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The East Shore Mainstreet

KOOTENAY LAKE BC

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

INSIDE:

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

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MS Issues

by Ingrid Baetzel

There's an article in this issue about a workshop on volunteer recruitment and retention (page 13). This is

an on-going hot topic around these parts as the vast majority of community/school and private programs are volunteer driven and maintained. Burn out is a constant concern. Apathy is a reality. But true, invested and caring community members who volunteer regularly are a certainty. Keeping them fresh and remaining invested is a skill. We all get tired, we all need a break, and we always need to be conscripting new energy and resources, keeping the juices flowing.

We recently had a big blow-out of a fundraiser for the secondary students' trip to the West Coast in June. They are going in two groups to two separate adventures. One group is hiking the Juan de Fuca Trail and the other is going to Salt Spring Island for an oceanography/agricultural immersion. These trips cost a lot and the school and parent community have been asking a lot of our community at large for support. You have been wonderful.

First, giant, back-slapping, grinning and appreciative thanks to all of you who came out to our big Spaghetti Dinner Fundraiser on February 28. I was working the beverage table and for an hour and a half straight, I watched the hall-long lineup for food. It had an entirely new series of faces every 15 minutes. It seemed like nearly everyone was there. Thank you, community. Thank you.

We don't have official numbers, but there had to be upwards of 250 people in attendance and we raised an

amazing chunk of money in support of the trips. The artisan raffle, valued at over \$700 and won by Wai Yin Fung raised nearly \$470. The beverages sold raised over \$300. The 50/50 draw (won by birthday boy, Francis Holman) raised just under \$200. The food sales (under the madly energetic and focused super powers of our outgoing champion fundraising queen, Terry Fiddick) raised a hugely impressive just over \$2,000. The grand total for the night was over \$3,000... wow.

Where would we be without these fundraising champions and volunteers? We'd be in a city. We'd be less connected. We'd have more at our fingertips, but not feel the intrinsic reward of results born in the sweat and tears of stalwart volunteers. We wouldn't know how good it is to achieve something conceived from a mere inkling of an idea.

Thank you community volunteers. Thank you to this beautiful region for its willingness to pay forward and support programs that need it. We are fantastically blessed.



Easter Turkeys Available Now!

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 -Garry & Alexis at 250.227.6824
 -Jennifer Irving at 250.227.9175

LETTERS TO THE EDITOR

RESPONSE FROM THE MLA

Dear Editor,

I am writing in response to David George's column in the February edition of *The East Shore Mainstreet*. I want to thank David for speaking up for these important issues facing residents of the East Shore of Kootenay Lake. Before I speak to his questions, I would like to take this opportunity to update you about what's been happening in the Legislature since MLAs went back to Victoria February 11.

During the second week, the Liberal government announced their Budget 2014. My colleagues and I have been going through it and speaking up for BC families during the debate. It is very disappointing to see a budget that causes families to pay more while they get less. For example, you will be paying 4% more in MSP premiums, but will see no increase in services. If you'd like a transcript of my response to the budget or any speech I give, please do not hesitate to contact my office or visit my YouTube channel for the video.

The province is also facing a BC Hydro rate increase projected to be a whopping 28%. Even though we're fortunate to have Columbia Power Company, Nelson Hydro and Fortis producing and delivering our hydro, they also buy power from BC Hydro. When I talked with Fortis and with Nelson Hydro they said they were going to have to funnel those increased costs to the ratepayers in Nelson-Creston.

And then there is what's missing from the budget. We see no investment in forestry nor agriculture for our region, nor any investment into tourism. There's a cut to post-secondary education and employment programs. These are all important for our area, so while you are paying more, you're getting less.

Mr. George wanted to know what I was going to do about getting grants back for the local libraries as well as additional Kootenay Lake ferry sailings, both

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items that I have repeatedly taken to the Liberal Government on your behalf. I will continue to stand up for the residents of the East Shore, and I could use your help on these issues. I encourage you to make your voices heard by inundating the ministers responsible with your personal letters conveying your stories, expressing your concerns and your disappointment. I've included the appropriate addresses below. Please make sure you send a copy to my office of any letter you write to a minister so that I can ensure you receive a timely response.

Sincerely,

Michelle Mungall, MLA Nelson-Creston

*Michelle Mungall, MLA
 Opposition Critic for Social Development
 www.michellemungall.com
 1-877-388-4498
 433 Josephine St. Nelson, V1L 1W4*

*Ministry of Transportation and Infrastructure
 Hon. Todd Stone
 Room 306 Parliament Buildings, Victoria, V8V 1X4*

*Ministry of Energy & Mines
 Hon. Bill Bennett
 Room 301 Parliament Buildings, Victoria, V8V 1X4*

*Ministry of Education
 Hon. Peter Fassbender
 Room 310 Parliament Buildings, Victoria, V8V 1X4*

DELIVERING MY MESSAGE

Dear Editor,

I write this letter to the East Shore community to bring to their attention a matter of great importance to me particularly but also of importance to all voters in the Nelson/Creston provincial electoral constituency. For me personally it involves clearing my name and restoring my reputation in a community I have lived in and will likely return to. For others it is a matter of holding accountable your elected repre-



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sentative, Ms Michelle Mungall, for her political activities.

In this letter I will not go into detail but I will refer readers to postings I have made on a Nelson based Internet chat forum called the "Nelson List". On this forum I have recently made several postings chronicling the events in my life regarding what I view to be Ms Mungall's abuse of the police and the courts to attempt to deny me my Charter Rights and Freedoms of expression and mobility. Through her failed attempt to stop me from exposing her hypocrisy, political opportunism and betrayal of her core constituents and her party policies Ms Mungall sought a Peace Bond (restraining order) to prevent my political activism. On Feb 26, 2011 I was served a warrant with notice of the Crown Attorney application to the court for a Peace Bond against me. I successfully contested this Peace Bond application and my success was based on Ms Mungall's accusations against me being found by a judge in a court of law to be unfounded and having no substance.

Not only that, a month after I made my intent known to the court that I would contest this specious, vexatious and obtuse set of allegations made against me, Ms Mungall's constituency office was consulted in a failed attempt to have me evicted from my home in Nelson. I successfully appealed the eviction notice. It is ironic that I was planning a move to Vancouver Island at the time, I just wasn't ready to depart under duress or at the time my former landlady, an ardent Mungall supporter, wished to have me evicted. The evidence presented under oath at the Rentalsman tribunal clearly demonstrates that the attempted eviction was politically motivated. Most of the postings are under the title "MICHELLE MUNGALL and my misfortune".

Enough said. If people wish to know more about this sorry chapter in Kootenay political history they may find my account on the Nelson List. It can be found by doing a Google search for *Nelson List, Nelson BC* and then go to *Recent Archived Messages*. My postings were made between December 23, 2013 and January 22 of this year.

I thank the *Mainstreet* for this opportunity to deliver my message to the community.

**Donovan Carter
 Courtenay, BC**



RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

Emergency Services: A

House fire at Kuskunook last month raised questions again about how rural residents can receive short term assistance during emergencies. You will find a brief display ad on the topic elsewhere in this issue, but there are two numbers which residents can call when in need. Emergency Management BC (EMBC) has a 24/7 line at 1-800-663-3456 which you can use within 72 hours of a fire or other emergency such as a flood to request emergency volunteer support services. You can also call the RDCK Emergency Program Coordinator, Alanna Garrett, at 250-254-8255. Of course, when personal or public safety is a concern, call 911.

Recycling: As I outlined in my submission last December, this spring a new consortium, Multi Materials BC (MMBC), will be responsible under new provincial law to collect and recycle all packaging and printed paper. This includes the bulk of what you currently put into the local government yellow bins. By all appearances, the program is tailored to best serve the more urban regions of the province.

Last September, local governments were asked if they wanted to participate in the MMBC programs at a proposed level of service (locations of bins and hours of access) for our rural communities would be much lower than we have enjoyed historically but with alarmingly high penalty charges if/when the bins are contaminated by materials not accepted under the program. In addition, the options for local government to

participate with our existing collection points would impose duplicate costs on consumers who will be paying added fees (developed by the consortium and manufacturers) at retail checkouts. We opted not to participate in this punitive system, leaving MMBC to fulfill their legislated responsibility of managing the products while positioning local government to reduce your taxation.

In December, MMBC returned to some local governments, such as RDCK, with a proposal for a modified approach to collection and handling of recycle materials whereby the RDCK would be more fairly reimbursed for their role, thereby allowing for reduced taxation but potentially a better level of service than the September discussions offered. Note when I say reduction in taxes I do not mean reduction in cost to the consumer, since we all will be paying a fee at the time of purchase for products, this fee in theory being sufficient for the consortium to cover the real costs of the recycle process. Since it is in the best interest of our society to avoid filling up landfills with useable or reusable products, the RDCK agreed to the scheme as set out in December. Now we have been advised by MMBC that they will be unable to implement what they proposed, due to internal problems within their organization, **so we are on our own to provide the traditional recycle programs (with a property tax cost to you plus the new fees you will be paying at the retail check out point).**

What are the options? First, we have written the Minister of Environment asking them to require their new creation, MMBC, to do their job. This problem exists in many regions of the province, including some rather high population areas such as the Thompson Nicola Regional District which includes Kamloops. The next options are to carry on in the face of duplicate costs and present MMBC with invoices for at least partial cost recovery, which we could hold in reserve to offset future year costs. This is my preferred option, until the province and the new consortium get their affairs in order. We can make this work in the

East Waste Subregion (Yahk to Creston, West Creston, Wynnndel to Riondel) without a current year tax increase because we have already developed a reserve for multi-year upgrades and incremental 'closure' of the Creston landfill which can be accessed to flatten out jumps in taxation. I fully expect MMBC to reject any RDCK invoices for cost recovery since they have reneged on their proposal to enter into contract with the RDCK to make such payments. We could 'play nice' and let the taxpayers take it on the chin or we could be more aggressive. I am only speculating at this point, which I am allowed under free speech, but if any legal action did ensue I would be bound to silence so this is why I am spinning out my thoughts now.

