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## 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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Seed Swap: **2,5**

Local Nurse Loses

Position-Outrage: **2,3**

Where's My Tax

Form?: **4**

Review of *Captain's*: **6**

Principal Gives

TEDX Talk: **7**

CBESS Students Take

on Quebec: **8**

Growing Bigger...: **9**

Hospice Workshop: **16**

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Photo: Jacqueline Wedge

These lovely ladies got us thinking about local food production (compost or otherwise) and how prevalent it is for us on the East Shore. Did you know that there are several small farms providing fresh, organic eggs at very affordable prices, not to mention vast amounts of fresh produce in the appropriate seasons, goat and cow milk and other dairy produce, meats, local chocolates, canning and preserves, juices, cheese... all of this locally-sourced, non GMO, (organic and fairly traded where applicable). We have it all, right here in our neighbourhood. Watch FoodRoots' website ([www.kootenayfoodroots.wordpress.com](http://www.kootenayfoodroots.wordpress.com)) for an in-the-works directory for local food production, points of sale and contacts/information. This project will be initiated at the Seed Swap on March 8 at the Crawford Bay School.

### Darlene Knudson

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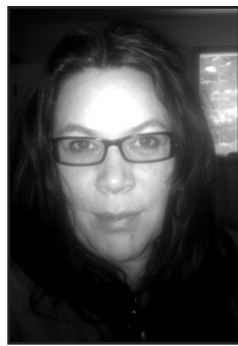
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## MS Issues

by Ingrid Baetzel,  
Editor

This month's cover features some happy local chickens whose eggs I enjoy on a regular basis. The powerful feeling of eating the right thing and knowing everything about the history of that food and the benefits to my diet is a pervasive and glad one. I feel empowered and in control when I pick up my local, organic, grain-fed, hormone-free, free-run, happy chicken eggs. There are several people in the area selling such eggs – I would advise anyone looking for a cleaner, healthier alternative to ask around a bit to find them. They are generally bigger, yellow-yolked and full of flavour. (And cost anywhere from \$4 to \$6 – a steal at thirty to fifty cents per egg.)

I feel the same when I go to the Sunday Markets or a local fruit/veggie stand and pick up produce. This is produce that I could stand and watch grow in a local garden, select the very best from and pay a fraction of what others pay in centres without such bounty.

The reason that this always tickles me so is that I am not a food producer. I have given it a noble effort and come to the realization that I do not prioritize growing food very high on my list, but I LOVE being around growing food. I have many friends with lush, bountiful and gorgeous gardens and I love to support them the best I can in helping them harvest their food and purchasing what is available. I sure do prefer to know where it comes from and what's in it. It makes me feel like a better citizen.

What amazing bounty we have too! We have wine, chocolate, bread, meat, veggies, fruit, honey, cheese, eggs, juice, preserves... the list goes on. Do you know about the cow-share program being done locally? You can have fresh, organic, hormone-free milk and dairy products and be a part of something special. Victoria Henriksen from Boswell has been getting their milk since November of last year and "gives it two thumbs up!" Check out <http://wildthingorganics.com> for more info.

The school is developing their food-growing program by the day. Please see Dana Gallinger's article in this issue about the ever-expanding food growing program at the school and see if you can help fulfill the wish-list. Every little bit helps.

Finally, be sure to get to the local Seed Swap on March 8, where you can be a part of seed trading and giveaways, promotion of local growers, planting schedule information, sign up to be a part of the tool lending library, chat with a local seed company on site and win great prizes!



## LETTERS TO THE EDITOR

### IHA Terminates Local Position

by Ingrid Baetzel

Did you know that Mary Donald, our home care and on-staff local nurse on the East Shore is losing her job? In an odd twist of IHA logic, Mary's long-time service on the East Shore has been cut, and she will be commuting to Nelson to work while a nurse from Nelson will be dispatched to the East Shore to cover Mary's current position in a decreased capacity.

When *Mainstreet* attempted to contact representatives from the IHA, we received a response reading as follows:

*Thank you for your message requesting further information regarding Home Care staffing. While the Board of Directors understands your concern, this is an operational matter rather than a governance issue and I have therefore referred your email to the corporate office and executive responsible for review.*

This response came from Norman Embree IHA Board Chair and Lynn Takeshita, Board Resource Officer. It appears that they are still reviewing the inquiry two weeks later.

There are letters and petitions going around. It is believed by many that it is possible to reverse this decision. In the letters section, you will find a response by Michelle Mungall, our MLA, who is working on this issue on our behalf. Curtis Bendig from Mungall's office says that they have received a large number of letters and are working as hard as they can on this issue. Please see some of the following letters for further information and contact details. Let's do what we can to keep this important position alive, with Mary continuing in her existing capacity.

Please read the following letters to get a sense of what we will be missing and to learn what you can do to help save Mary's job.

To keep helpful players in this protest informed of the level of community support, you can cc your letters to:

- **Chair of East Shore Health Society, John Rayson:** [jrayson@theeastshore.net](mailto:jrayson@theeastshore.net)
- **Gary Jackman, RDCK Director Area A:** [gjackman@kootenay.com](mailto:gjackman@kootenay.com)
- **Nelson-Creston MLA Michelle Mungall:** [Michelle.Mungall.MLA@leg.bc.ca](mailto:Michelle.Mungall.MLA@leg.bc.ca)
- **The East Shore Mainstreet:** [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

#### URGENT REQUEST FOR LETTERS

To Whom it May Concern:

Our Community Health Nurse, Mary Donald, was informed on January 31 by her immediate supervisor, Cydney Higgins, that her position will be terminated on March 31. This represents a drastic reduction in the quality of health care for the East Shore. For nearly twelve years, these are some of the things Mary has done for us:

- been available four days per week for home visits and in-clinic appointments
- given top-quality hands-on nursing care to people with chronic conditions, wounds or burns requiring dressing changes, palliative care patients and others
- advised anyone arriving at the clinic with urgent medical concerns when a doctor was not available whether a trip to emergency services was necessary
- worked cooperatively with everyone in our clinic: doctors, counselor, hospice, lab tech, once-monthly public health nurse from Creston (who does immunizations and baby care), me, Harreson Tanner, and the receptionist, providing a nursing perspective to help decision making and/or directly assisting in care

## OFFICE DESK

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**or Best Yet, Email to:** [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

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

**Copies every issue: 1000**

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in April 2013 issue items by:

**Next Deadline: Wed, March 27, 2012**

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Sincerely,  
 Anna Rose, BScPT - East Shore Physiotherapy





## RDCK Area "A" Update

by Garry Jackman, Director, Area "A"

**Budget:** Our board is still working through the budget process, as noted in my last submission, with key meetings now on February 26 and 27. RDCK staff are scheduling public presentations to be held in a number of larger communities during the month of March. Similar to last year, the closest presentations for Area A residents will be held in Nelson and Creston. I can relay specific information or answer questions from community groups or individuals on request.

**Rural Director's Forum:** At the time of writing this submission I have just left the annual meeting for electoral area (rural) directors held in Richmond. There were more than 80 rural directors attending representing numerous regions throughout the province along with representatives from various provincial ministries who were invited to provide updates and answer questions on targeted subjects. The sessions covered infrastructure funding, an update on the small water systems working group, a general discussion amongst directors about common issues, a presentation on the Emergency Management BC procedures with possible changes, a discussion on funding and standards for volunteer fire services, a review of current RCMP costs and a general discussion on recent and pending legislative changes which have a direct impact on the ability of local government to deliver services.

I will deal with emergency management below in more detail. The water system update was again disappointing, with the Ministry of Health appearing to

be taking a deliberately slow approach to recognizing the huge financial burden which the current drinking water regulations place on small community water systems. They are generally reluctant to relax some of the criteria which drive the costs to many times what people have been accustomed to paying. Many would prefer a common sense approach using risk management principals and allowing/trusting individuals to act in a responsible manner.

**Emergency Management BC (EMBC, formerly PEP):** In light of the extreme freshet we experienced in 2012 with tragic consequences along with significant social and economic impacts, the RDCK board has steadily lobbied the province to rethink the current emergency management protocols. We are looking for a greater emphasis on pro-active or pre-emptive actions. The ministry representative admitted in his presentation that mitigation and prevention are widely accepted as providing a 3:1 to 10:1 financial cost benefit.

For example, preventative interface fire programs are now being implemented (where funding is released) with our communities benefitting over the past two years from the clean up of dense, volatile slash and woody debris south east of Wynnadel and along pilot point. Forestry crew training exercises were also used to reduce the fuel loading above Sirdar during the low risk season. Another fuel reduction project is slated to commence in the near future along a portion of the ridge above Boswell and I am optimistic that a high risk area south of Riondel will be funded in the next year or two.

Yet on the side of flood protection we still see the reactive model as the norm. I believe the responsible provincial ministries do not ensure the weak points (stream banks, culverts, etc) are checked adequately and repaired as needed prior to spring runoff, in spite of provisions within their maintenance contracts and other guidelines. I have brought this topic up at meetings with managers from Forestry and Highways but

generally get the response that there is "no money". Immediately following the rural directors' meeting our RDCK board chair was heading to a meeting with the Solicitor General, responsible for public safety, as well as four other provincial ministers in hopes that the message of the governments own staff will be heard internally - you have no money because you spent it all reacting after the fact instead of planning and preventing the disasters where possible.

We are also looking for relief through the province or our municipal partners for extended emergency coordination operations such as were seen in 2012. I have received comments from many dissatisfied constituents who did not see the routine business of local government progress as they expected throughout last summer. This was largely due to all of our senior managers being saddled for several months with the responsibility of covering the emergency operations centre, at times 24/7, in order to manage the multiple incidents. The province REQUIRES local government to do this, for some good reasons, but there must be a limit at which point provincial or municipal staff can be seconded to provide an orderly transition or responsibility.

The results of this meeting will not filter back to us until after deadline for this submission but I will revisit the topic next month with an update.

**CBT Community Initiatives Funding:** Once again I remind you that each year the CBT has allocated funds to be granted through local government in the spring. This year, applications will be accepted from January 14 through March 4. Forms are available at [rdck.bc.ca/corporate/grants/cbt](http://rdck.bc.ca/corporate/grants/cbt). If you have questions, please contact me or go to the website for an email link to the program coordinator. Our application review meeting, which is open to the public, is scheduled for April 15 at the Gray Creek Hall starting at 7 pm.

*If you have other questions or concerns please contact me by calling 250-223-8463 or e-mail [gjackman@kootenay.com](mailto:gjackman@kootenay.com).*

## LETTERS TO THE EDITOR

### Re: Closing of Community Health Nursing Office - East Shore

Dr. A. Neuner:

I am writing on behalf of the East Shore Health Society to protest in the strongest terms the closing of the Community Health Nursing office in Crawford Bay and the relocation of the office and service to Nelson. As a Society, now fully functioning, we have been looking for opportunities, in cooperation with the IHA to increase not decrease services to the East Shore of Kootenay Lake.

This service has been in existence for 12 years and is now augmented by the services of visiting physicians 3 days per week. With the present functioning system and visiting physicians on a regular basis, this is a retrograde step.

The Community Health Clinic in Crawford Bay services a population of approximately 1200 permanent residents; augmented by several hundred more during the summer months; encompassing a 60 km area from Boswell to Riondel. There is an increasing number of retirees in the area requiring more services now and will require more in the future. The area is quite isolated and requires a minimum of one and half hours of road travel to reach Creston [minimal services] and Nelson takes approximately two hours including a 40 minute ferry ride [when available from 6:30 am to 10:15 pm]. You may note that the physicians receive "isolation" allowance for servicing the community.

I have noted with interest your communication of Jan. 2013 and the discussion of Community Integrated Health Services plus the need to work as a team with physicians etc. You, also, wish to see the needs of frail elders met plus the desire to maintain individuals in their own homes and avoid hospitalization. These are goals with which we concur and are more than willing to work in cooperation with the IHA to achieve such goals.

However, the present decision to remove nursing services will NOT:

- improve the health of the population
- improve the individual experience
- improve affordability
- be better for the patient.

I quote the IHA objectives; I would respectfully suggest this decision is the direct antithesis of the stated goals.

As noted above, the area is isolated; a minimum of approximately two hours of travel, including a ferry ride from Nelson. Thus, the actual impact will in fact be virtually no community nursing service on the East Shore. In fact, if any service is provided, it will be much more expensive. The fiscal impact will be negative.

We strongly urge you to reverse this decision and work with local resources to ensure an appropriate local service to an isolated area.

You will note that this letter has been widely circulated as we feel this issue is vital to addressing the health needs of the East Shore community.

