonly used for drinking are generally discarded without using the nut meat. The top is macheted off, and here is a drink that comes in its own container, needing only a straw.

Much less fattening than the over-sugared coke.

We don't see much harvesting of the mature nuts, which if left on the tree will turn brown and eventually drop to the ground. They have a larger proportion of nut meat, and where there is a market are used for soaps, cosmetics, cooking oil and margarine.

The used nuts are gathered, dried, and burned to make brick, as the shell produces a very hot fire. The coir or outer casing has many uses from rope to potting soil for orchids. Neat brooms made of the leaves with bamboo

handles sell for ten pesos (less than \$1). The leaves or fronds have extensive roofing capabilities, and cover many homes. They are carefully laid over a pole framework, and the result is a "Palapa Roof."

Mexicans use their machetes in many more ways than Canadians use axes, from pruning shrubs and trees, to beating back the jungle. This versatile tool, surprisingly, can quickly cut through a ten inch diam-

eter stem, whether it is mango or coconut. Seeing a coconut tree cut down is most interesting. One man (usually the youngest in the crew) will take his machete, rope and a screwdriver up the chosen tree. When he reaches the cluster of fronds, he will trim some of the lower, drooping ones, to give himself working space. After lowering any bunches of nuts, he uses the flat of the machete to drive the screwdriver into the trunk, so that when he sits above it, he won't slide downwards - effectively sitting on a screwdriver. In a few minutes he will have macheted more than three quarters of the way through the trunk, just below the crown. Before descending, he ties his rope around the crown. The crew then pulls on the rope, breaking off the entire crown, which drops with a big thump to the ground. With all that weight gone, a chainsaw will safely fall the topless trunk, and the straightest lengths are cut into lumber.

The almond is the most popular street tree of any in this hot climate, but no one seems to gather the almonds as they fall on the streets. Its large leaves provide excellent shade, and the tree itself appears to take all sorts of pruning punishment - repeatedly cut down for power and phone lines above, and hacked at from below to keep it well above the sidewalk.

Both native and cultivated mangos are frequently used as street trees. The native ones are earlier and some of this green fruit appears in some stores in February. The heavy crop of bigger mangos comes about May and continues for some time, as each tree has fruit ripening for a week or two. I hope you try juicy mangos on a stick when you visit the tropical beaches. I like them any way they come, from fresh to dried or even dried with hot chili pepper.



All photos by Tom Lybery, Barra de Navidad, Mexico, 2012.

(1 - top left) Crown of the coconut palm with its central growing spike.

(2 - bottom left) Harvesting the last bunch of coconuts from the palm. Two more bunches are on the street by the cart.

(3 - above) Three bunches of coconuts are a full load for the cycle cart.

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BOOK REVIEWS

by Tom Lymbery

BUSH PILOTS: Canada's Wilderness Daredevils - by Peter Boer, Folklore Publishing, 237 pages, \$16.95.

I thought I had read all possible bush pilot stories, but here are some more. While the author has to include several pilots that have been much written about before, he has made an effort to find unpublished information, on such as Wop May, and Grant McConachie.

How did these men survive as long as they did. Was it a measure of luck and expertise? How about Chuck McAvoy who flew an unsafe plane in unsafe conditions? His life ended when his 1938 Fairchild 82A on skis, crashed in June 1964, killing two passengers, but the crash site, with the skeletons, was not found until 39 years later in 2003.

Max Ward who founded Wardair is a familiar name but not the story of capturing a Muskox and flying it south. An American named John Teel wanted the horned, woolly coated animal flown to the US to cross-breed with cattle. Unfortunately the book doesn't tell us if this breeding experiment was had any success. The ten chapters in this volume make it a great read - giving us the unusual tales we have perhaps missed in other bush flying books.

BRITISH COLUMBIA MURDERS: Notorious Cases and Unsolved Mysteries, by Susan McNicoll, Heritage House Publishing, 134 pages, \$9.95.

This is one of an Amazing Stories series from Heritage which sets out to provide interesting, true stories at an affordable price. Perhaps there is not enough known about our local murderer, Henry Rose, to be included in one of these.