Another option is to stop collecting the material, which would save you money in the short term but cost more in the long term if more material goes to the landfill and if more illegal burning and dumping occurs. Whatever occurs, I am still waiting for our staff advice on whether we have the legal right to remove packaging from products in the store at the point of purchase and leave them behind for the store to deal with. Note that major retailers are part of the consortium so they are complicit in the success or failure of the program. Small, independent stores would be penalized by consumers leaving the packaging at the till so some judgement would need to be exercised.

Budget: At the time of writing this submission I am preparing for our next day long budget meeting. Public presentations of the proposed budget will be held in early March.

You may go to the RDCK website at rdck.bc.ca for dates and locations of budget presentations. Note the website has been totally revamped with some definite improvements but also with some glitches. Corrections and additions have been made in response to concerns raised by users so hopefully you will find the site is running more smoothly than when launched a few weeks ago. If you have other questions or concerns please contact me by calling 250-223-8463 or e-mail gjackman@kootenay.com.



March Horoscope

by Michael O'Connor

Tip of the Month:

We are now in the final stretch to spring and there is a lot happening with planetary activity. Mercury turned

'Direct' on February 28 at 6 am PST. Interestingly, the New Moon in Pisces occurred at 11:59 pm PST on February 28 as well. This is the completion of the first of three, 3-week retrograde cycles that occur annually. So, Mercury has now entered its 'shadow' or recovery period, essentially retracing its path which extends precisely to Spring Equinox. Spring this year occurs on March 20 at 9:57 PST. Mars is symbolic of action and assertion in the world; it is the verb in the sentence. When retrograde, Mars turns away from the material to fulfill psychological and spiritual needs first and material needs and aspirations become secondary for a while. So as with all retrogrades, we can learn to understand and tune-in to make the most of the otherwise 'unusual' energy patterns it indicates.

Aries (Mar 21 – Apr 20)

Mars is the planet that governs your sign and with it in Libra, the sign of relationships, you have a clear indication of its influence now and over the coming months. Where you have been quite assertive of late, you will now feel or be moved by circumstances to yield or slow down. This is a time to communicate, to assert less and to listen more.

Taurus (Apr 20 – May 21)

The time has come to be that much more deliberate in your actions. By slowing down you can actually do things better or make improvements where needed. Yet, be aware of tendencies to be too critical of yourself and others. Take deep breaths and acknowledge yourself for achievements to date. As well, enjoy quality time with friends for a while.

Gemini (May 21 – Jun 21)

Mars Retrograde in Libra indicates a time for you to recharge your creative batteries. This is a good time for a

review. What have you done, what has worked and what has not been so satisfying? Then affirm that there is only now and next. Reach out to new cultural activities or go on an adventure. Increase your receptivity to others and allow for fresh inspirations.

Cancer (Jun 21 – Jul 22)

Sometimes we feel the need for added support, perhaps even to lean on others a little more than usual. This is likely to be one of those time periods. Turn within for a while; allow or ask others to take the reins. Perhaps tending to hobbies or home projects will do. A meditative cycle or spiritual retreat might be in order. Either way, make room to be cozy, caressed and comforted.

Leo (Jul 22 – Aug 23)

This Mars Retrograde cycle is a call for you to become more sensitive in your approach to others. This includes your attitude and style of communications as well. How can you give more with less, as in less is more? Becoming more patient with yourself, others and circumstances is highlighted. Take and give more breathing room on all fronts.

Virgo (Aug 23 – Sep 22)

A period of adding to, renovating and or rebuilding existing foundations altogether is a feature of Mars Retrograde for you. Expect to be busy, intend to be steady and avoid comparisons. At best, this will prove to be a very creative cycle. There is even a strong streak of inventiveness indicated. While not exactly whistling while you work, productivity is likely.

Libra (Sep 22 – Oct 22)

Mars is retrograde in your sign along with the Lunar North Node. Together, they are influencing you to be more assertive than usual. Though you may yearn for support, it may not be so available. This could lead you to overcompensate, to even become aggressive. Make extra efforts to trust in and go with the flow.

Scorpio (Oct 22 – Nov 21)

Mars in Libra generally and retrograde specifically will find you digging deeper than usual. This effort will be to clear

the past. Hidden anger, resentment, negative memories and other such complexes need to be identified and healed. They block fulfillment in your most intimate relationships and it is time for them to go.

Sagittarius (Nov 21 – Dec 21)

The time has come to dream a few new dreams. You might as well because you will be less inclined to act on them, at least over the coming weeks. Stimulating these by way of communications and exchanges with others is ideal and likely. Yet do not be swayed by impulse or the determinations of others, at least not yet.

Capricorn (Dec 21 – Jan 19)

Making key decisions that you feel will significantly affect your future is up for you now. Yet following through will feel all the harder because it means so much. While you may feel frustrated that others are holding you back, look closer and you may discover that it is actually you. Aim to close the gaps from the past so you can advance with confidence.

Aquarius (Jan 19 – Feb 19)

Freedom! The cry for it will get louder over the coming weeks. What you want freedom from or what you want to do with it depend on your situation. Look for opportunities to get away from it all, to travel or retreat. If a getaway is not available, send out a message that you will not tolerate being told or pushed. Yet curiosity will lead you into new experiences.

Pisces (Feb 19 – Mar 20)

Will you aspire to realize your higher ideals or waste this cycle of opportunity on worry and nervous tension? This is a call to gain a new measure of mastery over your desires and appetites. What hungers haunt you depend on you. Fears of loss, rejection and even death could block and distract you. Determine your higher ideals and make achieving them a central goal.

Call Michael to reserve appointment
www.sunstarastronomy.com
sunstarastronomy@gmail.com
250.352.6871



Word on the Mainstreet

What is the most impactful, beautiful or life-altering place you've ever been? Why?

Between Switzerland, Austria & Scotland - all beautiful places, but not as majestic and beautiful as the B.C. Rockies.

Shirley Elgie Keenan, Lethbridge

The East Shore! Special caring people with a community conscience in the most beautiful place in the world!

Paula McLean-Ehrler, Riondel Road

My grandma's farm in Riondel, because it's home, and so many of my first memories are of the farm. Now as an adult, when I drive across the property line I can feel the weight lift off my shoulders. It's the one place on earth I feel I truly belong and always will. My 11 year old daughter feels the same about the farm, always asking me when we'll go back.

Ronnie-Rae Derbyshire, Longview

Beneath a spreading pine on a summer's day, the smell of August heat like a flute played soft. I sit in the coolness of shade, watch rays of light sparkle across slender needles. A kaleidoscope of green. Sunshine cascades through openings in the branches, a dragon flies hums in the distance, the sound of waves meeting a pebbled beach - Pilot Bay.

Diana Stokes, Pilot Bay

Peru. History. Medicine.

Michelle Moss, Gray Creek

Gray Creek Hall - my grandfather built it and every time I visit it, the community has continued to keep it faithfully in tact and full of wonderful memories.

All McLeod, Nelson

Ridge walking between Saddle Back and Tipi Mountains in the Rockies overlooking the East Kootenays from Fort Steele to Skookumchuck. It was my first time ridge walking where the land was a map in miniature with the ribbon of the river and a barely visible highway far below. The trail was about 10-12 inches wide and moving along on an incline - on either side was nothing but a distinct fall to ones death. As I was gripping the side of the trail with my hands, I was gripping my mind to stay focused. I saw some things as we were about to reach the highest part of our journey - fossils in the dirt at my fingertips. It was as though I was swept back in time to when this mountain ridge was the ocean floor and the great amount of life that lived then was now only imprints in once upon a time mud. At that same moment I heard my friends voice ahead muffled in the loud wind, "Hang on!" I clung to the fossil dirt as the wind almost picked me up and flung me into the far far far away. All I did was concentrate on breathing - thinking about the fossils and the snow and how it was the middle of August. Standing and laughing while looking out across the East Kootenay Trench we then turned to look south and the sun was breaking through what was left of the cloud, revealing thousands of freshly snow-dusted mountains tops like a sea before us.

Leah Wilson, Riondel Road

Standing in the shadow of a bomb dome and walking through the Peace Museum in Hiroshima, Japan. Looking at the horrors humans had managed to do to each other definitely put me in a direction to helping others, which I have dedicated my life's work to do...

Clive Derbyshire, Vancouver

The Walbran Valley old growth forest. Coastal BC. I lived in a tent there for a half year in the early 90's, (after months of tree planting on huge cut blocks), with a bunch of beautiful hippie freaks, trying to preserve it, save it from Earth rapers. No soap, no technology, no consuming. I learned a lot about myself, my planet, the beauty within us all, the potential of strength in numbers, that meeting an endangered species is thrilling, that I was allergic to wasps, that trees can be climbed AND lived inside, that trout like to bite naked bums, that real friends are treasures to hoard, that swimming in cold ocean-bound streams slaps the princess out of you, that I was capable of sharing absolutely everything I owned, and that one should look where one urinates in the midnight moonlight, cuz I accidentally pissed on a newt and killed it. Living among behemoth monster trees makes you appreciate life on a scale grander than the decimal points after pi.