*Yours truly*

*Cathy Poch on behalf of the East Shore Health Society*

### Yoga w/ Lea:

**Mon:** All levels, 10-11:30am, Comm. Cnrr.

**Thurs:** All levels, 9:30-11am, Boswell Hall

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

**More info: 250.227.9030**

**[learae75@gmail.com](mailto:learae75@gmail.com)**



### RE: HEALTH SERVICES ON THE EAST SHORE

February 20, 2013

*Letter to the Editor - East Shore Mainstreet*

Thank you to all of East Shore residents who have sent me letters and emails sharing your concerns with the proposed changes to service at the East Shore Community Health Clinic.

I share your concerns. Access to primary health services are a fundamental health determinant.

As of this month's press deadline I am advocating on behalf of Kootenay Lake East Shore residents and hoping to work towards a solution that continues to meet the needs of our communities.

As I move forward with this issue, I will keep constituents who have contacted my office informed of progress and I will provide an update in next month's *Mainstreet*.

*Sincerely,*

*Michelle Mungall, MLA  
Nelson-Creston*



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# Word on the Mainstreet

What is the #1 issue (global or local) facing us right now that needs more of our attention?



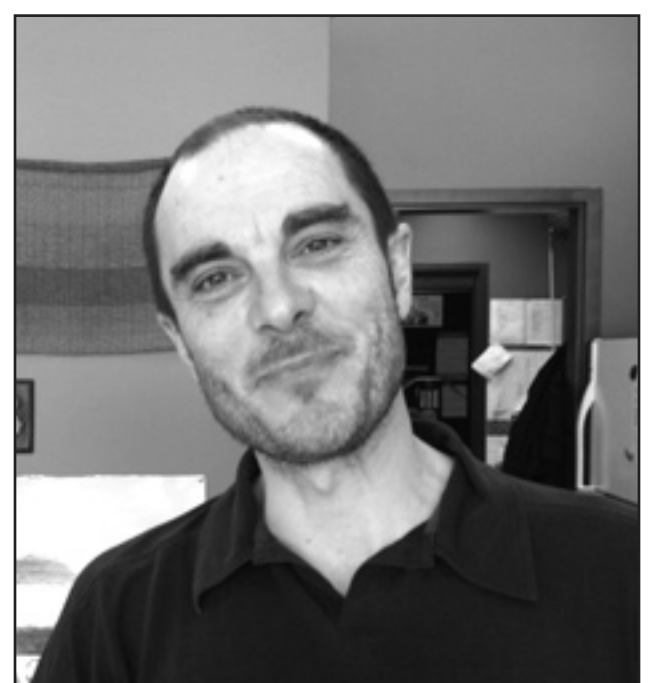
Pax Americana... Living outside North America now, I see more the imbalance in consumption of EVERYTHING by the US (and Canada although us to a slightly lesser extent) compared to what is made available to the rest of the world. It's a powerful imbalance from agricultural subsidies and job security and pensions to natural resources and imported plastics. We consume and consume, it's what we do. So few cannot continue to use up so much. I don't see how this is sustainable and think we are starting to see the results.

*Jennifer Newcomen,  
the beach in a warm place...*



The human species needs to get around our distrust of each other and work together. We need to subdue our tribal instinct. As we become increasingly powerful it becomes increasingly important to replace competition with cooperation. We will never successfully address the issues of our generation (eg disarmament, climate change, third world industrialization etc) if we are willing to consider only our own interests.

*Dave Rokeby-Thomas, Pilot Bay*



According to me, one of the most important problems our generation is facing today that of moving from a consumers society to a more sustainable one. Over the past few decades, our economic model has been based on growth and consumption. As emerging countries with enormous populations and a willingness to reach that model, we know that we are facing a dead end. If the entire world's population was consuming the same as in developed countries, we would surpass our natural resources capacities. In developed countries, we are wasting almost 40% of the food we produce. The peak oil is (or is about to be) reached. So, what is the legacy for future generations.... I guess we all need to be aware of these limits, so as to start modifying our approach of consumption and economical development.

*Jean-Claude Ancelin,  
Gray Creek*

## LETTERS TO THE EDITOR

### STARBELLY NEEDS HEARING PROTECTION

*Hello to Starbelly fans, neighbours, and customers,*

I've been a Starbelly fan until last year when the loudness of the evening bands drove me to the food area, and when that still seemed too loud, (wanting to avoid further hearing loss), went to my campsite across the highway. The sound was so loud there that we could not hear each other talk. This began during the Neville band, which I was looking forward to dancing to, and for the balance of that evening.

I have some hearing loss, and have been told by doctors that it likely happened from concerts, and I'd like to save some young folk from this inconvenience and handicap. Many young people do not realize that too many decibels damage hearing. I asked your stage manager last year if he would have the sound turned down and he refused. (He's the same fellow who won't wear a wristband and who was rude about it when I worked on the gate. Some of you know who he is, a real rudie.)

Many people obviously don't know that high decibel sound damages hearing; Starbelly directors obviously don't either. Allowing a band to play as loud as they want is irresponsible, and so is any sound over 85 decibels. Fifteen minutes of sound at 115 decibels is dangerous to hearing. If you have to shout in order to be heard one metre (3 feet) away, then the noise is probably too loud and could be damaging your hearing.

I'm a long-time festival fan but will not be return-

ing to Starbelly unless a hearing-protecting policy is in place. To paraphrase Emma Goldman, "If I can't dance I don't want to be part of your Festival." Talk amongst yourselves.

*April Wells*

PPS. I worked in the baby area last year and wish to sing the praises of Lorinda; this area was so appreciated by parents and she created a perfect environment for little ones and the caregivers. Kudos, Lorinda.

PPS. Please ask Leah Wilson to let me know if a Hearing Protection Policy is instituted and I'll be back.

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## No More Mailed Tax Forms

by Ingrid Baetzel

Did you know that as of this 2013 tax year, the Federal government is no longer sending tax forms out through the mail? In an effort to reduce paper waste and streamline filing, the government is pushing for e-filing and it is now incumbent upon the tax payer to pick up forms at post offices and Service Canada locations in order to file via mail.

Revenue Minister Gail Shea isn't sympathetic to the frustrations and complaints coming from groups across Canada (seniors groups are expressing the most concerns, but not exclusively). Shea says that last year, more than 1.3 million packages were mailed out and never used and that means that 80 million pieces of paper end up in the garbage.

Many groups are unfamiliar with electronic filing and there are still plenty of Canadians who live without computers or internet access. On top of the large numbers of people who don't know how to file electronically, many more worry about security in doing so. Don't fail to pick your form up this year!



# Getting to Know You

## Mainstreet's Proust Questionnaire

Lee Reidl



**1. What is your idea of perfect happiness?**

Everyone lives well – held and participating in community – healthy, well fed, sheltered and clothed. We are all happy and spending most of our time with activities that feel good.

**2. What is your greatest fear?**

That in my lifetime, as a culture or population on this planet, we don't get anywhere in regards to sustainability and the prosperous, abundant life that is available to all of us. We need a different program.

**3. What is your greatest regret?**

Not having traveled with my mother as an adult

**4. What talent would you most like to have?**

The ability to play music really well

**5. What is the trait you most deplore in others?**

Deplore hey, that's a strong word. I'm gonna say the inability to state their truth – if something doesn't work, then say so. If something is a problem, then address it, and don't be afraid to look at the whole problem. That is how it can change, instead of giving energy to a dysfunctional situation, which often escalates in dysfunction. It's liberating to say 'this is messed, and I need to change it'. That said, be prepared for the wild journey of change to something better – nothing may be the same again.

**6. If you died and came back as a person or thing, what/who would it be?**

I really don't know – a gigantic tree, or as mycelium to experience that kind of consciousness. Benevolent dictator of the world for 10 years to oversee the implementation of different values/design principles into all our systems. A humming bird, a creature in the ocean.

**7. Who is your hero in real life?**

So many people – Wangari Maathai, Gandhi, Vandana Shiva, my Permaculture teachers, Jamie Oliver, probably just about anyone who is giving a TED Talk, anyone who is organizing Idle No More, anyone who uses public space to creatively be political towards inclusive well being.

**8. What is your most treasured possession?**

I don't really feel that possession is the right word for what comes to mind – which is Cosmo, my dog. He's taught me more than anyone else and how to value the hang out time and companionship? The loss of any material thing is momentarily tragic, but replaceable or no longer need.

**9. What was your greatest triumph?**

Creating a life I want to live.

**10. What was your greatest tragedy?**

Not having spent a lot of time using my creativity to provide my income outside of the kitchen – yet.

**11. What is your greatest extravagance?**

Good food and drink – local, seasonal, organic, fresh, specialty items from farther away – my palate is broad. Minimally commercially processed is the general guideline – and I have trade offs – I don't tend to buy tropical fruit, I don't drink coffee, but I do eat good chocolate.

**12. Who are your favourite writers?**

So many for so many reasons. I'll go mostly fiction here – Jorge Icaza Coronel, Gabriel Garcia Marquez, Ursula LeGuin, Kurt Vonnegut, Gavriel Kay Guy, Robin Hobb, Brandon Sanderson, E. F. Schumacher for Small is Beautiful, Anna Eddey for Solviva.

**13. What is a quality that you most like in a love interest?**

Ummm – the heuristic response is.... dance partner.

## This Month in Meetings

A look back at this month in meetings on the East Shore. For the casual drop-in attendee or the weathered committee executive member, this feature capsulates the highlights of board/committee/organization meetings that occurred in the past month. If you are part of an organization and would like to take part, please email [mainstreet@theeastshore](mailto:mainstreet@theeastshore) every month with your brief summary of the highlights of your last meeting.

**Kootenay Lake Chamber of Commerce (KLCC):**

Meets on the third Tuesday every month at 7pm in the Corner Meeting Room at the School. Contact Gina Medhurst for more info: [info@kootenaylake.bc.ca](mailto:info@kootenaylake.bc.ca) or 250.227.9466

Next meeting: March 19 at the Hub at 7pm.

Thank you to those who participated; helped and provided their musical talents for the 3rd Annual Variety Show. We raised \$500.00 for the Stage One Project – a permanent stage in the Crawford Bay Park.

Annual Memberships are now due. Please contact Gina Medhurst via email @ [info@kootenaylake.bc.ca](mailto:info@kootenaylake.bc.ca) or by phone (250)354-7390 to receive your 2013 form.

The KLCC nominated Tom Lymbery for the BC Citizenship Award and he won! Congratulations!!

**Parent's Advisory Council (PAC):**

Meets (generally) on the second Monday of every month at 7pm in the school library. March meeting is on March 11, 2013. Contact Ingrid Baetzel for more info: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net) or 250.227.9246

**FoodRoots:**

Meeting times vary... Contact Jacqueline Wedge at [moonrakings@theeastshore.net](mailto:moonrakings@theeastshore.net) or 250.227.6803

Next community dinner is on March 17 at Crawford Bay Hall.

Mark your calendar. The second annual Seed Exchange on March 8 at Crawford Bay School, 12-4.

**East Shore Alliance Supporting the Early Years (EASEY):**

Email [laverne@theeastshore.net](mailto:laverne@theeastshore.net) or 250-227-9552 SUNDAY BREAKFAST FOR PARENTS, enjoy breakfast with your children, send the kids off with

child-minders, chill and converse with other parents. Facilitated by Laura Watt. April 7,14,21,28. From 9:30 to 10:30 at CBay School.

Thanks to Ben Johnson, the EASEY website is coming up to speed. Check out [www.familyplace.eshore.ca](http://www.familyplace.eshore.ca). Do send in pictures of special moments with children or blogs about parenting from the East Shore.

Ready Set Learn performances at the school on March 8. Slava Doval and dancers 10:35 am and April 11 Dufflebag Theatre at 9:30 am. All family members of early learners (0 to 5) are welcome and please let the school know so we can reserve a seat.

**South Kootenay Lake Community Services Society (Community Connections):**

Meets (generally) on the third Monday of every month, 7pm upstairs to Barefoot Handweaving. Contact Greg Blackwell - Administrator - [gblackwell@theeastshore.net](mailto:gblackwell@theeastshore.net) Cell: 250-509-0751

**Crawford Bay Hall and Parks Board:**

Next meeting will be March 18th @ 7:30 at the Community Corner. Contact John Edwards for more info: [johnandjoan@theeastshore.net](mailto:johnandjoan@theeastshore.net) or 250.227.9065.

Received a \$1000 cheque on behalf of Stage One Project from the RDCK - Discretionary Funds

**Boswell Hall Board:**

Hall upgrade to start this spring. Purchasing a BBQ for steak dinners also new taps with sprayer for the kitchen and stove will be cleaned.

Food safe program: April 6 8:30 to 4:30 at the Boswell Hall it is open to residents of the East Shore and costs will be covered by an RDCK grant and the Hall. Register early. Phone Shelly Brown (250-223-8612) Food Safe will also be offered in Creston on Mach 2 and Crawford Bay on May25.