The six chapters include only one that I am familiar with - the 1924 murder of Janet Smith in a Shaughnessy Heights home in Vancouver, where the Chinese houseboy, Wong Foon Sing was charged with the murder, but was not convicted. This was fortunate for him, as the anti Asian movement of those years could have resulted in conviction of an innocent man.

Perhaps the most unusual story in this book took place in Vernon, 1991, when DNA testing was in its infancy. However, the investigating officers had the foresight to save a sample of the both the dead man's blood and that of his murdered dog, as well. This made it possible for the RCMP's Unsolved Homicide Unit to solve this case in 1997. But they had to go to the US for info on the DNA of the dog, since conviction hinged on the fact that the killer's jeans had both the victim's and the dog's blood stains, and dogs have very different genetic markers than humans.

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Mobile Clinic Dates:
March 13, April 17
and May 8, 2012 at the
Crawford Bay Castle.

East Shore Community Library/ Reading Centre News

by David George

WATCH for the Official Grand Opening Celebration date and time in the April issue of the *Mainstreet*.

Come in and find some almost-end-of-winter reading and listening and viewing. Lots of new books, CDs, and DVDs have arrived since the beginning of the year.

Inter-library loans are available at no charge, and usually arrive within two weeks. If enough of us use this service, those people in Victoria may continue it.

So come in and ask us for a book we don't have!

Bring your kids in and try out the new children's area!

We are open Tuesday and Saturday from noon until 3pm, and Thursday evenings from 7 to 9pm. Closed legal holidays. Phone is answered when we are open, at 250-777-1492.

Come in and enjoy all the new space in your library.

The East Shore Mainstreet

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AREA "A" EDC Economic Development Commission

There is new funding available in August 2012, for grants to organizations for projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. All applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

Next application deadlines:
June 1st, 2012 ; October 1, 2012
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 information or assistance.

Volunteers are needed to serve on Area A EDC, please contact RDCK Director Garry Jackman with your expression of interest. Next meeting is at Gray Creek Hall, March 9, 3:30 PM.

Visit InvestKootenay.com

Riondel Community Library News

by Muriel Crowe

There has been great excitement in the library this past two weeks. We are planning our second open house evening to be held Friday the 13th of April in the evening. Exact times will be announced next month. We can promise more good food, wonderful music and some entertaining quizzes and events.

Our secondary excitement was the purchase of some new books which included some favourite authors such as P. D. James and Charles Todd. Some gaps in our collection of Terry Goodkind books were filled and there are two new and different gardening books. We also have some new and exciting juvenile books.

Last but far from least is the announcement that spring is surely arriving as once again our roof is leaking. For some reason the leaking seems to favour the library and currently we have several annoying small drips in the library itself and some major leaking in the room where we are storing book sale books. A few of the book sale books are recovering from a shower and the others are all covered with plastic sheeting. Please be careful walking in areas that seem to have more buckets than floor tiles, sometimes we can't catch all of the drips. We are hoping for a new roof on this poor old building but there is a rather large amount of money required to do that. Please think of us and drop some loose change in that donation jar on the library desk or make a tax receiptable donation to the roof fund through the Commission of Management Office.

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Health & Happiness A Lifestyle Medicine Column

by Dr. Sid Kettner

Introduction: Sid Kettner had a family practice office in downtown Creston and held Creston Valley Hospital privileges for 33 years after returning from Hong Kong where he worked in a modern overseas hospital for six years. His training was in southern California though he grew up in Hope, BC., interned at the Royal Alexandra Hospital in Edmonton, and started a clinic in Yellowknife to get extra experience before heading out across the Pacific.

Sid has a special affinity for Lifestyle Medicine, teaching people how not to get sick. For the last five years or so, since moving to Gray Creek, he has written a monthly medical column emphasizing diet, exercise, stress control and even family relationships, entitled Health and Happiness. He has been sending regular columns to be printed in Boswell's local newsletter and now is submitting to Mainstreet as well. Welcome, Sid.