Jacqueline Wedge, Crawford Bay

When I came in my young years to Canada, and discovered the East Shore of Kootenay Lake.

Marion Johnston, Crawford Bay

This place... I moved here from different cities 25 years ago, and I made instant friends. They were the busy kinds. I got used to look through windows to see branches instead of streetlights, people and cars. I used to stare at the dark quietness to imprint it. People here had children and interests and it seemed to me there was nothing to sustain that. Until I got invited to... everything. Gray Creek Hall parties, potlucks, classes, small and big concerts, performances of all kinds. Regularly all through the seasons. Nonstop. Brigitte Picard-Schutter studied music in Nelson, her teachers' bands and friends came to play. And there was interests in video making (Peter Duryea and all his endeavors), acting (Doreen always), painting, writing, yoga, spiritual and political meetings on top of all the holiday related festivities. And the outdoors' sports, inherent stuff to our geography. I got involved... pre-school kids had daytime Halloween parties, new connections offered art classes, dance lessons from ballet to hiphop to the little ones and the not so. One can keep busy here. And that is what kept me and others here: liveliness of community. Things change, people come and go, traffic services got privatised and shortened. Busy people are still here. Leah Wilson moved here a few years ago and started spreading her interests in a public way. I just attended a party with potluck, fire juggling act, music goings-on, mysterious insightful card reading and the photo booth. Old and very young attended and shared. Laugh, danced, talked. Bright open eyes. At a different even organized by Leah, I bought amateur photographs, discovered visual graphic installations and makers, listened to small and large gatherings of musicians and learned how to juggle with balls attached by strings. Laugh, eat, fill up eyes and ears, connect. Have lots of fun. I bring it up because it's important in one's life when isolated from the usual sources of entertainment and stimulations. The dynamism of some make the quality of life for many. Thank you and keep it going. Strong.

Marie-Chantal Legault Elias, Gray Creek

Beijing, we were there in the eighty, and the sky were blue, the major transportation are bicycles, and most of the inhabitants were happy..then.

Ben K. Shiu, Gray Creek

Ecuador. Just went there this year and can't wait to move there!

Nancy Galloway, Crawford Bay

Well I guess that would be the 30 or so meters between me and a giant, growling and barking black grizzly bear a few years back. I talked my way out of the situation using the same low monotone voice I use when talking to deer. Hard to replicate but strongly recommended to freshen the focus.

Bruce Fleming, Gray Creek

Haiti 2010 - the Earthquake. The impact speaks for itself - the importance to see how the world reached out and the beauty was to see the people caring and sacrificing. To see them come together

Doug Middlebrook, Castlegar



Getting to Know You

Mainstreet's Proust Questionnaire



Francis Holman

1. What is your idea of perfect happiness?
Getting together with friends, playing soccer.
2. What is your greatest fear?
Not being appreciated and being judged.
3. What is your greatest extravagance?
Eating out (especially at Black Salt).

4. What is the trait you deplore in others?
When they are unaware of how they impact others.
5. If you could sit down to lunch with anyone, living or dead, real or not, who would it be?
Buddha
6. What is your favorite journey?
*Scuba diving, watching an epic movie...
Moving to the East Shore.*
7. What is your greatest regret?
*Being unable to express myself properly
(not being understood by others).*
8. When was the greatest time of your life?
Every moment that exists after the present.
9. When and where were you happiest?
2007 - When my wife came to my door and asked me to marry her.
10. What are you most grateful for?
Fresh air and clean water, and being born.
11. If you were to die and come back as a person or thing, what do you think it would be?
A cat, hopefully a snow leopard or mountain lion.
12. What is your most treasured possession?
My emotional well-being.
13. Who are your heroes in real life?
Community volunteers.

Crawford Bay Hall Freezes Up, and Other Pleasantries

by John Edwards

February's cold snap caught our venerable Crawford Bay Hall by surprise or, at least it's heating system, as the -17 temperatures coincided with the furnace taking a break and plunging the entire building into the sub-zeroes for several days. There was no water left liquid anywhere in the place and the usual plumbing fiasco that this created was the aftermath.

Paul Hindson of Kokanee Chalets was a hero in the situation, trouble-shooting the furnace problem and working all day to fix it just a night before he was scheduled to leave for his Mexican holiday.

As the *Mainstreet* goes to press, most of the plumbing problems have been fixed by Al Franklin, another local hero, and we can thank the lucky stars of Crawford Bay that there wasn't more damage caused by the freeze-up.

A major renovation of the Hall's exterior and insulation refit is currently on hold while we negotiate with School District 8 for an extension of our lease with them so that we have enough of a secure tenure to qualify for Canada Works funds.

It's been a positive start to the year for the Hall & Parks Board, with three new members being elected at November's AGM to join our stalwart group of long-timers. "Welcome David Wells, Doug Stokes, and Nick Hodgkinson," from stalwarts Gina Medhurst, Helene Carter, Marion Johnson, and myself, John Edwards.

We're all looking forward to some positive improvements to CB Hall and CB Park in the coming year.



Hidden Taxes

by David George
Whither the CBC?

Hands up, please, everyone who watched coverage of the 2014 Sochi Olympics.

Did you watch online, as I did, or do you have satellite TV, which I do not?

There is, of course no on-air CBC television along our main street on the East Shore of Kootenay Lake. All those little analogue repeater transmitters were turned off in 2012, *in the middle of the Olympics!*

The 2014 Winter Olympics coverage, through webcasts and CBC English and French TV online was excellent. Even better, the webcasts had no commercials. How was this possible? Doesn't all television except the American PBS and the BBC have commercials?

The PBS model relies on corporate sponsorships without real commercials, and viewer memberships. The BBC was and still is funded by radio and television licenses. We could fund the CBC using either model, or a combination, or additional sales taxes on radios and televisions and computers.

We have to look at some history here, going back in time to 1927 when the first radio stations of what became the Canadian Broadcasting Corporation went on the air. They had commercials, of course. Skip ahead to 1952 when CBC television came to Toronto and Montreal, and 1953 when Vancouver got CBUT. There were commercials on the CBC.

Somehow, in 1974, the year I started working for CBC television in Vancouver, the corp managed to eliminate commercials from radio. TV commercials are still with us.

Some of us have discovered that Radio One, Radios 2 and 3, and a lot of on-demand music is available online. Wow! Classical, Jazz, C&W, pop, all sorts of music, and even the almost vestigial live classical music show Tempo are online on Radio 2. However--CBC (Radio 2) now has commercials, for the first time in 40 years for CBC radio, up to 4 minutes per hour.

Does this mean the end of public radio in Canada?

I hope not, although the federal Conservatives who form our present government do not appear to love the CBC. They cut the CBC budget by \$115 million spread over three years. The 2012 CBC budget was about \$1,100 million, which works out to about \$30 per Canadian. Now I ask you, does \$2.50 per month for all of CBC television and radio sound excessive?

I don't think so, but our glorious leader Mr. Harper and his Conservatives evidently think it excessive. Did you know that his party received donations from 8 of the 11 members of the CBC board of directors?

Go back to 1990, when there were only about 28 million of us Canadians instead of 35 million, and look at the CBC budget then. Adjusted to 2011 dollars, it was \$1,656 million, or \$60 per person.

That's still only \$5 per month per person. Hardly excessive to fund our public broadcaster.

This penny-pinching (er, I guess I should say nickel and diming, as pennies are no more) does not look right when we look at federal money wasting, such as the billion-plus dollars wasted on the defunct long-gun registry, or celebrating the war of 1812.

When the CBC went to the Canadian Radio - television and Telecommunications Commission to ask permission to have commercials on Radio 2, 965 people or groups filed "intervenor" material. Of those, 893 opposed commercials.

Even the vice-chair of the CRTC was opposed to granting permission for commercials, and filed a long dissenting opinion calling the return of commercials the start of "a slippery slope".

If you want to find out more about the crisis in the CBC, go to its website. There is also the CRTC website, and Friends of Canadian Broadcasting (<http://friends.ca>) which is really friends of the CBC.

If you care about what happens to the CBC, and want it to remain our national broadcaster, remember what the present Conservative government has done when the next federal election rolls around. I will.

Irons still in the fire:

- No word from our MLA Michelle Mungall about whether and when she will appear on the East Shore to meet with any of us.

- No word yet about whether Fortis BC will be required to reduce its infamous Residential Ripoff Rate which does nothing to conserve anything except the guaranteed profit margin of Fortis.

Future column ideas include:

- Fire Departments for the East Shore
- STARS air ambulance service in the Kootenays

BC Rural Communities Summit to be Held in Kaslo

press release,
submitted by Laverne Booth

The British Columbia Rural Network is pleased to announce that the 2014 8th BC Rural Communities Summit will be held in the beautiful lakeside village of Kaslo, in the spectacular West Kootenay region.

The Kaslo Institute, a non-profit "think-and-do-tank," will serve as the local host for this biennial event that brings together British Columbians, keen to focus on challenges and opportunities facing rural BC communities.