Going to ask for a grant to cover the cost of new carpets for carpet bowling.

For more information please see our list of activities on the bulletin board of Mainstreet and for further information please email Verna Mayers; [vmayers@theeastshore.net](mailto:vmayers@theeastshore.net)



# Sail On! Review of *Captain's Outrageous*

by **Gerald Panio**

**HOSPITAL P.A. (CAPTAIN'S voice):** *Dr. Moe, Dr. Larry, Dr. Curly. Calling Dr. Moe, Dr. Larry, Dr. Curly. (Pause.) The cafeteria would like to know if they can have the dead horse now.*

**NURSE (hurriedly).** *Excuse me. (Rushes out of room.)*

You can tell when an acting company has worked hard on a production by the ease with which they inhabit their characters. They seem born for their roles, and carry the audience along effortlessly. By that standard, the recent production of David Deboy's *Captain's Outrageous* by the Crawford Bay Drama Class, under the direction of **Lori O'Neill**, was a resounding success. It was no mean feat for the actors to put themselves at ease with a 68-page script, not to mention having to roll with an unplanned week-long delay due to a cast member's illness.

But the show must go on, and did it ever! Many audience members who had previously seen the Hexagon Players' production of *Interior Health* had a sudden sense of déjà vu as the curtain opened and a famil-

iar hospital setting was revealed. This time only two beds onstage, though, and the entrance and bathroom doors transposed. The only character onstage was the eccentric "Captain" whose outrageousness will quickly become apparent. **Ries Fowler** handled this challenging role (he's onstage for virtually the entire play's running time) with aplomb. We know from the moment that Captain O'Michaels pranks the Nurse (**Danyell Rosen-**



the necessity to live in the moment—the very young because the weight of responsibility and the inevitability of death are both (hopefully) unreal; the very old because the weight is largely lifted and the idea of putting things off till later seems more than bit dubious.

**baum**) with a geyser of water that we're going to be glad we got on board.

I loved the sophistication of Deboy's script, and the way Ries managed to give us a character that we'll remember as a complete human being rather than a cartoon. The Captain nails his essential situation down pretty well when he describes how old age has given him a new liberty to express himself in a way that the responsibilities of parenthood and career never seemed to allow. It's similar to a comment I heard recently from a writer in his late seventies who said that it's the very young and the very old who grasp



The Captain's son, Sean (**Kira Dinim** in a snazzy business suit and intimidating massive black hairdo), would like his father to fade gracefully from the scene, leaving the world to the new generation. Of course, Mr. O'Michaels has other plans. He's not going to go quietly into that good night. On his belated bucket list: aggravate Sean, flirt shamelessly, reinvent his past, and take no prisoners if anyone gets in his way.

It's an invigorating agenda, and a recipe for comic disaster. Cue new patient Austin T. Oliver (**Arlo Linn**), a wealthy snob who's one of the largest bread manufacturers in America. He's forced to forgo his "natural" entitlement to a private room by a critical shortage of beds. He doesn't exactly bring us onside with his opening remarks: "What are these people upstairs [in the private rooms] afflicted with? Something with a high mortality rate I hope.... You'll inform me of any fatalities." As the Captain barrels full-bore down his new track of gray liberation, the audience soon recognizes that Austin T. Oliver is choosing the wrong moment to step across the rails.

Like Ries, Arlo Linn had the audience laughing from his first moment onstage. We continued laughing as a testy exchange of words turns into trumpet harassment-by-telephone, kidnapping, and indignity heaped upon absurdity. We'd almost feel sorry for Oliver, if he weren't such nob.

Also caught up in the chaos is Bobbi (**Zoe Ryde-Kruse**), the lawyer the Captain has hired to make life as complicated as possible for Sean. Bobbi's relatively new to the law game, lacking in self-confidence, and at first far too diffident to others. She's not one to rock the boat, even though she has the talent to do so. Zoe handles Bobbi's gradual transformation from milquetoast to independent spirit beautifully. Both Kira and Zoe also have a lot of fun with their on-again off-again, but doomed-to-succeed, romance.

Rounding out the cast are **Louis Ryde-Kruse** as the befuddled doctor who's trying to figure out why his hospital has descended into chaos, and **Felix Wedge-Darchen** in side-splitting drag as a Head Nurse intimidating enough to give even Captain O'Michaels pause.

Kudos to the stage crew of **Theo Artzoglou, Braden Notte, Jessica Rideout, and Brodie Brasseur** who all had multiple roles to play in ensuring *Captain's Outrageous* made it from script to stage.

The profits from this production will help send the cast & crew down to the Good Will Shakespeare Drama Festival in Summerland in May. The festival's a blast, and they've certainly earned their spot in it.



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## Mexican Fiesta Thanks

by Jennifer Irving

Big thanks to all that helped us add over \$2,000 to the group fund for the students humanitarian trip to Oaxaca, Mexico during spring break.

### Newkey's

- Pam & Gerry Newcomen
- Matt
- Angie

### Pizza

- Abraham

### Musicians

- Allan
- Ted
- Robbie
- Dan
- Andy
- Harrison

### Stand up

- Paul Hindson

### Meat draw table

- Eileen
- Marilyn
- Jenny
- Diane

### Hostesses

- Cathy
- Danielle
- Jennifer

### Silent auction donators

- Wallace Adkins
- Kokanee Springs Golf Resort
- Jenny @ Sunnywoods
- Newkeys
- Terry Fiddick
- Russ Anderson
- Diane Derbyshire
- Leslie
- Angie

Thank you to all of the community members of Crawford Bay, Gray Creek, Riondel and surrounding areas and congrats to Marilyn from the meat draw table who won the 50-50.



## From the Principal's Desk

by Dan Rude

As I write my monthly piece, I am also putting the finishing touches on a March 2 'TEDx' talk that is part of a series of teaching and learning events designed in partnership by Selkirk College and our school district. One of the intentions of the 'Teaching and Learning Institute' is to highlight and challenge our thinking around current issues and directions in education. My part in this particular event is a presentation entitled, 'Emerging Learning Environments: Beyond uncertainty lies creative co-construction', which highlights insights from the brilliant work our community has engaged in over the past few years in the name of learning opportunities for our children and youth. In times of incredible change and uncertainty, we continue to seek out new learning ideas and connections, while allowing others to emerge as they come to us. The framework for this presentation includes the following points, which I have come to learn are key elements.

### 1. Our challenges are our opportunities.

While we are small, we are also creative and caring, and highly encouraged to try things that others don't yet see as possible.

2. **Context matters.** What may be a solution at this moment for a given group of people needs to be adapted or entirely changed for another moment and/or group of people. New possibilities continually come from the challenges and opportunities of our particular places.

3. **It is essential to look outward & listen.** Many of the great discoveries we have made have been borrowed from elsewhere and many of the ideas we have implemented are also being borrowed.

4. **Projects that might NOT work are vital.** This is, in fact, one of the big pieces for me in this year's Community & Global Involvement Project and trip to Oaxaca, Mexico. There are many reasons that could have gotten in the way of this project being carried out – and yet it is still being carried out. This is a testament to our community. This is also how the world beyond school works every day, with incredible energy going into projects that might never come to fruition.

5. **Some of the most engaging learning happens in community.** One of my favourite terms is 'learning through everything'. Another is 'school as a base camp'. Continually learning in and beyond school is what makes us human and gives us liveliness (at least, in my judgment).

6. **Roles are shifting.** The teacher as one with expertise is still important. Yet, when knowledge is changing so fast and is available in many formats all the time, this role is also broadening to the educator as community & regional connector; side-by-side supporter through feedback and clearing up of misconceptions; resource connector; personal motivator, counselor/advisor, and coach; interviewer; and role model.

7. **Insights are available everywhere, every day.** Ask me sometime about Bill Clinton's take on crossword puzzles...and Selkirk College's 'maker space'...and what education can learn from Chinese Restaurants.

Thanks for reading – and hopefully I'll see a few of you at the TEDx event!

*The East Shore Mainstreet: Creativity, Community, Conscience*

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Nelson and District Seniors Coordinating Society

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## 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 Monday March 11 at 7pm in the school library. All parents & guardians are welcome! Call Erin (227-6848) or email namaskar@theeastshore.net to be put on the agenda.

**HOT LUNCH PROGRAM:** Thank you! A heartfelt thank you to the Crawford Bay Market for allowing the Hot Lunch program use the display freezer in the old store. A special thank you to Jamie and Sonja for allowing us to interrupt you on an irregular basis to get the keys.

## Letting Go of Perfect: A TEDx Event at Selkirk College

submitted by Selkirk College

Saturday, Mar. 2, 1-4 p.m. at the Shambhala Music & Performance Hall at the Selkirk College Tenth Street Campus, Nelson

Have you heard about these great talks by TED? Who is Ted? TED stands for Technology, Entertainment and Design, the original "subjects" for what twenty-five years ago began as a conference.

Several incarnations later, TED is now a foundation which runs conferences worldwide, curates the main website, ted.com as an incredibly clever way of liberating latent creative energy of the intelligent masses. TEDx, the newest iteration, is a series of TED-like events around the world, independently organized by teams of passionate like-minded people in each location.

Selkirk College is running a TEDx event which will include local talker Angus Graeme, Selkirk Col-

lege President, School District 8 Superintendent Jeff Jones, Nursing Instructor Shannon Shah, and Principal of Crawford Bay Elementary and Secondary School, Dan Rude.

This event is limited to 100 seats. Parents, government staff, and members of other organizations with an interest in how educators in this region are responding to changing learning environments are encouraged to attend. Tickets are free and available on a first come, first served basis by calling 250-352-6601.

Come experience the talks and be introduced to the TEDx phenomenon. This event is part of the Learning Region Initiative and coordinated by Selkirk College's Teaching and Learning Institute.

For more information on Selkirk's Book Learning Club, its annual debates, and other public events contact Theresa Southam, tsoutham@selkirk.ca or 250-505-1342 or visit www.selkirk.ca



# Sevec Teen Exchange to Beauceville, Québec

by Jacqueline Wedge

## Journée numéro UN:

A cute museum tour in a once-nunnery or normal school, housing fossils, architectural historical analysis and a huge pottery collection from the once famous Beauceville ceramics industry, amongst other things...

The big 350-kid grades 7-11 Catholic school tour, including live-in nuns, a fancy ping-pong room, fitness centre, chapel, art & music buildings, a huge gym, and crosses and Jésus iconography in every room. No kidding.

## Journée numéro DEUX

Bopping around Vieux Québec (guided by a man more passionate for Old Québec than most men are for their lovers), staring at steeples, fat elaborate columns, and carved limestone details, eating beaver-tails, tripping on cobblestone walkways, ogling sculptures (some ice, some not), ducking through archways, skipping along narrow stone pathways haunted by relics and reality, the coolest blend of old history and quaint shops with clever street signs, squinting at views between edifices and structures up to 50 times older than many of our cozy Kootenay homes. A wild ferry ride to Lévis Québec, cutting through the humongous icy chunks of the Saint Lawrence.

Seeing this gorgeous city from atop a 360\* observatory, for perspective, for clarity, for a bilingual history lesson.

## Journée numéro TROIS

Snow tubing on the hills of Valcartier Sports centre. (These guys call them mountains... So cute!): screams, sunshine, snowflakes up our noses, and simple sacred endorphins being triggered as we tie our tubes together in random groupings, only to begin our decent with immediate high-pitched vocalizations and end the trial by guffawing mirthfully with comrades old and new.... More tubes take us back up, and getting on the fast-moving marshmallowish cheerios proves to be as fun as the tubing itself (no names mentioned but certain teachers may have bruises on their butts...)

## Journée numéro QUATRE

A tour of Ste-Anne-de-Beaupré cathedral, with its columnar collection of crutches, prayer candles burning at every turn, mosaic magnificence mirroring the majesty of religious faith, sculpted worship, bronzed devotion, the power of spiritual focus staggeringly creative to the point of ridiculousness... A showcase of the love for a divine being, a new level of reality for many of us, making the occasional Kootenay traveller feel woozy from this, a supernatural polar opposite to our usual natural surroundings... Ghost-like, gorgeous, a work of art of biblical proportions, a beast of a building.

A few hours in a mall with an orangey Lamborghini and a roller coaster in it. Yeah, a bit of balance to the day.

## Journée numéro CINQ

La "cabane à sucre", including a sing-song contest and sing-along of French tunes (proving what they say is true: les québécois aiment chanter), the biggest meal of the year (sausages, bacon, ham, baked molasses beans, cretons, pickled beets, fried potatoes, toast, all slathered in maple syrup, with crêpes for dessert (more slathering), a sugar-shack tour and a horse-drawn sleigh-ride, followed by a simply stupid

**8 Mainstreet March 2013**



amount of maple taffy (syrup boiled, poured on snow to cool, then scooped up on a stick and slowly/voraciously consumed with ecstatic lust until a point past reasonable limitations, cavities and diets be damned.....