Part One - Depression: White or Blue

For most of us along the lake, it is not the whiteness of winter that we dread. The snow is beautiful. White represents purity and freshness. But we don't appreciate "the blues" that this season sometimes brings our way. That color, that mood state, represents sadness.

Troublesome depression comes to about one in four of us once in a life time and is usually over within three months. It's not fun, but not a real problem long term. But a serious depression tends to be recurrent and lasts six months or more. Those are worrisome and should be treated professionally. Causes are not always obvious, but can include: stressful situations, grief from a loss, heredity, altered levels of brain chemicals or hormones, inability to control ones destiny, isolation and unresolved guilt. And research has shown that living

in a tranquil countryside, like we do here on the East Shore, does not necessarily guarantee happiness as the rates for depression were the same for country folk as those living in the inner cities.

The symptoms of a true depression are as follows, and to be considered major, one must have at least five of the nine, one of which must be either of the first two in the list:

- Little interest or pleasure in doing things
- Feeling down, depressed, or hopeless
- Trouble falling or staying asleep, or sleeping too much
- Feeling tired or having little energy
- Poor appetite or overeating, resulting in significant weight loss or gain
- Feeling bad about yourself—or that you are a failure or have let yourself or your family down—feelings of worthlessness or excessive guilt
- Trouble concentrating on things, such as reading the newspaper or watching television
- Moving or speaking so slowly that others could have noticed
- Thoughts that you would be better off dead, or of hurting yourself in some way

The last symptom should alert one to getting professional help immediately. But what can the rest of us do to overcome the "winter (or anytime) blues?" Check out next month's posting for some helpful hints.

Part Two - Winter Blues:

How can we deal with the episodes of serious depression that we described last month? Some suggestions:

1. Connect With Others: a spouse, co-workers and friends can offer support and inspiration, point out your value, dispel loneliness and help out with unpleasant or overwhelming tasks. Find people with whom you can feel comfortable, with whom you could

well as drinking coffee with friends who dropped by.

Tony was a man of all trades. He could fix or make just about anything and could get any piece of machinery up and running. He was a musical man, a powerful singer and guitarist. Self taught and playing by ear, he knew many hundreds of songs by heart. Tony played in The Bartsch Band in Saskatchewan for years, entertaining many during a wedding or on a Saturday night. Many years later, when he and Pat moved to the East Shore, Tony joined the local choir and enjoyed that as long as he was able. He was also a great cook who specialized in wonderful soups, goulash, and sausages. In later years he chopped his own firewood even after suffering from ill health.

Tony was cared for tirelessly by his wife Pat for the last 16 years as he suffered through two bouts of cancer, multiple strokes and the dementia that followed. Tony's pearl of wisdom to his children was to not work as hard as he had done, to spend more time enjoying life.

Tony is survived by his wife Pat (Donna Patricia) Hillis, his daughter Nicole Schreiber (Bernard Raidt), son Ryan Schreiber (Leah Robbins), many family and friends and his long time friend Mike Wist. He was predeceased by his parents Helena Eichwald and Conrad Schreiber as well as by a number of his 18 siblings and his good old friend Sam Rollheiser.

Many thanks for the recent kindnesses from friends and for all the condolences and flowers. Thank you to Dr. Grahn for standing up for Tony and getting him

share anything and who will take your concerns seriously. Join a church group, class or club with mutual interests or hobbies.

2. Stay Positive: practice gratitude and avoid negative thinking. Write about a positive future, how you would envision life if all your dreams and goals would come true. Search for a silver lining in every situation. Write a letter of gratitude to someone.

3. Stay Physically Active: remember endorphins, the "happy hormones." Regular exercise will also help you sleep better, increase your energy and give a greater sense of well-being.

4. Help Others: gives purpose and meaning to your life. Reminds you of how fortunate you are compared to many others.

5. Sleep: at least 8 hours a night. Avoid caffeine. Regular bedtime.

6. Create Joy and Satisfaction: Laugh at life's absurdities, read the jokes in Readers' Digest or keep a humorous essay or book handy. Schedule leisure activities into your "to do" list. Pursue a creative interest, walk in nature, have a massage, relish meals. Jump up and down, run through a sprinkler or sing a silly song!