BCRN Chairman Andy Ackerman noted that, "We're pleased to unanimously award the 8th BC Rural Communities Summit to Kaslo. We know that the Kaslo Institute, with the support of the Village of Kaslo, the Regional District of the Central Kootenays and a long list of other supporters, will ensure this year's Summit is a rousing success." This year's summit theme Creativity, Communications, and Collaboration: Exploring new & innovative solutions to the challenges & opportunities facing BC's remote rural communities, is designed to provide a broad focus for specific workshop and session topics.

"We're tremendously excited to have been chosen to host this year's Rural Summit," said Kaslo Institute President, Randy Morse. "Working closely with our colleagues at BCRN and a number of other stakeholders, we're determined to put together a three-day event that will provide rural British Columbians with some fresh new ideas on how to deal with our common issues. We intend to focus on solutions rather than problems – for example, we're going to explore how new & emerging technologies can be effectively used to help provide enhanced healthcare and education opportunities for rural citizens, boost our ability to communicate with one another and the world, and create well-paid, 21st century jobs for our young people," he added. Concluding, Morse said, "We know how to throw a party here in the West Kootenays! The Kaslo Jazz Fest has been named one of the 10 best places in the world to enjoy outdoor music, and we've been whooping it up over the Victoria Day long weekend for 120 years. We plan to make sure this year's Rural Summit isn't all work and no play – this is a stunningly beautiful place, full of wildly creative people, so I can pretty much guarantee Summit attendees will have a great time during their stay in Kaslo!"

March 2014 *Mainstreet* 5

ENVIRONMENTAL RESILIENCY

RURAL ALTERNATIVES ON THE EASTSHORE

An Evening of Learning & Discussion

Climate Change and The West Kootenays—What Can We Expect?

How will climate change impact the West Kootenays? What do we need to know—what are the challenges and potential solutions? Join us for a presentation by conservation ecologist, Gregory Utzig, highlighting the impact of climate change on the West Kootenays and its ecological and forest ecosystems.



Gregory Utzig, M.Sc., P.Ag.
Greg is a conservation ecologist and land use planning consultant based in Nelson, British Columbia. He has over 40 years experience in environmental impact assessment, watershed analysis, terrain and vegetation mapping, habitat inventory and modeling, and a wide range of activities related to forest management and biodiversity protection. At present his focus is on adapting biodiversity conservation measures to the realities of rapid climate change. Whenever he can avoid his computer, he spends his time on Kootenay Lake or in the surrounding mountains.

Date: Friday, March 7, 2014
Time: 7:00pm to 9:00pm
Place: Yaasdhara Ashram
527 Walker's Landing Road
(3 kms from Kootenay Bay Ferry)
Information: (250) 227-9224
or partie@yaasdhara.org

Discussion and refreshments will follow the presentation.

All are welcome and attendance is free.

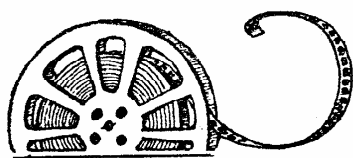


RDCK – Area A Emergency Services Information

House Fire Evacuees: *Do you require lodging, food, clothing, transportation or personal services?*

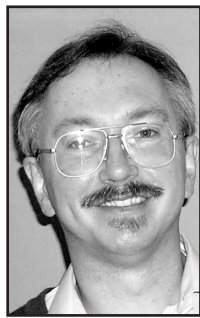
Call Emergency Management BC (EMBC) 24/7 1-800-663-3456 to report an emergency and request ESS Volunteer Support Services. (This service is provided **for 72 hours only** from when the fire was first reported).

Or contact your RDCK Emergency Program Coordinator:
Alanna Garrett - 250-254-8255 (cell)
or: agarrett@rdck.bc.ca



Seldom Scene

by Gerald Panio



Following hot on the heels of the Hexagon Players' production of *The Dancing Mice*, Crawford Bay School's multi-grade Drama class did themselves proud with a two-night run of Alan Haehnel's *Will & Whimsy: Sixteen Dramatically Illustrated Sonnets of Shakespeare*. Any audience members who might have had some trepidations about following along with Shakespeare's gorgeous but oftentimes challenging poetry had their fears quickly laid to rest as the players "translated" each of the sonnets into 16 fast-paced skits about love that were alternately heartfelt and hilarious.

Anchoring the entire production were two of the cast's younger members—**Daelin Peel-Smith** as the Bard and **Kira Dinim** as Anne Hathaway. Because they carried off their roles so gracefully, it's easy to lose sight of how challenging those roles are. As anyone who's tried it can attest, it's difficult enough to memorize and present any one of Shakespeare's 153 sonnets. Daelin and Kira each had eight of the suckers, whose lines they had to intersperse in quatrains & couplets with the actions of the other players. My head spins at the thought of the work that went into making it look as effortless as it did.

Interestingly enough, the role of Shakespeare's wife, Anne Hathaway, is actually not in the play's original script. The idea for creating a kind of play-within-a-play-within-a-play arose during rehearsals. We really know so little about Mrs. Shakespeare that there's endless room for speculation. In collaboration with director Lori O'Neill, Daelin and Kira managed to weave from whole cloth an evolving bit of stage business that had Anne quietly upstaging her self-involved husband. One of the biggest laughs of the evening came when Anne dropped by with a baby as William was working, and William expressed about as much interest as he would in an ant that crawled across his desk. Throughout the play, Anne was toying with items on her husband's writing desk and rewriting his copy when he wasn't looking. Even after having had the pleasure of seeing both evenings' performances, I know I missed some of the subtle Anne & Will action that was going on while my attention was focused elsewhere.

Daelin's Shakespeare came off as an artist very pleased with his own work, and perhaps a little bored and in need of new challenges after knocking off his 154th sonnet. Too much of a good thing? Kira played Anne with a certain regal splendor, as befitted her sumptuous royal red costume, and with a touch of melancholy that might have come from Anne's repressing her own creative instincts while playing the role of long-suffering-wife-of-the-artist.

As for the individual skits that accompanied each sonnet, there were so many moments that I think back on with a smile. I'll start with **Ries Fowler's** shyster lawyer, his self-serving demolition of romance, and his vivid hand gestures that seemed to take on a life of their own. Matching Ries's master class in cynicism were **Zoe Ryde-Kruse** and **Theo Artzoglou** as the alternately discomfited, befuddled, and outraged lovers.

Ries also got to showcase his talent for comical accents in "Long Distance," managing to make Max sound like Albert Einstein without the brains. Where Shakespeare's original Sonnet 30 lamented the fact that lovers' bodies can't travel with the speed of thought to visit the object of their affections, Max's love can't travel farther than the sound of his own voice. As the girl on the other end of the phone, **Zoe Zaiss-Baetzel** had no problem communicating her frustration and

disappointment. Although she tells Max that it's the distance between them that's the problem, I think the real shot to the heart is her realization that he'll never love anyone better than he loves himself. Ouch.

In "Fix Me," **Daniel Wensink** gave us the ultimate doormat—the lover who's trying so desperately to be all things to his inamorata (**Sarah Wensink**) that he winds up being nothing at all. Who can forget Daniel's hilarious attempts at modeling sexier ways of walking?

Daniel had another plum comic role in "Blankie," turning the pathos of Shakespeare's "Bare ruin'd choirs, where late the sweet birds sang" to the bathos of a conversation with a ratty old childhood blanket on its way to the dump. We're all suckers for nostalgia, and shouldn't be surprised at finding ourselves suddenly reliving our childhood adventures as Captain Wonderful. And it won't even be Halloween. Nice job as the Voice of the Blanket, Zyan.

A touch desperately, the first 17 of Shakespeare's sonnets all drive home the same message: "You're

the incoming tide. A fine echo to Sonnet 64's lament "That Time will come and take my love away..."

Moving from love to friendship, which is just another kind of love, **Zyan Fukushima-Rael** and Daniel Wensink played two nerds who took the idea of a "balanced" relationship more literally than is usually the case. Zyan was convincingly earnest in his insistence that selflessness and selfishness are quantifiable, and Daniel appropriately prickly but amenable to the dictates of logic. One might wish that all interpersonal breakdowns could be repaired with just a dorky scale, a few weights, and a willingness to accept that faults tend to be on both sides. This skit is anchored in Sonnet 120, whose syntax has its own lovely mathematical perfection:

*"But that your trespass now becomes a fee,
Mine ransom yours, and yours must ransom me."*

In "I've Had a Bad Day," **Louis Ryde-Kruse** hit the right notes as a sorta shambolic dude looking to shoot himself down in flames before someone else has a chance to do it to him. Dump me now, he tells his girlfriend (Zoe RK), and spare me the humiliation later. As a coping strategy, it's about as good as relying on decapitation for headaches; but it's hard not to feel for someone who's that determined to be miserable. Fortunately, those who love us sometimes give us what we need rather than what we want. That holds true for the equally hapless character Louis played in a second skit. In that one, he was trying to batter his way through the double walls of a speech impediment and a hyperventilating shyness when he'd already succeeded in laying his heart bare in his journal.

The evening's blackest comedy came out of lust... for chocolate. With a couple of shankings tossed in on top of the script's original punching, kicking, biting, scratching, and choking, the trio of Arlo, Louis, and Noah Tarala reminded the audience that the body count in Shakespeare's work is often rather high. The fact that the proximate cause here is a simple bonbon just added to the delicious irony. And the mayhem seems rather appropriate for one of the so-called Dark Lady sonnets where love is something "Past reason hated as a swallowed bait / On purpose made to make the taker mad..."