So, you take all of this and add a thread of hormonal teen awkwardness, gentle sarcasm and wit, the joy of being away from home, the graceful meeting of two cultures within the same country, the sweet sounds of an attempted new language, communication in sing-along (practice for the contest of course...) on a crowded school bus, hilarious hand-gestures for defining one's possibly crucial point, silly giggles from both genders, 30 adorable new friends becoming buddies, tiresome weirdos, comrades, crushes (i saw an exchange of a kiss even!), allies. Any seemingly random quizzical glance or mis-pronounced phrase could actually be a major breaking point, a symbiosis, an osmosis of mutual understanding.



I chaperoned fifteen great East Shore youth from CBESS with Mr. Gerald Panio from February 9-16 with this government-sponsored program called SEVEC. They subsidized our trip, with expectations of a focus on cultural and linguistic (French and English) communications between two differing communities within Canada/North America.

Our twin school is called École Jésus-Marie in Beauceville PQ, about 45 minutes south-east from Québec City. Most of us heading East had assumptions about our pairing, including those centered around religion, politics, interests, and of course language. With a school name like THAT, nestled between towns and cities called St-Joseph, St-Georges, Ste-Marie, St-François,... Who could blame us? It soon became

clear, however, after the initial meeting and embarrassing silences, that we had arrived in a comfortable, graceful, respectful ecosystem. Our East Shore youth had fun. I personally took 877 photos. Mr. Panio constantly took notes. Here is one of his journal entries:

"Marcel brought his guitar on the bus, and we practiced the folk song students are supposed to try at the cabane à sucre tomorrow. I've put the lyrics & translation below. We also sang some other popular Québec songs. Our students are feeling pretty intimidated, and are planning musical revenge. Like, what can we make them sing when they come to B.C.

*Fille en haut, fille en bas,  
Fille, fille, fille-femme  
Femme, femme, femme aussi  
Pis la bottine - tine -tine  
Le rigolet ha! Ha!*

*Son p'tit porte-clef tout rouillé, tout rouillé  
Son p'tit porte-clef tout rouillé gaiement*

### Roughly translated:

*Girl above, girl below  
Girl, girl, girl-woman  
Woman, woman, woman too  
Then the boot -oot -oot  
The little river ha ha  
His (Her?) little keychain, all rusted, all rusted  
His (Her?) little keychain all rusted happily*

Makes perfect sense to me. Not. If you want to listen to it, do a search for "La zigueton" by LaBottine Souriante. Be prepared to have the tune running through your head for the next month."

[N.B.: student journal excerpts will be featured in the April *Mainstreet*.]

I want to thank SEVEC for letting us have this fantastic little adventure. To Annie and Marcel, the two Québécois chaperones who took such good care of us all, making sure we enjoyed every hour of every day. To the kids of l'École Jésus-Marie who helped our teens have good times during the planned (and unplanned) activities. To Gerald Panio who organized the trip on this end, for the thankless hours in co-ordination of the travel, the many details. Most of all I want to congratulate and applaud the fifteen kids who participated, behaved, engaged, and allowed themselves to enjoy the culture and folks of our twin city; Chris, Daelin, Jessica, Arlo, Phynn, Félix, Zoe, Shen, Theo, Ries, Jordan, Quinton, Braden, Daniel, and Drew.

We will receive our fifteen beautiful friends with the same two chaperones from Beauceville at the end of May. The getting to know each other part will be nil, and the cool, peaceful uplifting Kootenay landscape will be the backdrop to hosting this group. We will be doing some fund-raising for our activities and expenses, so please keep an eye and ear open for this and support however you can. Thank you.



## Growing Bigger ...

by Dana Gallinger

This is the second winter the unheated greenhouse at Crawford Bay School has been planted by students with cold season crops. With the lengthening days and warming temperatures of early spring the greens will begin growing and students will once again be picking and washing the greens to help supplement the Hot Lunch Program.

The greenhouse has always been a starting point for a larger vision of growing food at the school. This spring the hope and intention is to continue building upon that vision. The goal this year is to fence a 30' x 60' outdoor space, install an irrigation system that utilizes harvested rainwater, and build more garden beds. This expansion will increase the supply window, diversify the types of produce grown, increase the amount of food grown and involve more students in growing food. The funds to complete these critical pieces will hopefully come through various grants. I have already applied for a couple and there are several others on the horizon.

The garden program was generously awarded a Rec 9 Grant in December that will help to purchase some new tools this spring. On the purchase list is a wheelbarrow, a couple of digging forks and spades as well as a few trugs and salad spinners for washing greens.

I'm including a wish list for the garden in hopes that people in the community may have some of these items hanging around their yard. Let us help you declutter and put them to good use.

- Wheelbarrow
- Tools (shovels, rakes, trowels, pruners, hoses, sprinklers)
- Soil/ compost/manure (my biggest dream donation... putting it out to the universe.)
- Building materials - wood for grow boxes/ cold frames & worm bins
- PVC pipe
- Canning equipment
- Food Dehydrator
- Small Shed for tools
- Perennials (thyme, chives, culinary sage, lamb's ear, lavender, lemon balm, mint, bee balm, oregano, chives, berries, rhubarb)

If you're interested in donating items, your time or expertise please give me a call (250-227-9893). There are many different ways you can help to build this community benefit. Let's get growing.

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March 12, April 9 and May 7 at the  
Crawford Bay Castle.

## Tom Sez

by Tom Lymbery

**WWOOF'ers** - Willing Workers On Organic Farms, are young people who are sometimes Canadians but are often from Europe or other countries, who essentially help out for only their board. Dianne Luchtan of Laird Creek Seeds from Balfour is one who appreciates this help, as sorting and packaging her seeds takes careful workers.

**The 4000 passenger cruise ship**, Carnival Triumph that had to be towed five days into Mobile, Alabama is part of the same company that had the Costa Concordia sink at an Italian island last year.

**Our lumber and building supplies** delivery truck with its hydraulic unloading boom is powered by propane - very clean emissions compared to gasoline or diesel.

**Why are movie previews** called trailers? They appear before the main program, not after it. Revitalizing of the Civic Theatre in Nelson is underway with 250 seats installed and the movie programs being scheduled - some at 1 pm to accommodate best shore movie buffs.

**Twenty-six teams entered**, and twenty completed the 2013 Yukon Quest sled dog race, over 1000 miles of tough terrain between Whitehorse and Fairbanks, Alaska. This year's winner was Allen Moore of Two Rivers, Alaska, in just under nine days. Last place team took 13 days. This race is longer and more difficult than the Iditarod, but receives much less publicity.

**2013 is the 23rd year** for the Gray Creek Pass road to Kimberley, though the power lines and service road were built 62 years back. As well, 2013 is the 50th year for the Creston - Salmo route.

**Norwegian Public TV** has a 12 hour program showing a crackling fireplace. The Norwegian word for firewood is "ved" and wood burning is just as important as it is in the Kootenays.

**The earlier wooden highway bridge** over Crawford Creek required a sharp turn when heading towards the ferry. On this corner beavers dropped a sizeable 14" cottonwood tree across the highway. We could see the beaver's work some days before it fell, perhaps the Highways crew felt that Mr. Beaver intended to drop it below the road, not across the pavement. (Otherwise, that crew could have taken the tree down themselves).

**If we see a dry March** and April, the quick cleanup provided by burning grass is a great attraction. However this can be so dangerous as a breeze can pick up dry leaves and the flames will spread faster than it seems possible. Every year someone around Creston loses their house and vehicles to a grass fire.

**Horsemeat was available** during wartime meat rationing in the 1940s. An alternate was whale but we found we preferred horse over whale, as the latter had a coarse texture as well as a fishy flavour.

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## Mungall pleased that Destination BC will help Kootenay tourism

Nelson - Powder skiing at Whitewater, dancing at Shambala, history at the Kaslo Hotel, golfing in Crawford Bay and agri-tourism in the Creston Valley were all recognized by MLA Michelle Mungall as important parts of the regions tourism sector in the legislature on Monday. Mungall was speaking in support of the creation of Destination BC, a crown corporation with a mandate to market BC as a tourist destination.

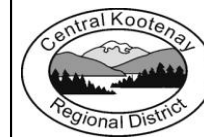
"The point is that all of these places in Nelson-Creston will be benefiting from a coordinated approach to tourism." Mungall told the house after listing over a dozen tourism operators, businesses and events from the region.

Mungall did express some reservations about the funding and leadership of the organization. She urged that Destination BC be industry led, so that it would not be used to play political games, and that funding to the organization be transparent and stable.

To close her remarks Mungall said she was glad the government responded to calls from the tourism industry and calls from the opposition to re-establish a coordinated approach to tourism, ending "It's very much needed, it's about time, and I'm glad that we're moving forward with it."

*Next Deadline:*

*March 27, 2013*



### AREA "A" EDC Economic Development Commission

**\$15,000 is available** for projects for Area A (East Shore) relevant to the promotion of economic development. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

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

email skootenaylakeccs@gmail.com  
or phone 250-354-2951

**2013 application deadlines:  
May 31, Oct 31**

**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](http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html)>

For more information and assistance, email EDC Chair lornarobin@bluebell.ca  
Or call 250-225-3333. All meetings are open to the public, call for meeting dates.

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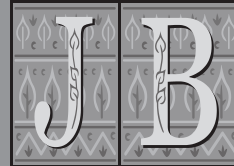


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Wednesday, April 17, 2013  
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**April 7,14,21,28**  
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*Winter Schedule in effect*

*All times listed in Mountain "East Shore" Time*

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

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## Judge Me

by Ryan Erlandson

I'm passed the apologies, my past doesn't bother me  
It's funny how it fades when you're acting through honesty  
Lately, honestly, I'm devoted to change  
Growing each day through these emotional pains  
So go ahead and judge all the choices I've made  
But you should look in the mirror and try focus that hate  
On yourself and the places all broke and in pain  
And try opening a way for your soul to escape  
Cuz it's trapped, think back to when it's been that way since  
Try some yoga poses or some relaxation  
A couple deep breaths, read some Deepak statements  
Cuz you're not the only one who's ever seen that basement  
We've all been down there when the lights were cut  
Feeling like you're stuck and you might erupt  
Every muscle in your body just tightens up  
Every step that you take is like a fight, but what-  
We don't understand is the strength we have  
Gotta spend more time giving thanks for that  
I'm not sayin' start prayin' or change your beliefs  
It just takes a little patience on the days that it seems  
You're running against the wind trying to break through the trees  
In a never ending forest with the craziest beasts  
Snapping at your feet like they're just waiting to eat  
But then, that's when, you see it's all a myth  
Those beasts, those trees, they don't all exist  
It's more like bills, stress, politics  
See, that forest is life and it all just switched  
Now we're seeing positives that we've often missed  
So try stay focused, be an optimist  
And utilize the power that you've got for this.

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*Next Deadline: Mar 27*

## Riondel Community Library

by Muriel Crowe

Our library has turned a wee new leaf and in future will do a little decorating for celebrations or just because we think we should. Our thanks to Levea for decorating for Valentines and supplying some great cupcakes. Congratulations to Ruth Edmonston who won the draw for that primrose. Thank you also to Frank Schmaus who fixed the closet door after Chris and I gave up on it. The door now opens and closes with no argument.

We are planning our annual open house again and look forward to a wonderful evening, this may be combined with other events so watch for announcements. We are also planning a "Name Our Mascot" competition. The winner will be announced at the open house. The "Good Books or DVD's" list is back on the desk so please make your recommendations. The architect's report regarding the Community Centre is available to borrow from the library as are the Kootenay Hazmat and Bill Lynch reports.

The drop box is once again just outside the library. It would be nice to have it outside but there is no convenient safe place to put it and it would certainly interfere with wheel chair access where it was.

This seems to be a note of many small events or announcements, please allow me to finish in the same vein. Come to the library, borrow books or DVD's. Come back tomorrow and do the same all over again.

12 Mainstreet March 2013

## Book Reviews

by Tom Lymbery

**JUAN DE FUCA'S STRAIT** - Voyages in the Waterway of Forgotten Dreams, by Barry Gough, Harbour Publishing, hardcover, 287 pages, \$32.95

I had always thought that Juan de Fuca strait was called after one of the many Spanish mariners who explored the west coast, but now I find that he was actually a Greek pilot, who passed on his claim that this might be the western opening of a passage across North America, perhaps connecting to Hudson's Bay.