7. Eat Well: healthy, energy-packed foods. Don't skip meals. Snack on nuts or fruit if needed. No junk or alcohol.

8. Spirituality Helps: know that there is a powerful and loving source on whom you can call, and who will give meaning and purpose to your life. Don't overlook prayer and meditation.

9. Cope with Hard Times: consider spending 15 minutes daily writing about a bad event, how it made you feel and list possible solutions to it. Then choose the best options and follow through.

10. Professional Help: if you really need it, as in major episodes. If suicidal thoughts enter your mind call 911 or 1.800.SUICIDE, which is (1.800.784.2433).

And remember – spring is coming!

Notice of Passing

Schreiber, Anthony

Tony Schreiber (Anthony) died peacefully in his Crawford Bay, BC home Tuesday, January 17, 2012 at the age of 77, after a long struggle with dementia.

Born in 1934 in Macklin, SK, Tony was the youngest child of homesteaders who had emigrated from the German colony town of Grosswerder in what is now Ukraine. Tony grew up on his family's farm near Denzil, SK. On a lovely day in 1964 Tony and Pat (Donna Patricia) Hillis were wed in Macklin. The couple lived with and took care of Tony's aging parents in Salvador, SK after their marriage

Tony had planned to continue farming but a severe allergy to the chemicals used in growing grains at that time precluded that and the couple, in 1969, moved to Calgary, AB to start anew. Tony worked at the Foothills Hospital as an operating room attendant for 25 years (with a brief stint in construction with Whimpey Co. in Canmore laying water lines during the boom in the early 80's). During his time at the hospital his family was graced with graphic dinner time stories of his O.R. adventures, much to their dismay.

In 1997, Tony and his family moved to a new province once again, this time to the Kootenays, in BC. He always wanted to live in the mountains close to water and spent much time on his deck enjoying the trees, flowers and wildlife that surround their property, as



the best care possible over these last years, to Tony's homemaker helper Linda Moreau for reading to him and chatting about 'the good old days', to the good friends who came to visit (the highlight of his day), to the kind first responders who helped Tony out recently and to Mary Donald, for her assistance, which gave us the chance to be with him one last time.

A memorial will be held in Crawford Bay May 5th, 2012 at the Harrison Memorial Church at 1pm, with an open house to follow at the Schreiber residence. All are most welcome.

Memorial donations may be made to The Red Cross Health Equipment Loan Program (HELP) at 1-800-661-3308; Canadian Red Cross 3400 Lake City Way, Burnaby, BC V5A 4Y2.

A memorial website has been established at tonyschreibermemories.wordpress.com

"Oh, I'm pretty good. The question is, how are you?"

Remembrance Garden

by Wendy Scott

Yes, there are remnants of snow, icy patches, and water drips from branches releasing winter's burdens. But with all this, the Naked ladies will appear, quite unexpectedly, and they will be the heralds to remind us of that daffodil grove. It has been eight years since the bulbs were planted in memory of Ted Powney. We plan to re-plant again this fall and will assess other shrubs and flowers, along with refurbishing the oldest benches.

Till then, enjoy the late winter and watch for the crocus. They will pop up on the path and in the grass. The periwinkle foliage will brighten in preparation for its little purple blooms, and pretty soon, above your heads, the big, old cherry tree will bloom.

Spring's coming – wait for it.

Plaques: wmescott@gmail.com - 250-225-3381
Planting: mcrowe@bluebell.ca - 250-225-3570

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.

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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.

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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.

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RESTAURANTS

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

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

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CLASSIFIED SECTION

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Sirdar General Store - A unique place to shop on Duck Lake. Fishing Licenses, Tags & Tackle, local crafts--Bird houses & bread boards, Post cards, Greeting Cards. Groceries, Creston Valley Bakery Breads, Buns & Pastries, Island Farms milk products. Chips, Nuts, Chocolate Bars, Energy Bars & Drinks. Post Offices Services. Faxes. 8050 Hwy 3A, Phone--250-866-5570 or Fax 250-866-6811.