And what would love be without a little masochism? Well, a lot better, actually, if you think about it. But it's never going to happen. There's a lot of self-flagellation in some of those sonnets. Remember that bit about doormats earlier on? Or Helena's saying to Demetrius in *Midsummer Night's Dream*: "I am your spaniel... The more you beat me I will fawn on you." Zoe Ryde-Kruse's character in "Jerk Call" was pretty much Helena; Sarah Wensink *Midsummer's* more down-to-earth Hermia, and the unseen Brian any of several Jerks in Shakespeare—including the ones who slept around in his sonnets.

Last but not least were a couple of skits taking sharp digs at consumer and pop culture. In "Shopping" Sarah Wensink finds a life beyond the mall, but girlfriends Zoe Zaiss-Baetzel and Addi Fowler know there's no such thing. Louis and Theo are back in "Musical Rut," with the former making a futile attempt to get back in touch with his creative wellsprings by going back to the same old watering hole.

Kudos, of course, to the stage crew. **Julia Middlebrook** for make-up and hairstyling, **Sky Sauve** for lighting, Daniel & Theo for sound, Sarah for marketing, and **Jessica Rideout** for stage management. A massive thank you to **Lori O'Neill** for those many, many long schooldays, with rehearsals at lunch and after school. Anyone inspired to check out more of Shakespeare's sonnets can try downloading one of my favourite apps: Touch Press's *The Sonnets* by William Shakespeare, with Arden notes, poet Don Paterson's lively commentary, and video readings of every sonnet by the likes of Patrick Stewart, Stephen Fry, Fiona Shaw, and David Tennant. Also nothing to sneeze at is the very ambitious Sonnet Project. Never, ever too much of a good thing when it comes to the Bard.



gorgeous, but all that beauty's going to be shot to hell as you get old so you'd better have a kid who'll inherit those looks and remind everyone of the hot property you used to be." The skit "We're Having a Baby" nails this theme down nicely, with **Arlo Linn** as the aforementioned gorgeous object of affection, and **Justice Nicholson** as the doting-but-sly partner who uses William's argument to break the news that she's pregnant. I loved Arlo's deer-in-the-headlights look when he realized he was about to be a dad, and laughed again when I saw that "deer in the headlights" was actually in the original script.

One of my personal favourites among the sonnets is 130, that ironic inversion of lovers' hyperboles that begins with "My mistress' eyes are nothing like the sun..." Its contrast of idealized beauty with a more homely reality seems even more relevant in our modern media-saturated, airbrushed age. Zoe RK and Ries captured the poignancy of lovers whose bond is based on soul rather than surface. And they essentially reprised those roles in the sketch "Elderly Love," where old age proves no more of an impediment to true love than did "false compare." The closing bits with the Viagra and Ries's spry off-to-the-bedroom hop were more pieces of inspired-but-unscripted stage business.

The "Dog Lover" segment had one of the evening's biggest crowd pleasers, with **Morgana Page-Deal** coming to the rescue of a despondent **Addi Fowler**. I'm pretty sure Shakespeare wasn't thinking of a big, lovable Labrador when he wrote "For thy sweet love remembered such wealth brings/That then I scorn to change my state with kings" but Morgana showed us where the expression "puppy love" really comes from. And Addi hit just the right notes of melancholy in the soliloquy she shared with her ironically-named goldfish. What Shakespeare play would be complete without at least one cool monologue?

Bridging the gap between Innocence and Experience was the "Castle Builders" sketch where Addi and **Noah Tarrala's** wide-eyed seven-year-olds discovered that their magnificent and indestructible sand castle, the product of their perfect collaboration, was no match for

...Cuz it's Fun

by Doreen Zaiss

Time to bring on the fun again. Theatre Sports starts its annual journey into nonsense and free expression Thursday, March 6 at the Community Corner, 7-9 PM.

And why might anyone want to be part of this theatre experience? Because it's fun. Because you have to put yourself out there and trust the others on stage to support you. Because there's no one there to watch your efforts except the other people who are taking the same risks. No freeloaders are invited, just those who are willing to try. We start with relatively simple group games that build trust and get you thinking on your feet.

Do you risk making a fool of yourself? Yup. But like I used to tell acting students at CBESS, the surest way to make a fool of yourself is to try too hard not to make a fool of yourself. Just have fun and take a risk. It's okay if people laugh at your mistakes. After all, laughter is the number one goal.

Kootenay Lake Art Connection Update

by Geri Gomola

I may not be able to do the art walk this year after all. I will find out in a couple of weeks. If not someone else might take it over and the worst case scenario is that it will be a next year project. As for now, we are going ahead as planned. The East Kootenay Art Connection painters were invited to exhibit their work at the Creston Chamber Gallery between Feb 28 and April 28. There are approximately six artists showing their work and there will be between sixty and seventy paintings for your perusal. I invite you to come and have a look at the work. Artist showing their work are Jacqueline Wedge, Val Van der Poel, Geri Gomola, Jade Ehrler, Jennifer Larratt Moore and Laura Leeder.

Venues wishing to be part of Art Connection (as well as artists) please contact Geri Gomola at 250-227-9085 or at geririch@telus.net

I am sorry if I missed any of last year's sponsors in the last article. I would like to thank RDCK, Columbia Basin Trust, Creston Credit Union, Nelson and District Credit Union, Lakeview Store, and *The Mainstreet*. I would also like to thank Community Connections, and in particular Greg Blackwell, for his help.

Tired of the Gray and White? Add Some Colour!

by Val van der Poel for the
Community of Creston Arts Council

Tired of the gray and white of Winter? The new art shows at the Creston Public Library and the Chamber of Commerce will give you lots of color to chase away those winter blues.

The Art in the Library features the work of two local artists and is called Colorful Canvas/Colorful Silks. The colorful acrylic paintings of Kurtis Ladner can be found in the meeting room as well as in some locations throughout the building. The colorful silk scarves by Linda Bullock are on display in the library's glass cabinet. The art on display is for sale, just contact the artist and you can have a touch of color in your home during the winter. The Art in the Library display is from March 1 to May 2 so you will have plenty of time to check it out.

A number of the artists from last summer's Kootenay Lake Art Connection are exhibiting their work in The Art in the Chamber display. This is a chance for locals to see something new as some of these artists have not shown their paintings in Creston. Come and see the semi-abstract work of Geri Gomola, the imaginative work of Jade Ehrler, the intricate detail from Jennifer Moore and the work of other artists. Also on display at the Chamber, in the glass cabinets you will find the colorful and fun works of Offbeat Concrete by Dave and Susan Shearer. The Art in the Chamber show can be seen during business hours from February 28 to April 30 and the chamber staff will be happy to help you with any purchases.

These community art displays are sponsored by the Community of Creston Arts Council, the Creston Public Library and the Creston Chamber of Commerce. They are a wonderful way for local artists to exhibit their art and for locals and visitors to see the abundance of talent that can be found in our beautiful valley. Take some time to stop in and look at each display. If any artists are interested in displaying their work in these venues contact Val at 250.866.5772.

Medley Arts Camp, Summer 2014

press release, submitted by
Laverne Booth

Dance Fusion - Drama - Clowning for Children - Folk Band Basics - Art and Craft - Singing from your Guts - Balkan Choir - Mandolin - Accordion Blues/Improvisation - "Commedia Del Arte" Masked Clown - Party Dance - Marimbas - Stilt Walking...
There is something for everyone at Medley!

East Shore residents and visitors of all ages will find Arts delights in the offerings at the Medley Arts Camp at Crawford Bay School, July 28 to August 1.

The artistic line-up this year at Medley includes homegrown and regional treasures such as Bessie Wapp, Slava Doval, and Ben Johnson, with the delectable addition of experts from far away, notably Vanessa Gendron from Prague, Czech Republic, actress and drama teacher. Classes are held for one to two hours a day, for five days from Monday to Friday with a performance on Friday. You can register for just one class or several. A delicious lunch is available each day. All types of musical instruments will have an opportunity to join in with group band classes.

Mark your calendar and make sure your summer visitors know that Medley Arts Camp at Crawford Bay School is from July 28 to August 1. There are classes and activities for all ages and abilities, with plenty of time afterwards to hit the beach. Our visitors last summer said it was the highlight of their year!

Watch for more news coming up and check for updates at: www.medleyartscamp.ca

GROCERY GIFT CARD FUNDRAISER

Crawford Bay School Parents Advisory Council (PAC) is doing on-going fundraising in the form of selling Grocery Gift Cards to the following two stores:

- **Save-On/Overwaitea: (denominations of \$10, \$25, \$50, \$100)**
- **Kootenay Co-op: (denominations of \$50, \$100, \$300)**

How does it work?

- Through us, you order & prepay for your cards (in the above denominations).
- We purchase pre-paid cards for those stores and they give us a percentage of total of cards purchased towards our fundraiser.
- You use these cards like cash when you next shop at the corresponding stores.
- These cards do not expire.
- This costs you no more than going to the store with cash, & supports a worthy cause.

The next two rounds of these sales are going directly towards the high-school's year end trips to the Juan de Fuca Trail Hike and Salt Spring Island Agri/Ocean Retreat. The next deadline is:

• Sunday, March 30

The cards will be available for pick up at the school within one week after this deadline. Payment must be made in advance.



Contact Jennifer Irving at 250.551.4789 or Sandy Watson at the school at 250.227.9218 to order your cards! Other volunteers will be canvassing past-purchasers. Please do what you can to support!