The vagaries of the wind made trips to the west coast a long and tedious journey from Europe. The Spanish, however, established a seaport with ship building yards at San Blas, Mexico, but even so the trip to Nootka Sound often involved approaching from the direction of Hawaii. This is likely why Nootka Sound on the west coast of Vancouver Island became the preferred base for the early explorers and sea otter pelt traders – when powered only by the wind, the entrance to the Strait of Juan de Fuca was extremely hard to enter.

Juan de Fuca had a fabulous tale of an inland sea which might well be the western opening of the long sought North West passage. He had sailed up the west coast as pilot with two small Spanish ships in 1692. He met an Englishman, Michael Lok in Venice and passed on his story.

How did his name come to be that of the access to Vancouver and the inside passage north? Apparently the news travelled between mariners and since so many searched for the straits, the name carried on for centuries.

This book tells us much of the Spanish coming from San Blas, Mexico to lay claim to Vancouver Island, charting the unknown shores, and placing Spanish names that have continued. Then came Captain Vancouver who industriously charted the many waterways inside the strait, finally establishing that none of the hundreds of inlets had any access to a North West passage. Vancouver also negotiated with the Spanish to end their occupation of Nootka Sound.

In 2005, the author, Barry Gough was invited to attend and speak at a conference at Cabra, Spain for the bicentenary of the Battle of Trafalgar. He spoke about Spanish Captain, Alcala Galiano who charted in 1792 and was the first to circumnavigate Vancouver Island.

**GINTY'S GHOST** - a Wilderness Dweller's dream, by Chris Czajkowski, Harbour Publishing, 293 pages, \$21.95

This is Chris Czajkowski's tenth book and just as readable and entertaining as her previous volumes. Since she worked in tree planting she is known to many in the Kootenays. She wrote most about the cabins she built, almost entirely herself at "Nuk Tesli" the isolated resort she established on a high altitude lake, accessible only by float plane.

This new book is also about building what she says is "the last house I will ever build". Her story is interleaved with that of the previous property owner, Ginty Paul, a former teacher who lived with goats and chickens that were allowed into her house. (Didn't we have a very similar character in Gray Creek, Jane, who had a pet baby elk and chickens living in her home?)

The site she chooses is west of Anahim Lake, some distance off Highway 20 which leads down THE HILL into Bella Coola. Floods washing out the highway and forest fires in the Chilcotin impede Chris' efforts to build. She has much help from WWOOF'ers (Willing Workers On Organic Farms). These are people who essentially work for board. The variety, willingness and abilities of these are just one of the many things that I find fascinating in this book.

## It's a Small World After All



www.dougpyperphoto.com

### The No-Nonsense Guide To Islam

by Anna Rose

Book of the Month: *The No-Nonsense Guide to Islam*, Ziaddun Sardar and Merryl Wyn Davies, 2007. New Internationalist Publications, 142 pages.

Headquartered in Oxford, England, New Internationalist is an independent, not-for-profit publishing cooperative whose mission is to report on issues of global injustice. For forty years it has published a monthly issue-based magazine, calendars and books. Its *No-Nonsense Guides* are all small books of about 140 pages written for people who want straight-forward introductions to help in understanding current world issues and events. There are *No-Nonsense Guides to Indigenous Peoples*, to *World Health*, to *The Arms Trade*, to *Globalization*, and many other topics.

This guide to Islam is very well laid out, factual and balanced. It starts with the history of Islam from the birth of the Prophet Muhammad in 569 AD and the writing of the Qur'an. Next is an account of the division of the Muslim community due to disagreements about whether the leadership should be passed on by election (the Sunnis) or by inheritance (the Shi'a). There is a good explanation of the five Pillars of Islam, which are the confession of faith, daily prayer, fasting during the month of Ramadan, the "poor tax", and pilgrimage to Mecca.

Middle chapters summarize the expansion of Islam (often through trading connections rather than military campaigns) and the many scientific and cultural achievements of the Islamic world at a time when Europe was in its Dark Ages. Examples of Muslim discoveries and inventions include algebra, chemistry, physics, glass making, paint, the guitar, universities and hospitals.

End chapters give an overview of the relationship between Islam and "the West", initially being Europe. The tone of violent conflict was set by the Pope in 1095 when he essentially promised a place in heaven to all participants in the Crusades. Yet in many places, Muslims, Christians and Jews had been living peacefully side by side. A thought-provoking analysis is presented of how the subsequent pattern of colonialism and domination by an increasingly secular West has been a major factor in the rise of fundamentalist Islamist movements.

The Muslim authors do not hesitate to acknowledge the pressing issues they feel Islam must face, including women's rights and democracy. They point out that the Qur'an and the teachings of the Prophet encourage equality, education, and a consultative approach to government. Later clerics were responsible for volumes of restrictive laws, many based on prevalent tribal customs rather than Islamic principles.

Unless Islam is reformed, authoritarianism, oppression of women and minorities, obscurantism and nostalgia for medieval times will continue to reign supreme in the Muslim world. The way to a fresh, contemporary appreciation of Islam requires Muslims, as individuals and communities, to reclaim agency. They have to insist on their right and duty, as believers and knowledgeable people, to interpret and reinterpret the basic sources of Islam... The West has the task of learning to think differently about Islam and Muslims... Only by working together, with mutual respect, can Islam and the West transcend their history of conflict and suspicion and shape a viable future for all humanity.





# Tom's Corner

by Tom Lymbery

## SS Nasookin Ferry Years, Part 4

The Nelson Daily News for February 19, 1935

carried this article, headlined, "THE NASOOKIN MAY BE DRIVEN BY TWO SCREWS, Sternwheeler may be altered by the Government, MAY DO AWAY WITH STEAM, Two propellers may replace the huge stern wheel."

The article continues:

"The Nasookin, acquired by the government from the CPR, and which is propelled by steam power and a monster paddle wheel will be altered and converted into a twin screw vessel powered by two large diesel engines. The work of changing the boat will take about a couple of months. While not official, work contemplated would include removal of the huge boiler of the Nasookin; removal of the engines and the monster stern wheel; alterations on the forward end to give more room for accommodation of large trucks and buses, and installation of the designed machinery. The boat, when alterations are completed would be driven by two screws, one on each side, protected by "tunnels". The new engines would be set down in the hull. This work will necessitate the boat being hauled out of the water at the local shipyards."

On April 1, 1935 the paper refutes the earlier projection:

"Government Decides Against Change to a Screw. A sternwheeler the Nasookin was built, a sternwheeler she operated in her proud days as queen of the Canadian Pacific fleet on these waters, and a sternwheeler she will remain during the balance of her life as the Kootenay Lake government ferry. The Victoria authorities have cast the die against the change to a screw propeller powered by diesel engines, suggested by the machinery people, and the order has been issued to have her present boiler re-built and her present engines overhauled. This will put her in shape to last out the natural life of her steel hull, her service so far having covered some 22 years. During her layoff, the Canadian Pacific steamer Moyie will handle her schedule, which until summer arrives, will call for two round trips a day between Fraser's landing and Gray Creek."

Obviously Victoria's decision not to proceed with such major remodeling in the low traffic times of the Depression years was correct, as the projected costs involved must have been substantial. Even though this was the only highway across B C, traffic in the 1930s never taxed the capacity of the Nasookin.

On June 8, 1935 the Daily News reported, "NASOOKIN PUT THROUGH TEST - passes inspection and ready for service again... Early resumption of service by the main lake ferry steamer Nasookin

after her long layoff for repairs to her boiler and engines was foreshadowed Friday when she passed inspection by T. M. Stephen of Vancouver, Dominion steamboat inspector. Capt. Malcolm M[a]cKinnon will come in from Procter Saturday to try her out. One of the critical stages in the work or re-fitting her machinery for service was the repair by J. Larson, Vancouver boilermaker of one of the laminated plates of the boiler, which was found about a month ago to have a fissure, The test was passed perfectly."

The Moyie had been filling in as the main lake ferry, except that there was no service on Saturday, as that day was reserved for Moyie's regularly scheduled return trip from Procter to Argenta, calling at all way points. While the smaller steamer was filling in as the ferry, no buses or larger trucks could cross, so we had a spare coach in our yard, and boarded a Greyhound mechanic.

Steamship inspections were very strict and no Kootenay Lake boats ever had a boiler explosion. The next year the ship was again on the ways for a going over as the Daily News of May 14, 1936 reported, "T.M. Stephens, steamship inspector for the Dominion government, with headquarters in Vancouver, is giving the government steamer ferry Nasookin the once over at the CPR shipyards. When he has completed full inspection including hull, Mr. Stephens will make an

Kootenay Lake's tugboat Granthall approaching Kootenay Bay wharf in 1938 or '39. For an entire summer, the tug was substituting for the Moyie on its run to Kootenay Bay. Waiting on the dock to take the line from the tug is Arthur Millar (left), the wharfinger and manager of William Fraser's store at Kootenay Bay.



Photo courtesy of Alan Robertson

inspection of the CPR steamer Moyie at present on the Kootenay Lake ferry run. While the Moyie is undergoing inspection the tug Granthall, using a steel barge, will convey traffic across the main lake."

The Granthall was a large steel steam powered tug that the CPR added to their Kootenay Lake fleet in 1928 to replace the older tugs which pushed the rail barges from Procter to Kootenay Landing and back. I suspect she was designed and built before the company's decision to complete the 30 miles of rail track between Kootenay Landing and Procter, which opened for business on January 1st, 1931.

I don't know how many vehicles a large CPR barge could carry, with planking laid down so that the cars could drive over the rail tracks. These barges were designed for 15 rail cars on three rail tracks, so their capacity was substantial. Passengers would have to remain in their vehicles, or in the Greyhound while on the barge, as the Granthall had very limited passenger accommodation. I never did cross while the barge was in service, but apparently it took longer

than the Nasookin or Moyie, about an hour and a half, as compared to one hour for the 12 mile trip for the sternwheelers. Because of this the service was limited to once a day, but there was no height restriction, so moving vans could cross at the same time as the Greyhound. Moving vans were the only larger trucks we saw in those years, long before tractor trailers began to compete with rail traffic. The freight trucks serving our side and Creston from Nelson's distribution system were designed with a roof that could be cranked down to eight feet to go inside the Nasookin or the Moyie.

There were always complaints from those who missed the last daily trip at 4.30 pm from Gray Creek, but if they had arrived before that time they could board the ferry. A Daily News article dated July 25, 1940 reported on a letter from my dad, A. W. Lymbery to the paper, "denying that 12 cars were left at Gray Creek on July 17 as reported and declaring that only cars arriving after ferry time were left overnight."

Since we lived right by the wharf he knew accurately, and wasted no time refuting inaccurate reports in the paper.

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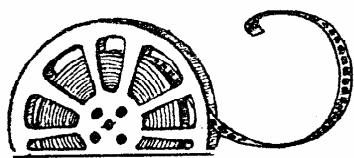
# The Fitness Place

**March 2013 HOURS:**  
**Mon, Weds, Fri: 6:30 - 10:30am & 6-8pm**  
**Tues, Thurs: 8:30 - 10:30am & 6-8pm**  
**Sat: 8:30 - 10:30am & Sun: 6-8pm**

**Note: Elevator access available.**

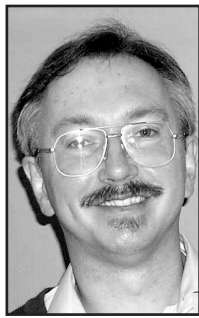
**Remember to wear clean indoor shoes and bring a water bottle & towel.**





## Seldom Scene

by Gerald Panio



The national motto of France is “Liberté, égalité, fraternité” (Liberty, equality, brotherhood), and my movie choice for this month is a recent French film that celebrates all three of those ideals. Directed by Olivier Nakache and Eric Toledano, *Intouchables* (2011) is a buddy picture and feel-good story that’s genuinely inspirational rather than treacly and manipulative. It doesn’t hurt that the story the film tells is a true one.

One way to lose one’s freedom is through devastating physical injury. One of *Intouchables*’ two main characters is Philippe (François Cluzet), a wealthy French aristocrat who’s become a quadriplegic as the result of a paragliding accident. Before the accident, Philippe had thrown himself into all variety of extreme sports, both because a taste for

speed and risk were qualities he was born with and because his life had been emptied by the death of his wife, Annie. Now he burns through caregivers who treat him like one of the Fabergé eggs he gave Annie each year to celebrate their marriage.