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At last a clean burning gas that you can leave in your chainsaw for years without deterioration. ASPEN 2 mixed also produces no smoke or hazardous emissions - Gray Creek Store, 250.227.9315

MISCELLANEOUS FOR SALE

New books in stock ..Here's a couple of new finds - Our very own Fred Wah's "Diamond Grill" is here! Fred has been named Poet Laureate of Canada. Also, for all the tree planting tribe we have Award winning Charlotte Gill's "Eating Dirt". Gray Creek Store 250.227.9315

36" Reach Extender - easily picks up from cigarette butts to full beer bottles - be ready for spring yard and highway cleanups - Gray Creek Store 250.227.9315

Check out the new Book Nook at Gray Creek Store! Immerse yourself in our cozy new section. Gray Creek Store 250.227.9315

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 250.227.9315

COLD FX and STEPSILS: When that cold strikes Stepsils allow you to get to sleep by numbing that sore throat - Gray Creek Store 250.227.9315

Lakota Joint Care capsules: let Lakota defeat your rheumatism as the Lakota defeated Custer - Gray Creek Store. 250-227-9315

Cod Liver Oil capsules help maintain eyesight, skin, night vision and immune function. Gray Creek Store 250.227.9315

Ladies: She Wee - when you just have to go, while hiking or boating - at last you can pee standing up! Gray Creek Store, 250.227.9315

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, 250.227.9315

Stanfields: the only brand name you need for winter warmth from the traditional grey long johns to ladies wool that isn't itchy -- Gray Creek Store, 250.227.9315

Roadside Emergency Kits \$39.95: everything from jumper cables, tire sealant, to an emerg. blanket, first aid kit, and more - Gray Creek Store, 250.227.9315

Canadian Made Gumboots: these include insoles which are essential in a rubber boot - Gray Creek Store, 250.227.9315

Where else can you find a Yard Hydrant Repair Kit but 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, 250.227.9315

Hydrographic chart of the Lake. boater's necessity, hard to find anywhere but Gray Creek Store, 250.227.9315

NOTICES

DADS and KIDS - Volunteer needed to organize Dads and kids time out of the Family Place in Crawford Bay. Expenses will be recompensed. How about a pancake breakfast on Saturday morning? A drum circle? This is a new possibility in the community. We are looking for someone to work with the EASEY coordinator to get this started. Contact Laverne Booth at 250-777-1341 or laverne@theeastshore.net by March 15.

Nelson Parkade - offers easy downtown parking. Just one dollar per hour or four dollars per day. NExt door to the Hume Hotel on Vernon Street. We accept credit Cards. Call for weekly or monthly rates. 250.354.8834

OUTDOORS/REC

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 - 250 227 9315

Snowmobile & ATV Helmets: Comfortable, try one on. Dave couldn't find any in Spokane at our special price! Gray Creek Store (from \$36.95), 250.227.9315

The Hunter's Hoist Kit: the easy way to string 'em up. Can we persuade you to delete some of our surplus deer? Gray Creek Store, 250.227.9315

YARD & GARDEN

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 250.227.9315

Garden tools and handles - great 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 250.227.9315

LAIRD SEEDS Just in! - Get em while the selection is good! - it may be too early to plant seeds but the prospect lifts you spirits - Gray Creek Store 250 227 9315

RENTALS/REAL ESTATE

For rent: We are a Co-op living situation in which 3 creative and responsible individuals are looking for 2 more compatible house mates at Tara Shanti Lodge in Kootenay Bay. It's a shared accommodation with responsibilities and has ample bathrooms for \$400 per tenant/mth, this includes Hydro. For more information call Maggie and Gord at 403 863-6848 or yogamag@shaw.ca

BULLETIN BOARD

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

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

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

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

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

PHYSICIAN COVERAGE FOR March 2012

No Doctor Days Provided

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

WEEKLY EVENTS AT BOSWELL HALL:

- Boswell Book Club: 2nd Thurs each month, 2pm. Contact Melody Farmer 250-223-8443
- Boswell First Responders: 2nd Thurs. each month, 7pm. Contact Rod Stewart 250-223-8089
- Boswell Nifty Needlers: 3rd Tues. 1pm Contact Diane Schaub 250-223-8273
- Boswell Vintners: Meets 2nd Weds of the month at 7pm. Contact Doreen Nault 250-227-9543
- Bridge Club: Mondays 2-4 pm, includes instruction, Contact Liz Michaud 250-223-8070
- Carpet Bowling: Tuesdays 7 - 9pm Contact Tom & Linda Sawyer 250-431-8404
- Line Dancing: Saturdays 10-11:30am or if Hall is booked, Sundays 10-11:30am Contact Cheryl Place 250-223-8694
- Yoga with Lea: each Thurs. 9:30 - 11am Contact Merilyn Arms 250-223-8058

TIPI CAMPS NEEDS AUCTIONABLE ITEMS

Silent Auction Fundraiser for Tipi Camp needs your donations. Please contact Sandra @ 250 505-3173 to set up collection or drop off of your quality, used furnishings, kitchenware, art, garden gnomes, chicken soup, home supplies/appliances, craft supplies, gift certificates, helicopter rides, family treasures, unicorns... Silent Auction to be held sometime in May at the Crawford Bay Hall.

NELSON & AREA ELDER ABUSE PREVENTION RESOURCE CENTRE

Wednesdays from 12 noon - 2pm,
719 Vernon St. Nelson, BC
www.nelsonelderabuseprevention.org
Or phone 250-352-600

**RIONDEL READING CENTRE OPEN HOUSE
April 13, 2012, 6:30pm-9:00pm**

Readings by local authors, Fishpond for kids, contests for all ages, and prizes! Refreshments will be served.

Next Deadline:

March 28, 2012

New Key's Place
250.227.6911

Open!

Looking for Cooks & Bartenders

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzal

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

**** ADVERTISING RATES**

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

Sample Sizes - more sizes available.

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

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

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

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

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

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect

All times listed in Mountain "East Shore" Time

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

CHURCH CALENDAR

**RIONDEL COMMUNITY CHURCH
FEBRUARY SCHEDULE**

March 4: Brenda Panio, 11am

Music - Fiona McLaren

March 11: Bill Gooding, 1pm

Music - Donny Clarke and Fiona McLaren

Feb 19: Robin Celiz, 1pm

Please join us for a combined service at Rio Comm Church

Music - Wendy Scott & Fiona McLaren

March 25: Bill Gooding, 1pm

Music - Anne and Dave Rokeby-Thomas

Special music every Sunday.

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 4: 1:30 pm Rev Robin Celiz

April 1: Palm Sunday - 1:30 pm Rev Robin Celiz

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

March 2, 2pm: Inter-denominational World Day of Prayer

Service - Everyone Welcome.

March 18, 1pm: Please join us at Riondel Comm Church

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

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

Sundays, 9:30 am - All welcome For info, call: 250.505.8021

Next Deadline:

March 28, 2012

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community

Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.

Second and Fourth Tuesday of the Month

For more info, call Lion David at 250-227-9550
or Lion Jim at 250-227-9622.

TOPS - Take Off Pounds Sensibly: meets every Thursday 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 (usually) the second Monday of the month. (or Tues if Pro-D) Call Ingrid to be put on the agenda - 250.227.9246

April Meeting: Tues, April 10 CBESS Library

Next Deadline:

March 28, 2012

March 2012 Mainstreet 19

March 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
				Yoga w/ Lea, Bos, 9:30 pm TOPS, KLCC bsmnt, 8:30am		Beginners Yoga w/ Lea, Comm Crnr, 10 am Hot Yoga w/ Lea, Comm Crnr, 5:30 pm
4	5	6	7	8	9	10
Bottle Depot, 10-2	Hula Hoop, Rio Rec, 4pm After School Art, 3-5 Yoga w/ Lea, Comm Corner, 10 am	Samba, 7-9, CBESS PAC Meeting, CBESS Library, 7pm	Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm	Sight/tooth screening, CBESS, 10-2 (0-6yrs) Yoga w/ Lea, Bos, 9:30 pm TOPS, KLCC bsmnt, 8:30am	Seed Swap, CBESS, 12-4 Beginners Yoga w/ Lea, Comm Crnr, 10 am Hot Yoga w/ Lea, Comm Crnr, 5:30 pm	Koot. Lk Reg Food Syst. Gathering
11	12	13	14	15	16	17
Kukua Pamoja Yogathon Bottle Depot, 10-2	Hula Hoop, CBESS Gym, 4pm Yoga w/ Lea, Comm Corner, 10 am	Samba, 7-9, CBESS Vet Clinic, CB Castle Lions Mtng, 7 pm	Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm	Yoga w/ Lea, Bos. Hall, 9:30 pm TOPS, KLCC bsmnt, 8:30am	Beginners Yoga w/ Lea, Comm Crnr, 10 am Hot Yoga w/ Lea, Comm Crnr, 5:30 pm	
18	19	20	21	22	23	24
Bottle Depot, 10-2	Special Gen Mtng, Koot Coop Rec 9 Gen Mtng Hula Hoop, Rio Rec, 4pm Yoga w/ Lea,	Samba, 7-9, CBESS	Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm	Yoga w/ Lea, Bos 9:30 pm TOPS, KLCC bsmnt, 8:30am	Beginners Yoga w/ Lea, Comm Crnr, 10 am Hot Yoga w/ Lea, Comm Crnr, 5:30 pm	
25	26	27	28	29	30	31
Bottle Depot, 10-2	After School Art, 3-5 Yoga w/ Lea, Comm Corner, 10 am	Samba, 7-9, CBESS Lions Mtng, 7 pm	Mainstreet Deadline Knit Wits, Community Corner, 10 am 16+ Volleyball, CB School, 6:30pm	Deathtrap, PCSS Yoga w/ Lea, Bos 9:30 pm TOPS, KLCC bsmnt, 8:30am	Deathtrap, PCSS Beginners Yoga w/ Lea, Comm Crnr, 10 am Hot Yoga w/ Lea, Comm Crnr, 5:30 pm	Deathtrap, PCSS KLEECA AGM, CBESS, 2pm CKCA Grant Deadline

Wood Vallance Pump Service

Now Serving the East Shore



20 years experience, fully insured professional service for pumps of all sizes & types.

Call 250.352.7221

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect
All times listed in Mountain "East Shore" Time


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

ADVERTISER	PAGE
Sunnywoods Farm	10
Angus MacDonald Reiki	9
Barefoot	7
B-57 Excavating	10
Boswell Hall	16
CBT Proj Proposals	5
Christine Peel, R.Ac	5
CKCA Grant Apps	4
Community Futures	7
Crawford Bay Hall & Parks	16
Crawford Bay Store	11
Credit Union	10
Creston Vet Clinic	16
Cull Brothers	10
Debbie Turner Bike Stolen	14
EDC	16
ESIS	1
East Shore Express (ESE)	11
East Shore Storage	2
East Side Mojo's	4
Eastshore Physiotherapy	14
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G.R.S. Contracting	10
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Harrop Forest Prods	11
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JB Construction	10
Junction Creek Hub	10
KLEECA AGM	5
Kokanee Springs	6,11
Kootenay Coop Meeting	11
Kootenay Insurance Services	5
Lea Belcourt Yoga	6
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PAC Box	8
RDCK CBT Proj Initiatives	8
RDCK Rec 9	4
RDCK TS Hours	6
Sapphire Hair Salon	11
Seed Swap	5

Transfer Station Hours

CRAWFORD BAY:
March 11-April 29
Tues & Sun
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, Sat:
10am-12:30pm

ES Health Centre 227-9006

COUNSELLORS

Drug & Alcohol: 353-7691 Child & Youth: 353-7691
Public Health Dental Screening/Counseling: 428-3876

Community Nursing: 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