AREA "A" EDC Economic Development Commission

next application deadline:
May 31, 2014

A submission can be made at any time -- submit early so we can help you to succeed.

Projects for Area A (East Shore, Riondel to Wynndel) relevant to the promotion of economic development may be eligible for a grant from the Regional District of Central Kootenay. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

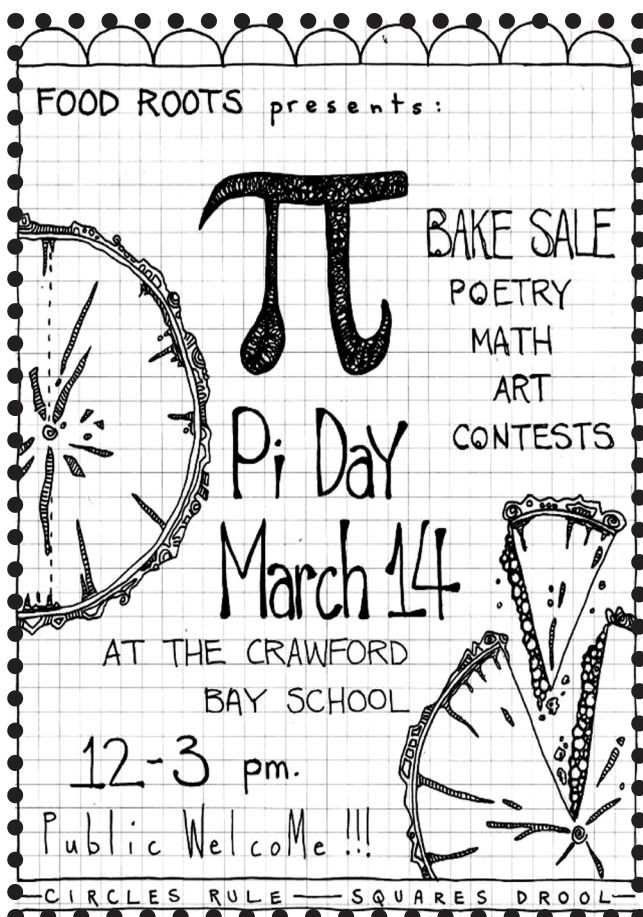
Please phone for an application form or request by email:

Lorna Robin, EDC Chair 250-225-3333
lornarobin@bluebell.ca

Approval/funding lag time 6 to 8 weeks

Community Connections (aka South Kootenay Lake Community Services Society, SKLCSS) is a registered society that may be able to sponsor your application.

email skootenaylakecss@gmail.com
or phone 250-227-9218 x 5505.



First Aid Essentials

submitted by Laverne Booth

Thanks to Sharon Zeeman who did a fantastic job of identifying First Aid Essentials, information for all our residents of Area A. Sharon kindly presented the following notes at a community information session in the seniors room at the Community Centre which was organized thanks to the Age Friendly Community of Riondel, the Seniors Association and the East Shore Community Learning Hub.

What is an Emergency?

The first step in dealing with an emergency is to recognize it! A medical emergency is an illness or condition that needs immediate medical attention. For example, a heart attack is a medical emergency.

An injury is some kind of damage to the body caused by an external force. This damage can include broken bones, wounds and burns. The most common causes of injury include motor vehicle collisions, falls, poisoning, and drowning.

If you are not sure if injuries are serious enough- Call 911- let the professionals decide.

How does the 911 system work?

Call 911- Kelowna RCMP take the call and they call: Ambulance- BC Ambulance Service is dispatched (Kamloops) or Fire - Regional Fire Dispatch (Trail). Riondel Fire Department is called through pagers, or Police- Kelowna RCMP dispatch to Creston/Cranbrook RCMP

When to call 911?

Trust your instincts. If you think that an emergency exists, it probably does.

You should call 911 in cases of:

- Unconsciousness or an altered level of consciousness
- Difficulty breathing or no breathing (no signs of breathing)
- Persistent chest pain or pressure
- Deadly bleeding
- Seizures, severe headache or slurred speech
- Injuries to the head and spine
- Blood in the vomit, urine or stool
- Imminent Childbirth

You should also call 911 if the person is involved in:

- Fire or Explosion
- Poisonous Gas
- Motor Vehicle Collision
- Live electrical wires
- Swift moving water

How to call 911

When you call, the 911 dispatcher will ask questions like

- Where is the emergency? (physical address)
- What telephone number are you calling from?
- What is your name?
- What has happened?
- How many people are involved and what is their condition? **DON'T HANG UP UNTIL THE DISPATCHER TELLS YOU TO.** If someone else phones 911 for you, have that person return to you. Why?

• Tell you what the 911 dispatcher said

- You know the 911 call was made
- You can have that person help you.

Should you drive an ill or injured person to hospital?

Pros

- You may get the person to hospital sooner

Cons

- Person's condition may get worse

- Poor/no cell phone service
- May cause more injury moving the injured person
- State of the driver
- May cost you a life
- Never let an ill or injured person drive alone

Heart attack signs and symptoms:

- Chest discomfort- squeezing pain
- Chest pain radiating to upper limbs, throat, jaw and back
- Recent chest pain (within hours to days) before the attack
- Nausea and sometimes vomiting
- Shortness of breath
- Profuse sweating
- Pale colour (skin that is bluish or paler than normal)
- Weakness
- Restlessness and anxiety
- Problems breathing
- Abdominal or back pain (more common in women)
- Jaw pain
- Cold sweaty skin
- Denial
- (not everyone experiences chest pain during a heart attack)

Soft Signs of a heart attack:

During a heart attack many women, elderly people and people with diabetes tend to experience

- Mild unfocused chest discomfort
- Comes and goes
- Doesn't feel like pain
- Gets better with rest
- Gets worse with activity
- Starts mild and gets continually stronger
- Tiredness
- Gastric discomfort
- Flu-like symptoms

Stroke signs and symptoms

- Face- facial numbness or weakness especially on one side
- Arm- arm numbness or weakness, especially on one side
- Speech- slurred speech or difficulty speaking or understanding
- Sudden, severe headache
- Dizziness or confusion
- Unconsciousness or temporary loss of consciousness
- Sudden loss of bladder control

Burns

- 1st Degree (superficial burn)- redness, pain, possible swelling
- 2nd Degree (partial thickness burn)- redness, pain, possible swelling, blisters
- 3rd Degree (full thickness burn)- redness, pain or no pain (due to nerve damage), possible swelling, blisters, charred or waxy white flesh, open wound

Medication

Never take anyone else's medications There can be serious side effects. It is always important to tell the ambulance crew and the fire department first responders what medications you are on, if you have been drinking alcohol or doing drugs, and how much. They are not there to criticize you, they are there to help you. Do not take outdated medication.

Infection

An infection is a disease process caused by germs that invade your body. For someone to get an infection or infectious disease, four things must happen:

1. Germs must be present in the surrounding environment.

2. The germs must enter the body
3. Enough germs must be present in the body to cause infection
4. The individual's natural defences must be weak.

If any of these are missing...you won't get an infection.

How is an infection spread from one person to another:

- Direct contact - when you touch the blood of someone who is infected
- Indirect contact - When you pick up some thing that an infected person has touched
- Airborn transmission - When an infected person sneezes, sending germs into the air, and you breath in those germs.
- Vector-born transmission - When a mosquito bites an infected person and then bites you, passing on germs.

How to prevent diseases from spreading:

- Wash your hands frequently and thoroughly
- Treat all blood and other body fluids as infectious material
- Cover your mouth and nose when you sneeze
- Eat well and get enough exercise and sleep
- Immunize yourself

Legal Refusal of Treatment

Competent adults have the right to refuse treatment even if treatment has already started.

Advance Directive, Advanced Care plan of Health Care Directive:

- Written in advance of an emergency
- Must be signed by the patient
- Must be written clearly and concisely
- Should be typed or written legibly on professional letterhead
- Usually accompanied by a doctor's written instructions

Do Not Resuscitate Order (DNR order)

Ambulance attendants and fire department first responders must see these orders in order to comply with the patient's orders. It is a good idea to photocopy these orders. When help arrives show them the originals and photocopy and they will leave you with the original and take the photocopy with the patient. Legally if the patient is competent at the time of the emergency he/she has the right to make these requests.

Preparing for emergencies at home:

- Keep important information in a handy place: your address, date of birth, health care numbers, medical conditions, allergies, prescriptions and dosages, DNR orders, Advanced Directives
- Keep your medical records up to date
- Post the 911 number near your phone
- Teach children how to call 911, their phone number and house address
- Install smoke and carbon monoxide detectors. Test them regularly. Change batteries yearly
- Keep an up-to-date first aid kit handy in your home, vehicle and workplace
- Take a first aid and CPR course
- Make sure your house number is easy to see
- Keep driveways clear of snow
- Wear a medical alert if you have a potentially serious medical condition

Tear/cut out this page and keep it handy!