Enter Driss (Omar Sy), a vibrant young Senegalese parolee from Paris’s equivalent of the ‘Hood. He’s joined the line-up of white, middle-class men looking to replace Philippe’s latest reject. Driss doesn’t want the job (he doesn’t even really know what it is); he just wants to be able to show he tried to get it so he can collect his welfare cheque. Driss is irreverent, brash, down-to-earth—character traits that Philippe immediately understands mean he might have finally found someone who can breathe some fresh air into a pseudo-life that’s become suffocating. He bets Driss he can’t stomach the caretaking job for more than two weeks, and the game is on. It doesn’t hurt that Philippe’s personal assistant, Magalie (Audrey Fleurot) is a smoking hot redhead who’s as much of a challenge to Driss as Philippe’s passive body.

Driss’s personal life is a mess. He’s just been released from a six-month stint in prison for the theft of some jewels, the aunt who’s raised him throws him out of the house because she doesn’t know what he’s doing with his life, and one of his younger half-brothers is starting to hang out with the kind of sleazebags that’ll make sure his future is meaningless and short. Taking care of Philippe, despite its decidedly non-macho massaging, washing, feeding and dressing, becomes for Driss an oasis of sanity. Philippe’s ironic sense of humour is a perfect match for Driss’s full-on gusto. Driss gets to leave the projects behind for a while and revel in the fringe benefits of life in a mini-Versailles. The smiles he flashes have enough wattage to light up small cities.

At first Driss is a metaphorical breath of fresh air for Philippe, but he quickly turns into a literal one. Driss gets Philippe out of his apartment, onto the streets of Paris at 4am., back into the seat of his

Maserati Quattroporte—even back onto the paraglider that crippled him. Although Philippe has people in his life who love him—his adopted daughter, Magalie, his nurse Yvonne—until Driss shows up there’s been no one capable of breaking through the layers of inertia that have been gradually concretizing around him like amber around an insect.

An illustration of everything that’s gone wrong with Philippe’s life is his epistolary love affair with Eléonore, a young woman from Dunkirk. He writes her passionate letters filled with exquisite poetry of Apollinaire, but in six months has never risked actually talking to her or arranging to meet. He’s worshipping on the altar of the holy, and Driss knows it’s cowardice and nonsense. Driss reminds Philippe that being a quadriplegic doesn’t mean one must renounce the pleasures of the flesh. There are all manner of erogenous zones. In turn, Philippe pulls Driss, mocking and baffled,



into the worlds of modern art and classical music. Driss discovers his own raw talent for painting. Bach and Boogie Wonderland pair off.

Even more important than these windows into new worlds, Driss gets some space to put his own life into perspective and reconnect with his family in the

projects. And there’s the rub. Reconnecting with family is a full-time commitment. Driss goes back home. Philippe’s going to have to look for a new caregiver. Once more the shroud of pity and preciousness weaves itself around him and literally chokes him.

If this were a tragedy, one man’s life would be bought at the expense of the other’s. But as I indicated earlier, *Intouchables* is a celebration not a dirge. I’ll say no more. The denouement is all one could wish it to be.

The play of the two lead actors, Cluzet and Sy, is superb. In less talented hands *Intouchables* could have been as shallow as Hallmark greeting card. The pleasure Sy and Cluzet take from one another’s company would light up any darkness. A perfect example is the scene where Driss shaves off sections of Philippe’s Howard-Hughes-the-Recluse beard, gleefully cycling him through Biker chic, Pancho Villanesque, and Hitlerian mustachios.



Two other elements elevate *Intouchables* well above the ordinary. Mathieu Vadepied’s cinematography is terrific. His shots of Paris at night are the best I’ve seen, while those inside Philippe’s apartment bring out the textures of faces, clothing, facades, and fine woods polished to perfection. Ludovico Einaudi’s piano-based musical score is a marvel of grace and understatement. I’ll often fast forward through the credits at the end of the film, but with Einaudi’s closing music for *Intouchables* washing over me I just let them roll.

For those critics who accused directors Nakache and Toledano of recycling racist stereotypes about cool black dudes making square white guys hip, I’d say they might have had a case if it were possible to ignore the acting, the cinematography, the music, and the fact that this isn’t fiction. Sure, Sy’s character in real life is Arabic and not Senegalese, and I’m sure liberties have been taken, but that doesn’t cancel out the fact that life does, sometimes when & where we least expect it, show itself in its finest colours. ”Lib-

erté, égalité, fraternité” is more than an empty slogan, no matter how many times colonialist France tried to prove otherwise. And there’s perhaps an even deeper lesson here—that on the other side of despair there’s always the possibility of redemption. But you’re not going to get there alone.

Still feeling a bit cynical? Check out the story of Ethelbert “Curley” Christian, a Black Canadian veteran who was the only quadruple amputee to survive the First World War. He went on to marry, have a long and active life, and was one of the more than 8,000 Canadians who went back to France in 1936 for the dedication of the Vimy Ridge Memorial. If Philippe learned something about joie de vivre from Driss, imagine what all of us might have learned from Mr. Christian.

(*Intouchables* should be available at Reo’s Videos in Nelson shortly after it’s released on March 5th.)

**Next Deadline:**

**March 27, 2013**

## Arts, Culture And Heritage Grant Applications Available

CKCA and CBT announce 2013/14 programs

Columbia Basin – Artists in all disciplines—as well as arts, culture and heritage organizations—are invited to apply for funding through the Columbia Kootenay Cultural Alliance (CKCA), which delivers the Arts, Culture and Heritage Program of Columbia Basin Trust (CBT).

“The CKCA is extremely proud to be announcing the 16th year of our existence thanks to Columbia Basin Trust,” said Jacquie Hamilton, CKCA Chair “CBT’s ongoing and increasing support for arts and heritage activities throughout the area reaches all aspects of life in the Basin.”

For 2013/14, CKCA is receiving \$706,000 from CBT. Funding is available for: individuals and groups through community arts councils; minor capital projects; touring; arts and heritage mentoring/master classes; organizational development; major projects; artists in education; major exhibitions; major heritage capital projects; and new heritage projects. Applications are adjudicated once a year by local arts councils and the CKCA Steering Committee.

“There is growing recognition of the importance of creating vibrant communities through arts, culture and heritage activities and facilities,” said Gary Ockenden, CBT Director, Community Initiatives. “Not only does this sector enrich our fundamental quality of life, but it also benefits our local economies and our tourism appeal and fosters social well-being of Basin residents.”

Find out more and get application forms by visiting [www.basinculture.com](http://www.basinculture.com), contacting your local community arts council or phoning CKCA at 250.505.5505 or 1.877.505.7355.

Applications must be received by March 8 or March 22, 2013, depending on the program.

CBT supports efforts to deliver social, economic and environmental benefits to the residents of the Columbia Basin. To learn more about CBT programs and initiatives, visit [www.cbt.org](http://www.cbt.org) or call 1.800.505.8998.





pebbles  
by Wendy Scott  
**Blizzard?**

*Beyond the window a blizzard swirls in the night  
These snowflakes are each  
of them unique,  
Like fingerprints, or souls.*

**Modern meditation from  
St. Petersburg, Russia**

Great big fat flakes blizzarding past the ferry window – puffed up and heavy only to vanish almost before contact with the lake’s flattened surface. Blizzarding? Does 20 minutes qualify? Well, no. Not really. In fact, have I ever seen a true blizzard?

I’ve driven through blinding snow storms. But were they even storms? Or were they simply flurries, spinning a bit out of control.

It’s fascinating to watch snowflakes take a notion to dance. Not right away. A snowy day begins with a single flake floating gently until suddenly there’s more – many more and flakes become fat and fast. If there’s enough wind, a storm can develop – if not, then the flakes may simply dance. I’ve seen a single snow flake suddenly reverse direction to head up instead of down, but only until it’s joined by another flake and another until slowly it gains enough mass to conform to the general downward trend.

We’re on the wrong side of the country for Nor-Easters. Those hurricane inducing winds must have an ocean and it has to be the Atlantic. British Columbia has had its share of storms, but we can’t lay claim to the likes of Hurricane Sandy or Katrina.

In 1962 heavy rain over a long period of time allowed Typhoon Freda to stir up a terrible mess on the

Lower Mainland. Again in December, 2006, rain, snow and ice created wet, soggy soil in Stanley Park and fierce winds sent long standing, ancient trees toppling into each other -- a drunken forest of sheared trunks and snapped branches. Devastation on the North Shore resulted in a power outage that lasted in some cases for three days.

Heavy weather on our West Coast is classified as vicious weather; a powerful wind; lightning storm; one typhoon that I know of, and just wind storms. Most wicked weather originating off the Mexican coast travels west across the Pacific in the direction of China rather than heading north. One of the reasons being the generally cool (some say downright cold) ocean temperature off our Pacific Coast.

What about the Atlantic? Well I can tell you first hand having several years ago dipped my foot into the ocean off the coast of New Brunswick. In fact, on that day in late September our itinerary changed and from then on we sought out beaches. The Atlantic is a (relatively) warm ocean – which in turn gives rise to some nasty storms. (We witnessed one of those as well)

A little closer to home, we do recognize wind storms here on Kootenay Lake. In fact as far back as June of 1894, hurricane force winds swooped down from the north end of Kootenay Lake spinning into Kaslo to flatten houses and hotels and toss boats into the middle of Kaslo’s main street. High water also allowed a log-jam to tumble down Kaslo River and add to the havoc already created.

On this side of the lake trees have been known to crash onto power lines or whatever else is in the way; water – just last year – was incredibly high, and at the north end of the lake landslides have resulted in tragedy.

Snowfall, however, is quite unpredictable. Victoria in the winter of 1996 managed in two days to accumulate four feet of snow (1.22 meters just does not

sound as impressive) Riondel ended up with the same total – over a two week period. We missed both of these storms receiving word of the Victoria “blizzard” by fax. (technology changes much more quickly than weather patterns) At that time we were suffering the warm winds and soft sands of a Mexican beach.

Over the past few days in Riondel there’s been snow during the night to remind us that February’s not over yet, but by noon the paths are dry.

So forgive me if my flurries become blizzards. It’s only because I grew up on the Lower Mainland waiting for a darkening sky at noon that promised snowflakes enough to catch on my tongue; enough to fascinate with their slow circle dance; enough to gather – soft, wet, and cool – in two hands. These are the blizzards of childhood.

*Last Snow*

*Falling  
white hushed footsteps  
of winter’s last visit.*

*The branches, heavy, strain to wave farewell.*

**-Marie Saxton**

## Next Deadline: March 27, 2013

**Author Braundy Gives Reading For International Women’s Day Tuesday, Mar. 5, 7:30 p.m. at the Nelson Public Library**  
by the Nelson Public Library

The day Marcia Braundy was about to take her Interprovincial Exam to become the first Journey-woman Carpenter in British Columbia, she found a twisted framing square on her classroom desk with an unprintable word scrawled across it.

Now, more than 30 years later, Dr. Marcia Braundy has developed and delivered countless courses and seminars in workplaces and institutions on the subject of women in trades.

The author of *Men & Women and Tools: Bridging the Divide* (Fernwood Publishing, 2012) presents her book and offers a jumpstart to International Women’s Day on Tuesday, March 5 at 7:30 pm at the Nelson Public Library, cosponsored by the Nelson & District Women’s Centre. Admission is by donation.

“Since the first time I picked up a hammer as the volunteer coordinator at the Vallican Whole Community Centre, I have loved construction work,” says Braundy in her prologue. That love is clear: Braundy was the first woman in the construction sector of the B.C. Carpenter’s Union, building everything from hospitals, housing and shopping malls to coal silos 278’ tall—and she continues in the trade to the present.

A self-described academic/feminist and social

change activist, Braundy received her PhD from the University of British Columbia in 2005. The early days weren’t easy, with harassment common for women in what was then considered a male occupation. After a call for change met with little response, Braundy gathered funding from a number of institutions, including the BC Provincial Council of United Brotherhood of Carpenters and Joiners of America, the BC Human Rights Commission, and the Secretary of State Women’s Program to develop a groundbreaking program aimed at acceptance of women in the trades.

In 1992 Braundy became National Coordinator of Women in Trades and Technology (WITT).

International Women’s Day, Celebrated March 8 each year, began in the 1900s to raise awareness of women’s issues and to celebrate accomplishments such as Braundy’s, and those of all women who stood for change.

The Nelson and District Women’s Centre was founded in 1972. The oldest rural women’s centre in Canada, NDWC’s mission is to create a healthy community through providing support for women and dismantling gender inequality.

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

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**Booking/info: Judy @ 250-223-8664**



Eastshore Alliance Supporting  
the Early Years

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**April 7,14,21,28**

**9:30 to noon  
Crawford Bay  
School**



Breakfast for all, then child care provided while the parents participate in “Evolving Parenthood”, a series about discipline and other topics of interest to parents of young children. All parents of school age parents are welcome. Facilitated by Laura Watt, BEd. MA.