Asana of the Month

Kurmasana ~ Tortoise Pose

**Benefits:**

- develops a calm mind and balances emotions
- tones and stretches the entire spine
- rejuvenates the whole nervous system
- massages the thyroid gland
- activates the abdominal organs
- keeps one energetic and healthy
- soothes the nerves of the brain
- strengthens the neck
- increases chest & lung capacity
- prepares one for deep meditation

Doing the pose:

- sit on the floor with legs straight in front of you
- widen the legs till the knees are hip width or more apart
- bend the knees drawing the feet towards the hips
- exhale, bend the torso forward and rest the forearms on the floor
- take three breaths here releasing the hips
- insert the hands one by one under the knees, palms face up
- begin straightening the legs, bringing the chest down towards the floor
- simultaneously rotate the hands, palms face down
- rest the forehead on the floor for a breath
- now stretch the chin forward, without strain, resting it on the floor
- breathe deeply for 30-60 seconds, or 3-5 breaths

Focus while in the pose:

- chin stretches forward
- breathe deeply and evenly
- hands and fingers are pointing backwards
- keep opening the chest
- stretch out through heels to deepen the stretch

To come out of the pose:

- releasing the heels, bend the knees slightly
- rotate the hands, palms face up
- gently bring one, then the other arm out from under the knees
- release back to beginning pose



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Can We Put the Wheels on the Meals?

by Fran O'Rourke

The East Shore has long needed a meal delivery program for the elderly, shut-ins, convalescents or anyone who has trouble cooking. The complications of our far-flung community, the expense and distance, make organizing the project seem impossible. Many people must rely on commercially canned and frozen food, which provide the required calories, but can also deliver a load of extra sodium, sugar, and preservatives.

At the same time, the Crawford Bay School hot lunch program often has a surplus of delicious, nutritious food that suits a variety of dietary needs – low sodium, gluten free, dairy free, and vegetarian choices – prepared from quality ingredients. So we have the potential meals; what's missing are the wheels: the infrastructure to move that food into the community, and it is certainly not within the mandate of the school to provide that.

Riondel Seniors Association, which has been offering some interesting programming this year, invited Lee Riedl, the hot lunch co-ordinator, on February 12 to a Soup Tasting. Everyone there had an opportunity to sample the tasty soups she brought, and the conversation turned to how we can connect the needs of community members with the resources of the school.

As a result, the Seniors Association would like to pilot a simple project which would make meals available to the community. The food would be purchased from the hot lunch program, thereby supporting that program. It would be stored frozen in a hub location – the Seniors' room for now – to be collected for recipients at the original price (plus a returnable deposit on containers to keep them in circulation). It would not be meals on wheels, but it would provide healthy and flavourful alternatives to commercially produced food. And very affordably; meals would cost under five dollars, soups, three dollars or less.

BUT to get this project off the ground, the Seniors need help. We need a **volunteer coordinator** to take phone orders, to supervise orders and delivery. We foresee this requiring one half day a week. We need **drivers**. In Riondel, neighbours, friends, and care-takers could collect meals directly from the Community Centre. The program could include Crawford Bay, Gray Creek, Kootenay Bay even Boswell if drivers come forward to move orders to hub locations there. And we need to know if there is a market.

There are already several containers of soup at \$3 each – miso, tomato-squash, dairy free cream of mushroom, and parsnip-squash – waiting to land on your table. More soup varieties and meal options would be available when the program hits full stride. But that is up to you:

- o Are you interested in purchasing meals?
- o Are you willing to become a coordinator, a vital position in this budding project?
- o Would you consider being a driver to deliver orders to your neighbours?

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Riondel Fire Rescue

by David Soanes, Fire Chief,
Riondel Fire Rescue Services

Riondel Fire & Rescue Services have maintained ongoing Fire Suppression and Safety training at their weekly Fire Practice events, through the cold and snow season.

In addition to these weekly practices that help keep us reasonably prepared for any unfortunate event or situation, we have performed two vehicle extraction training events.

These two events allowed all members to reassure their skills for, utilizing and operating of the Jaws of Life for vehicle extrication, and to familiarize themselves with newly purchased Rescue 42 vehicle stabilization kit. These tools & skills allow firefighters to quickly and effectively stabilize any situation. This allows Firefighter and First Responder personal to enter an unstable situation with safety.

This expertise have been established with the assistance of two motor vehicles that were donated to Riondel Fire Rescue Services.

Riondel Road Rescue services cover all roads north of Akokli Creek along Hwy 3A, Boswell, Gray Creek, Crawford Bay, Kootenay Bay and Riondel areas.

Riondel Fire Rescue Services are introducing a 'First Responder only' group of members, in support of the 'Initial response for Medical situations within our First Responder Services area'.

Next Deadline: Mar 26
www.eshore.ca

Certified First Responders Graduates

by Francis Holman, Fire Fighter/First Responder, Riondel Fire Rescue

Congratulations to the recent graduates of the Certified First Responders course.

The course was held in Riondel, Crawford Bay & Blewett respectively. There were 11 course participants from the East Shore, which has now significantly improved the number of CFR's available to respond to any local emergency call, which benefits our community!

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- To reach patients
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- Provide emergency care
- If necessary, move patients
- Transfer of care to other medical professionals

First responder care can range from, emotional support to life saving actions.

Riondel Fire Rescue, would like to thank the course instructors: Rod Stewart, Patti Thygesen and Cory Medhurst. Good job everybody!

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★ *"This small town will make you reassess what you think civilization should be like" - The Guardian*

★ *"Up here, it's all about community: Networking takes place on the sidelines of the kids' soccer field, folks tend to boycott big chain stores, and if you choose work over family here, you stick out" - Sunset Magazine*



Thoughts from a Disturbed Mind

by Harvey Valgardson

So, I've been looking at eyes a lot lately. I've never had much to do with eyes. Actually, looking back, I've never had anything to do with them. I was married to my first wife for 8-1/2 years and I have no idea what colour her eyes are. Well, OK, I was young so maybe my gaze just never got up that high, but what about my kids? I love them both, and would do almost anything for them, but I can't tell you what colour their eyes are.

I supposed I have always avoided eyes. I wonder why. Am I afraid of what I might see? Of course, it works both ways. If I look into someone's eyes I grant them equal access to mine and there are one or two things behind my eyes that I have learned to keep to myself. Maybe that's what it is. Some kind of defence mechanism I built into my wall. Well, a little boy on a beach blasted his way through and now that part of the wall, at least for a little while, is broken and I'm seeing something that has me wondering.

The little boy's eyes were blue. He was about one year old and riding through the crowd in his mother's arms. I don't know what caught his attention but his eyes suddenly opened wide and his face transformed into such a pure expression of delighted wonder that his eyes shone like a beacon through the fog of my own personal disenchantment.

I was still thinking about it a couple of days later when I saw the same look in the eyes of an old Thai

man. He must have been in his nineties but, for just a moment, the years didn't matter. The beach we were hanging out on was littered with Europeans. Let me tell you something about European bikinis. You can make about 100 of them out of one square metre of cloth. One woman had simply dispensed with her bra and what she had left was hardly enough to floss my teeth with.

The old man and I had both been feasting our eyes on the same stuff but, I knew without looking in a mirror, mine did not reflect that glow of delighted wonder. I was certainly appreciative and, perhaps, even delighted, but for some reason I wasn't getting the same kick out of things as the little boy and the old man.

Until my encounter with the old guy I was tending towards using age to explain my shortages. He blew that theory out of the parameters of credibility, but then does it even matter? Is delighted wonder even important? I've been mulling that question over for a few weeks now and I've decided it is.

John Mellencamp once sang that "Oh yeah, life goes on, long after the thrill of living is gone". I don't think that's true. When the thrill is gone, so is life. What remains can hardly be given such a lofty title as life but, rather, something less; existence maybe. Without that spark of wonder the end is inevitable, but as long as that spark remains is life eternal? Holy cow. Am I messing with immortality here?

My father-in-law is in his mid-nineties but you'd never guess it. He's in better shape than me both mentally and physically and finds practically everything wonderful. It really doesn't take much to transform his face into the same expression the little boy had. OK, so that's hardly conclusive evidence but it does seem to support the theory. The question then is, where does the delighted wonder come from? Are some people simply born with it or do we all start out that way and

only a lucky few retain it? Maybe some of us just need a little booster shot now and then.

That idea woke a remembrance. Dimly like a half-forgotten dream I remember feeling delighted wonder. But when? Well, it took some serious mental rummaging but I finally recalled the occasion. It was about thirty years ago and I had eaten some fungus of questionable legality. From there my rational genius took over and I had soon developed what I call Harv's Applied Plan for Perpetual Youth. HAPPY, for short.

So how do we implement HAPPY? Easy, medical magic mushrooms. Of course, it's going to call for some planning. An entirely new infrastructure will have to be developed and professional training will be required, but I'll leave all that to the rest of you. I'm just an idea man.

Still, I have a general idea how it would work. Psychologists, church leaders and girls in bikinis can all get together and develop a ten minute video that is guaranteed to generate delighted wonder in what, for lack of a better term, we'll call a healthy human. Special doctors will show us the video, I don't know, maybe monthly, and if we fail to display the required level of delight we get a prescription for some shrooms.

Will it work? I don't know, but it sure would be fun to try.

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

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An Interview With Principal Jann Schmidt, Formerly of CB

by: Deberah Shears

I first met Jann Schmidt when she was driving from Nelson to Riondel on Thursday nights to play her baritone saxophone with the Many Bays Community Band.

Q: Jann, I realize that before I met you, you had been a teacher at Crawford Bay School. Where had you come from, and what brought you to the Kootenays?