**PLEASE register (so there is food and childminding for all) at [laverne@theeastshore.net](mailto:laverne@theeastshore.net) or call 250-227-9552.**

*Sponsored by East Shore Alliance Supporting the Early Years EASEY*





## East Shore Hospice News

by Ali George,  
Coordinator

### Community Invited to Join Hospice Training Workshop with Dave

Scanlan: "The Way We Roll: Living Through Grief and Loss"

East Shore Hospice is hosting a full-day hospice training workshop with Nelson's Dave Scanlan on Saturday, March 23 from 9:30am to 3:30pm at the Yasodhara Ashram. "The Way We Roll: Living Through Grief and Loss" is open to current volunteers, individuals who may be interested in becoming hospice volunteers, and community members who are interested in gaining a deeper understanding of grief, death



and dying, and developing the skills needed to care for themselves and others as they navigate this final stage of life. This workshop is free for East Shore Hospice volunteers (includes lunch provided by the Ashram) or \$10 for other community members (lunch \$12 or

bring your own). Attendees who are not current hospice volunteers should contact me for details on cost.

Dave Scanlan has been a practicing social worker for 22 years, and a medical social worker at Kootenay Lake Hospital for the past 19 years. He has also worked in the adult mental health system, worked with challenged youth in schools, and has been a part-time case manager in the Elder Services Program at Nelson Mental Health and Substance Use for the past nine years. "These years in the health care system have taught me a lot about hospice, palliative care, and end-of-life issues...I count many former patients and clients amongst my greatest teachers." He is also a musician and a writer, and often integrates music and writing into his social work practice.

This workshop will draw on stories, both from participants as well as Dave's own personal and professional experiences, to take stock of the knowledge that we already have regarding death. Dave will share some theoretical and philosophical views of death and dying, grieving and surviving, and will introduce some simple yet effective skills to work with grief. We will look at how to weave together the knowledge, theories and skills in ways that volunteers and community members can use to support themselves and others on the palliative journey. Dave will also be incorporating music into our day. Participants can expect to shed a few tears, share some laughs, and maybe even sing just a little bit....

To register or for more information, please call Ali George @ 250-227-9006 ext. 29 or send an email to [hospice@theeastshore.net](mailto:hospice@theeastshore.net).

*East Shore Hospice provides practical, emotional and spiritual support to individuals and their loved ones through the stages of dying, death and bereavement. Hospice palliative care aims to make the last months of life comfortable, peaceful, and dignified for patients and their caregivers by providing care, support, respite, and advocacy. Our office and lending library are located at the East Shore Health Centre. For information or an appointment, please call Ali George (East Shore Hospice Coordinator) at 250-227-9006 ext. 29 or email at [hospice@theeastshore.net](mailto:hospice@theeastshore.net).*

## Next Deadline: March 27, 2013

## What is Happening to Nelson & Area Elder Mental Health Services?

### An Urgent Alert To Seniors And All Stakeholders!

by the Nelson & Area Elder Abuse Prevention Program Steering Committee,  
[preventeldr Abuse@sbdemail.com](mailto:preventeldr Abuse@sbdemail.com)

The only Elder Services Program nurse at Nelson Mental Health is leaving her position. This position has provided specialized elder services to the East Shore, Kaslo & Area, Lower Slovan Valley, Nelson & North Shore, and Salmo & Area since the early 1990's.

The Interior Health posting to replace this position is for a "RURAL & REMOTE MENTAL HEALTH & SUBSTANCE USE NURSE". Unlike the other RN/RPN postings, this posting has NO reference to Elder Mental Health and NO reference to specialized knowledge, training or experience in elder or geriatric mental health. Interior Health confirms that this IS the posting that will fill the vacated Elder Services Program position. <http://careers.roomtogrowbc.com/ViewPosting.aspx?id=463021&f=3-0-3--0-0>

Referrals to the Elder Services Program are for seniors who experience new and age-related mental health issues. Over the past decade clinical guidelines  
**16 Mainstreet March 2013**

have been developed for evidence-based best practice in elder mental health. For example, The National Guidelines for Seniors Mental Health – Assessment and Treatment of Delirium, Assessment and Treatment of Depression, Assessment of Suicide Risk and Preventing Suicide, Assessment and Treatment of Mental Health Issues in LTC Homes; Cognitive Impairment in the Elderly – Recognition, Diagnosis and Management and as a Designated Agency for BC's Adult Guardianship Legislation- re:act - act on adult abuse and neglect.

In 1993 the Provincial Ministry of Health established the Elder Services Program as a sub-specialty of Mental Health. Nelson Mental Health was funded at the time for 2 dedicated positions (one nurse & one social worker). During the 1990's this expanded to 2.3 positions with extensive training in this emerging and expanding specialty. In 2001 Interior Health reduced the staffing to 1.5 positions (one nurse and a 0.5 social worker). Now, with the loss of the specialized elder services position, only the 0.5 social worker is left to respond for 'Duty of Care'. Historically, referrals from the area were about 150 per year.

Nelson Mental Health currently has 5 specialized adult programs with approximately 13.5 positions.....

So why is Elder Mental Health Services being left with only a 0.5 qualified position for community access for seniors, caregivers and care providers?? The time to speak out is NOW. We urge all stakeholders to contact the Interior Health Interim CIHS Administrator, Cheryl Whittleton at [Cheryl.whittleton@interiorhealth.ca](mailto:Cheryl.whittleton@interiorhealth.ca) or fax: 250-365-4344.

## Remembrance Garden

by Wendy Scott

Spring clean-up! Does that sound promising? I hope so. We'll cross our fingers and trust the warm February weather will continue into the month of March.

When we can be relatively sure of a dry day, we will declare that spring has arrived and pick up rakes, wheelbarrows, clippers – and maybe a few seeds and head into the garden to begin uncovering the ground and clearing winter's detritus.

If you'd like to join us in the garden, we would be delighted to welcome you. Keep an eye open for a message on Riondel Cable or the notice board at Riondel Market. Then bring along a rake, trowel, polishing cloth – even a pickup truck – if you have one, or just come and help us pull tarps.

We like to tidy the woods on the south side of the church as well. Fiona cleared a pathway through these trees, created short trails, and even planted a few primroses. This was a special place for her.

So come into the garden – it's a nice place to be.

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

Shrubs -- Muriel [mcrowe@bluebell.ca](mailto:mcrowe@bluebell.ca)  
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## Something to Ponder

by Pastor Bill Gooding

Have you ever heard of Mike Wallace? Yes, I thought you might have. Mike Wallace was from the show "60 Minutes" and I am sure most of us, just might remember both. Anyway, it was years ago and Mike Wallace was interviewing a survivor of the Auschwitz death camp on the above mentioned TV show. The man, Yehiel Dinur, had been a principal witness at the Nuremberg war crime trials. During the interview, a film clip was screened from the 1961 trial of Adolf Eichmann, and the film clip showed Dinur entering the courtroom and coming face to face with Eichmann for the very first time since Dinur was sent to Auschwitz almost 20 years earlier.

On the film, Dinur stopped cold and began to cry out and sob uncontrollably, and then he fainted. Wallace turned to Dinur and pointedly asked Dinur what was it that was going on inside of him that would cause such a reaction. Was he overcome with fear or hatred, or just horrible and lingering memories? Dinur said that it was none of these and then he explained that all at once he realized that Eichmann was not the god-like officer who had sent so many to their deaths but that Eichmann was just an ordinary man. Yehiel Dinur continued, "I was afraid about myself. I saw that I was capable of doing this. I am.....exactly like him."

Mike Wallace's summation of Dinur's discovery, "Eichmann is in all of us," is a truly horrifying statement, but it does capture the reality and the central character about human nature, and therefore the nature of you and I. As a result of the fall (*Gen. 3*), sin is in each and everyone of us. And I am not talking about the susceptibility to sin, but rather sin itself.

See here is a truth. In the face of everyday living and therefore everyday temptation you and I fall and, truth be told, we do it voluntarily and repeatedly. It seems the same old flaws and failures pursue us all our lives and even new vices awaken and dominate us. We blunder again and again into bad judgment and every now and then we set out to restore ourselves. We resolve to deal with our jealousy, our lust, to put an end to our self-pity, self-indulgence, defensiveness and all the other expressions of self-love that separate us from God and from each other. Yet sadly, and more often than not, our periodic brushes up against true morality fades over time, and no lasting and enduring changes come about. So sin remains our sullen master. And yes, I know what some would say... blame it on bad genes or dysfunctional families. But really, I ask you and I ask myself, no one really had to push you or me into any real wrong doing, did they? We just naturally do it all by ourselves.

The other day my wife and I were at a Kootenay Ice game and several incidents happened where an infraction of the rules took place and no penalties were called. The crowd hooted at the referees in derision and, moments later, after another transgression took place, a penalty was called. And so as I write this it seems to me that we are all aware of what is right or wrong and also aware that there are rules, regulations and laws in our lives. The reality is this: we actually do break these laws and rules of our society every day in our lives and there are consequences for our choices.

I was reminded of that the other day when traveling on the East Shore towards Creston and rounding a corner I whizzed by a police car. Now I was only going 70km but the speed limit was 60 kms. In my own mind I was not really speeding. I mean, I was being careful, but the police officer did not see it that way and so as a result I became instantly a transgressor and was penalized to the extent of the law. I became \$170 lighter.

We have all blown it some way and often in many ways. I think of Jesus saying, "You have heard it said in the Law 'Do not murder, but I say to you if you look at a man in anger and say Raca, you fool you are guilty of murder in your heart.'" Now, you and I could probably fulfill that literal command "Do not murder," but Jesus takes the spirit of that command and makes it impossible to fulfill. Well I cannot speak for you but there have been times when I have been angry and in essence said more than "You fool." So I am, in essence, guilty.

Jesus then says "You have heard it said in the Law 'Do not commit adultery.'" Again at that point I can with God's grace fulfill the requirement of that Law. However once again Jesus makes it impossible for you and I to fulfill by saying, "But I say unto you, if you look at a woman with lust in your heart you are guilty and a transgressor." Well, again, I cannot speak for you, but I do believe that all of us fall short of fulfilling the spirit of that Law.

So why would Jesus do this? Simply to point out to us all that no one, not any of us can even come close to fulfilling the Law that God has written on our hearts? I mean, even a child knows right from wrong. We all do. And if we are to be honest with ourselves and with our God then we know that we have all fallen short. So we find ourselves estranged from the God who created us and gives you and I the very next breath we take.

Now I remember talking with someone at an event at a dinner on the East Shore and a mutual friend invited a couple to come to church and the man's response was "I don't think so; they are nothing but a bunch of hypocrites." My response, which may have been too quick was, "Oh, don't let that bother you, we can always use one more."

What I believe happened was that that person saw that we do not (truth is *cannot*) possibly fulfill the requirements of the Law and fall short on many occasions - some of them quite public.

Simply put, as a Christian I realize that Christianity is a "rescue religion." Our message is that God was in Christ reconciling the world to Himself through Jesus' finished work on the cross. All of my shortcomings, all of my transgressions, all of my sins (past, present and future), and yours, I might add, were placed on Jesus and His death redeemed me from the penalty my sins deserved. The overwhelming debt I owed to my God was wiped clean because in the mystery of God's providence, Jesus actually became my sin and yours. Jesus, was sinless and became the perfect sacrifice. He paid our penalty and yes, justice had been fulfilled. And to verify this truth came the resurrection of Jesus.

And so I had a fresh start - the slate was wiped clean. I cannot speak for anyone else but for me that is simply **good news**. Good Friday resounds with these words, "There is now no condemnation for those who are in Christ Jesus." And on Easter Sunday we proclaim with no hesitation that Jesus is risen and alive, and even more living in our hearts.

I simply ask you to ponder these great truths during the coming days...to give it some thought. Jesus has paid the price for your redemption and freedom. We have all wanted a fresh start in our lives at one time or another. Jesus offers you that, a fresh start. It is a grace walk. Why not join us and let us take a journey together?



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**Marine supplies:** more toys for the boys (and girls) from trolling rods, gear, and quick fix items. Gray Creek Store - 250-227-9315

**Need help with that** honey-do list? Check out Gray Creek Stores building supplies to get those jobs done! 250-227-9315

**Make sure you have** a jumper - booster cable set in your vehicle - winter is tough on batteries - 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.

**Books make the** longest lasting gifts. Buy them early so that you can read-em before you gift-em. Gray Creek Store 250-227-9315

**Flat Fix** - to seal and inflate tires on cars or light trucks - carry this for back road travel. Last years price \$10.95 - Gray Creek Store 250-227-9315

**Green Polysteel Rope:** floating, lighter and much stronger than yellow rope Gray Creek Store 250-227-9315

**No more batteries:** LED FLASHLIGHTS with crank handle - \$9.95- Gray Creek Store 250 227 9315

**NOTICES**

**Thank you:** A heartfelt thank you to the Crawford Bay market for allowing the Hot Lunch program use the display freezer in the old store. A special thank you to Jamie and Sonja for allowing us to interrupt you on an irregular basis to get the keys.

**Our lake level** hits its low point March 31 - plan your beach and dock repair now - galvanized chain,

timber washers, long nails, winches, chain saw chains, peaveys, cable staples and more - Gray Creek Store 250 227-9315

**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**

**It's hungry bear** wake up time - be prepared with bangers, spray and bells from the Gray Creek Store 250-227-9315

**Great selection** of Skid Lids! Good quality, comfortable and reasonably priced helmets starting at \$36.95. Gray Creek Store 250-227-9315

**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

**Live Animal Traps** - Squirrels to Raccoons - \$27.35 to \$100.45 - Gray Creek Store 250-227-9315

**RENTALS/REAL EST.**  
**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. Ph: 403-863-6848.

**YARD & GARDEN**

**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

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

**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

**Laird Seeds** are in: get em' while the selection is good! Gray Creek Store 250-227-9315

**Bird Feeders** - and the black oil sunflower seeds that bring birds to your window - Gray Creek Store 250-227-9315

**Snow Floats:** don't shovel that white stuff - float it. No lifting. Gray Creek Store 250-227-9315

**Plenty of Pulaskis** with fiberglass or wooden handles - great selection. Gray Creek Store 250-227-9315



# 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 2013

**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.**

March 5th Tuesday-Dr Grymonpre  
March 6th Wednesday-Dr B Moulson  
March 7th Thursday-Dr S Lee  
March 12th Tuesday-Dr Grymonpre  
March 13th Wednesday-Dr B Moulson  
March 14th Thursday-Dr S Lee  
March 19th Tuesday-Dr Grymonpre  
March 20th Wednesday-Dr B Moulson  
March 21st Thursday-Dr S Lee  
March 26th Tuesday-Dr Grymonpre  
March 27th Wednesday-Dr B Moulson  
March 28th Thursday-Dr S Lee

**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:

**BADEV:** Meets 2nd Tues. each month, 9am  
Contact Rod Stewart 250-223-8089  
**Boswell Book Club:** Meets 2nd Tues each month  
2pm. Contact Melody Farmer 250-233-8443  
**Boswell Ladies Club:** Next meeting April 15, 1pm  
Contact Jean Stewart 250-223-8089  
**Boswell Nifty Needlers Quilt Guild:** Meets 3rd  
Tues. 1pm. Contact Dianne Schaub 250-223-8273  
**Boswell Vintners:** Jan. & Feb. meetings TBD.  
Contact Doreen Nault 250-223-8414  
**Bridge Club:** Mondays 1pm Beginning Jan. 14  
Contact Melody 250-223-8443  
**Line Dancing :** Saturdays: Beginners 9:30 -10:30  
Advanced 10-11:30am. Cheryl Place 250-223-8694  
**Tone & Trim Fitness:** Mon & Fri 9am \$5 /session or  
punchcard of 10 for \$40. Darlene Knudson 250-223-8005  
**Yoga with Lea:** Thursdays 9:30-11am \$12/class. Con-  
tact Merily Arms 250-223-8058 (no yoga on spring break)  
**St. Anselm's Anglican Church:** Services on 1st  
Sunday of the month at 1:30

#### SPECIAL EVENTS AT BOSWELL HALL:

**St. Patrick's Dinner: March 16:** Saturday, 6:00pm  
with entertainment by "Many Bays Band". Tickets will be  
available at Boswell Post Office beginning March 11.

#### RIONDEL YOUTH FAMILY FUN NIGHTS

The Riondel Youth Family Fun Nights are awesome and so  
many people are joining in on the fun. Thanks to everyone  
for their participation and thank-you to our community for  
their support, (all healthy food donations are appreciated).  
We love it when community members of all ages join in on  
the fun. Thanks to all and we hope to see you at the Rec  
Center in Riondel, Tuesday 4-6 and Friday 4-7. Contact in-  
formation 250-225-3388.

#### EAST SHORE HOSPICE

East Shore Hospice provides practical, emotional and spiritual  
support to individuals and their loved ones through the stages of  
dying, death and bereavement. Hospice palliative care aims to  
make the last months of life comfortable, peaceful and dignified  
for patients and their caregivers by providing care, support, respite  
and advocacy. Our office and lending library are located at the  
East Shore Health Centre. For information or an appointment,  
please call Ali George (East Shore Hospice coordinator) at 250-  
227-9006 ext. 29 or email at [hospice@theeastshore.net](mailto:hospice@theeastshore.net).

#### HELP!

The Kootenay Lake Fall Fair needs your assistance! The  
2013 Fair (#102) is seeking people power to put on another  
great celebration of local food, flavour, and craftsmanship.  
Please contact Jacqueline @ 227-6803 or [moonrakings@theeastshore.net](mailto:moonrakings@theeastshore.net)  
if you would like to become involved.  
Thank you.

#### EAST SHORE HOSPICE COMMUNITY WORKSHOP

East Shore Hospice presents "How We Roll - Living Through  
Grief and Loss" with Nelson's Dave Scanlan, medical social  
worker and musician. This workshop is open to current  
volunteers, individuals who may be interested in becoming  
hospice volunteers, and community members who are  
interested in gaining a deeper understanding of grief, death  
and dying, and developing the skills needed to care for  
themselves and others as they navigate this final stage of  
life. This workshop is free for East Shore Hospice volunteers  
(includes lunch provided by the Ashram). To register or for  
more information, please call Ali George @ 250-227-9006  
ext. 29 or send an email to [hospice@theeastshore.net](mailto:hospice@theeastshore.net).

#### THANK YOU

A heartfelt thank you to the Crawford Bay market for allowing  
the Hot Lunch program use the display freezer in the old  
store. A special thank you to Jamie and Sonja for allowing us  
to interrupt you on an irregular basis to get the keys.

#### Nelson & Area Elder Abuse Prevention Resource Centre

◆ 250-352-6008

◆ [preventeldRabuse@sbdemail.com](mailto:preventeldRabuse@sbdemail.com)  
◆ [www.nelsonelderabuseprevention.org](http://www.nelsonelderabuseprevention.org)  
◆ Drop-in Wednesdays 12-2pm

719 Vernon Street, Nelson  
Nelson and District Seniors Coordinating Society

*Visit us online!*  
[www.eshore.ca](http://www.eshore.ca)

#### 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
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				
Osprey 2000	N/A	2:10 pm	N/A	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

#### March 2013 SCHEDULE

**March 3:** Jeff Zak, 1pm

music - Marie Gale

**March 10:** Linda Moreau, 1pm

music - Marie Gale

**March 17:** Rev. Robin Celiz, Anglican, 1pm

Please join us at Harrison Memorial Church  
for a combined service

**March 24:** Bill Gooding, 1pm

music - Marie Gale

**March 31:** Easter Sunday - Canon Jim Hearne, 4pm

music - Donnie Clark with Simply Brass

Please check [www.riondel.ca](http://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 3: 1:30 pm, Rev Robin Ruder Celiz

April 7th: 1:30 pm Rev. Robin Ruder Celiz

### HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

March 17: 1pm - Rev. Robin Ruder Celiz. This will be a  
combined service with Riondel Community Church at  
Harrison Memorial Church.

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

### KOOTENAY LAKE COMMUNITY CHURCH

*A Lighthouse on the East Shore*

Pastor Bill Gooding

Come & join us Sundays at 10 am. Coffee fellowship after the  
service. 16190 Hwy 3A, Crawford Bay 250.227.9444

### TEMPLE OF DIVINE LIGHT

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

### MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

Sunday Mass at 2 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 27, 2013*

## 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 morn-  
ing at 8:30 am in the Kootenay Lake Community Church base-  
ment. Call Marilyn for more info: 227-9129

### PARENT ADVISORY COMMITTEE

(PAC) Meetings held at 7 pm at the Crawford Bay School library  
on (usually) the second Monday of the month. (or Tues if Pro-D)  
Call Ingrid to be put on the agenda - 250.227.9246

**Next Meeting: March 11, 7pm CBESS Library**

**March 2013 Mainstreet 19**



March 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Strong Start is every weekday at the Family Place at the school from 10-1		Youth & Family Fun Night, every Tues, Rio Rec Centre, 4-6pm			Youth & Family Fun Night, every Friday, Rio Rec Centre, 4-7pm James Wood, 5 Rhythms Dance Class, CBESS 7pm	TEDX Talk, Shambhala Perform. Hall, 1-4
3 Bottle Depot, 10-2	4 Yoga w/ Lea, CBay, 10am	5 Braundy Rding, Nelson Publi Lib. Dr. Grymonpre	6 Volleyball, CB School, 7pm Dr. Moulson	7 EASEY Breakfast, CBESS, 9:30-10:30 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	8 Ready,Set,Learn Performance, CBESS Seed Swap, CBESS, 12-4 James Wood, 5 Rhythms Dance Class, CBESS 7pm	9
10 Bottle Depot, 10-2	11 PAC Mtng, CBESS Library, 7pm Yoga w/ Lea, CBay, 10am	12 Lions Mtng, 7 pm Vet Clinic, CB Castle Dr. Grymonpre	13 Volleyball, CB School, 7pm Dr. Moulson	14 EASEY Breakfast, CBESS, 9:30-10:30 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	15 James Wood, 5 Rhythms Dance Class, CBESS 7pm	16 St. Patty's Dinner, Boswell Hall
17 FoodRoots Community Potluck, 4pm Bottle Depot, 10-2	18 Hall and Parks Mtng, 7:30 Yoga w/ Lea, CBay, 10am	19 Chamber Mtng: Hub, 7pm Dr. Grymonpre	20 Volleyball, CB School, 7pm Mainstreet Deadline Dr. Moulson	21 EASEY Breakfast, CBESS, 9:30-10:30 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	22 James Wood, 5 Rhythms Dance Class, CBESS 7pm	23 Grief and Loss Workshop, Ashram, 9:30 - 3:30
24/31 Bottle Depot, 10-2	25 Yoga w/ Lea, CBay, 10am	26 Lions Mtng, 7 pm Dr. Grymonpre	27 Volleyball, CB School, 7pm Dr. Moulson	28 EASEY Breakfast, CBESS, 9:30-10:30 Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am Dr. Lee	29	30

# Employment Opportunities



**Kokanee Springs Golf Resort is now accepting applications for the 2013 season:**

**Lodge:**

- Housekeeping Staff

**Golf Shop:**

- Retail Staff
- Player's Assistants
- Starter
- Cart Attendants

**Food & Beverage:**

- Servers
- Dishwasher/Food Prep
- Cooks
- Janitorial

**Golf Course:**

- Labourers
- Operators

Submit your resume with cover letter stating the department/ position you are applying for, to:

**Kokanee Springs Golf Resort  
Box 96, Crawford Bay, BC V0B 1E0  
Fax: 250-227-9220**

Or email: [brenda@kokaneesprings.com](mailto:brenda@kokaneesprings.com)

**\*\*Staff Accommodation is Available\*\***

ADVERTISER	PAGE
B-57 Excavating	10
Boswell Hall	15
CBT Summerworks	13
Community Futures	18
Crawford Bay Hall & Parks	6
Crawford Bay Market	10
Credit Union	11
Creston Vally U-Brew	1
Creston Vet Clinic	9
EASEY Sunday Breakfasts	11,15
EDC	9
Elder Abuse Prevention	7
ESIS	10
East Shore Express (ESE)	11
Eastshore Physiotherapy	5,11
First Aid	1
Fitness Place	13
Gray Creek Store	18
G.R.S. Contracting	10
Harreson Tanner	4
Hulland and Larsen	10
JB Construction	10
Junction Creek Hub	11
Kokanee Springs Resort Jobs	11,20
NDCU Banner Ad	10
PAC Box	7
RDCK Transfer Station Hours	6
Sapphire Hair Salon	11
Seed Swap	2,5
Sunnywoods Farm	16
Sunset Seed	7
Turlock Electrical	10
Yoga with Lea	3

**Transfer Station Hours**

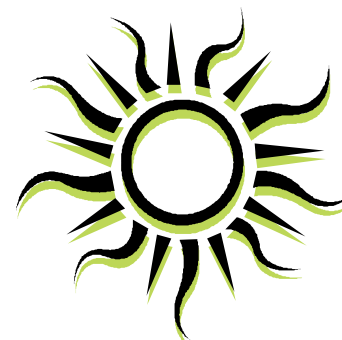
**CRAWFORD BAY:**  
(Nov - March)  
Sun & Tues  
10 am - 4 pm

**BOSWELL:**  
Weds/Sat:  
12-4

**Library Hours:**

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

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



**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