A: I came originally from Calgary, but my late husband had grown up in the area - in fact, he had attended Crawford Bay School. He introduced me to the area when I was still in university, and I even worked in Crawford Bay in the summer, helping with the Summer Adventures program run out of Gray Creek Hall. We both went to Baffin Island to teach for three years. However, starting a family seemed to lure both of us back to the Kootenays. I worked for a short time as the postmaster at the Crawford Bay Post Office before I became first a substitute teacher, and then a special education teacher, at Crawford Bay School.

Q: After Crawford Bay School, you took a position in Nelson. Why did you move?

A: My position at Crawford Bay School was lost due to declining enrollment; I was the teacher on staff with the least seniority. Luckily, I was able to find a position in Nelson and moved my family there.

Q: When did you start your Master's Program, and did you have school administration as your goal?

A: Not really. I became interested in the School

Leadership and Administration Master's Program and enrolled in it in 2007. I completed it in 2009. In 2010, the principal of the school I was teaching in had to take a leave of absence for 2 to 4 months. The principal recommended me to the School Board as an interim principal - that's how I ended up in administration. In 2011 I was given the position of principal of Red Fish Elementary (Balfour/Procter).

Q: You were at Red Fish Elementary until just this last Christmas. Starting January, 2014, you accepted a position as principal of a school in Vancouver - Mt. Pleasant Elementary School. What led you to Vancouver?

A: That's an easy one to answer! My present husband, Paul, has been working in Vancouver since last May as a train conductor. We were both suffering from the separation and the long distance to travel. At the end of last November, we sat down to talk about it, and decided that I would apply for a position with the Vancouver School Board. I did not expect to get a position so soon.

Q: What are the biggest challenges you face in your new Vancouver school?

A: Vancouver is a much larger district and with that come large district issues: communication, process, social, etc. I am steadily "weaving my way" as I learn this new district. There are 12 different languages spoken in the families of Mt Pleasant Elementary, and 29 identifiable cultural/ethnic groups. There is no dominant group - the groups are pretty even in number. This can be very challenging. Red Fish Elementary had students from Kindergarten to Grade 5; Mt. Pleasant has twice as many students and goes from Kindergarten to Grade 7. This has meant that the role of adminis-

trator is busier, and I am not able to do the teaching I did in my previous position. I miss that, and hope to be able to do some teaching next year - squeeze it in somehow! Mt Pleasant Elementary recently lost its inner-city status because of enrollment figures. This has affected our grants for special programs, and so one of my greatest challenges is to maintain the level of programs for the students in this school with less money.

Q: Tell us what puts a smile on your face when you wake up in the morning.

A: Obviously, I am so happy to be working in the same city as my husband, Paul! I love the students here - children are such a joy, and really, they are the same everywhere. I am enjoying getting to know Vancouver. The traffic and the hustle and bustle... well, that will take some time. What has made me smile is that on some days, in the Kootenays, I had to go into the school grounds to chase

away the bears! Here, at my new school, I have to go outside in the mornings to do a cautious and gentle sweep of the homeless sleeping in the school grounds.

Q: Do you have any plans to join a community band in Vancouver?

A: Not right now, but who knows... maybe in the future.

Jann, all your friends and colleagues in the Kootenays wish you every success and happiness as you make a new life in Vancouver.





Hacker's Desk

by Gef Tremblay
The Hacker's Perspective

The term hacker has been used quite differently in the past 30 years. It waded back

and forth from a negative to a more positive connotation. In the news today hackers are generally criminal susing computers, but from the hacker's perspective, most of these criminals aren't classified as hackers.

In the computer hackers community, you have the black hat, the white hat and the grey hats. There are other colors and ideas about this, but it generally means that if you are a white hat hacker, you use your hacking skills for the greater good of the computer and technology world. If you are a black hat hacker, you use your skills for profit and destruction, doing illegal hacking, stealing things or working for an evil organization.

So within the hacker community there is a complex system of ethic and code of conduct. At one extreme you have groups like Anonymous, Wikileaks and Edward Snowden, who use their skills, in legal or illegal ways to bring to the media what is happening in secretive politics and business.

At the other extreme you have hackers that deface as many sites as possible and leave their name there for fame, however long that fame would last. In the same boat you have the spammers, and other online scams, petty online thieves, crackers and credit card fraud.

In between all that, you have a huge group of hackers that are creating and experimenting with technologies and open source code. Most of coders that created Linux and other open source projects are called hackers. They take a technology, and push it and grow in the areas that seemed impossible a few years ago. The hacker community takes an off-the-shelf product and expand it and try to make it do things that weren't possible at first. One definition of hackers that I embrace is: 'A hacker is someone who makes things do what they want to do.'

This is a quite expansive idea of the hacker's mind set. It's not only about computer anymore but about objects around you. It's even not so much about objects, but actually a way of living.

Hacking is a creative process of tinkering, learning, opening things and once in a while, breaking things. But it's always in the perspective of improvement or evolution. You don't hack your phone to remove some functionality from it, you want to expand it. You hack a car engine so it consumes less gas for instance. That idea, that concept can be applied to many aspects of your life.

For me yoga and hacking is quite similar, and in the last year I've discovered that yoga, hacking and design are part of the same process. To start with, I feel yoga is to the mind what design is to our external world, and in both cases hacking is the tool and the concept used to expand these fields.

Hacking, yoga and design start with a problem or a challenge. You spend time framing the problem and then you use creativity in order to resolve the problem.

For example, practicing yoga I came to realize that I have some unhealthy habits and concepts. Using a bit of hacking, or yoga practice, I tinker to discover more about it, and further hack my mind in order to bring some change. Once there is a change from these past concepts, I need to plan or to use design in order to take the next step, to create healthy habits.

Hacking and design are also connected by their process of creation. Hacking creates a good foundation into design. When I hacked my Kindle into a kindle

berry pi, I received tons of email speculating about new design or use of that hack. So the hacking process informed the design process, more than that the hacking enable the design to happen. Through hacking I can see the potential and the possibilities.

A great design is a design that help the human to evolve. Design is the process to shape and create the relation between us, human and the external world. From architecture, to interior design, from fashion design to graphic design, it's a really similar process as yoga, but from the outside in. Yoga comes into design from the perspective of truly knowing myself and helping me understand what is needed for our society to evolve. A design that is only meant for quick profit generally dies quickly too. A design that respond to a profound human need will be timeless.

The hacking mindset generally goes against the current of what is; it challenges the past and explores the future possibilities. The iphone locks you down into using only certain apps and a certain carrier. Then some hacker finds a way to jailbreak or expand the iphone functionality in order to use its full potential. When the National Security Agency is abusing its power, then you have a hacker who steps in to change how that is working. If someone feels her potential limited by her past belief and concept, she can then use the hacking concept through yoga to change that limitation. The hacker's mindset is really important to society, as much as yoga and design, so that changes and evolution are not only possible but happening. So lets hack the world and bring some change!

Professional Consultant to Teach Workshop on Volunteer Recruitment & Retention

submitted by Marc Archambault

February 19, 2014. Creston, BC - Val Mayes of Winlaw, BC has been invited by Marchwrite Services to teach at the Snoring Sasquatch Thursday March 13. Val, who holds a Master's degree in Adult Education, has worked in the field of community development for over 30 years. She will be presenting tips, tricks and resources for getting and keeping the best people on your team.

"I recently had the pleasure of attending a series of workshops Val Mayes gave on the East Shore," said Marc Archambault, owner of Marchwrite Services. "I was so impressed with her teaching that I asked her to speak in Creston. Being involved with several non-profit organizations myself, I knew the topic of how to find the right volunteers would be very relevant."

"I don't know any organization in the Creston area that isn't having issues with volunteer resources," said Dave St. Germain from Yahk, a veteran community leader.

The workshop will cover the fundamentals of a volunteer program: recruitment, screening, training, placement, tracking, evaluation and recognition. Registration is available on-line at www.marchwrite.ca/workshops.html or in-person at the Snoring Sasquatch 221 11th Ave N. Creston. The event will start with a potluck networking social at 5:30PM, followed by the workshop from 6-9pm.

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Our Guatemala Experience: Helping to Realize the Vision of Project Somos , Part 1

submitted by Ali George

Note: One glaring omission in my article is any information about the political and socio-economic state of Guatemala. I'll admit that I'm relatively ignorant on these topics, but I'm learning more about them every day. Here are some statistics that may give you a rough idea of how things are for children and families in Guatemala:

- Guatemala (population 14 million) is one of the most impoverished countries in the Americas.
- 50% of the population live in poverty, in spite of only 4% adult unemployment.
- The child labour rate is 30%.
- 20% of adolescent girls are married.
- 30% of adolescent girls have children by the age of 18 (UNICEF).
- 56% of Guatemala's children are malnourished, closer to 70% in rural areas.
- According to UNICEF, Guatemala has the fourth-highest rate of chronic malnutrition in the world, lagging behind just a few arid countries, including Afghanistan (Guatemala is not arid; the volcanic soil is rich and seeds would grow just about anywhere you dropped them).
- In 2005, UNICEF estimated the number of orphans in Guatemala at 370,000; there is no comprehensive national infrastructure to handle such a staggering number of orphans.
- The biggest school dropout rate is in the first grade (school is taught in Spanish and many indigenous children and families do not speak Spanish).
- 68% of students reach the fifth grade; 35% of students reach high school.
- A 35 year civil war ended in 1994 with 200,000 killed and 40,000 missing; the majority of Guatemalans alive today are living with the trauma of war.
- 1.5 million Guatemalans live as illegal immigrants in the USA, sending back \$5 billion dollars in remittances every year; it is one of the largest sources of income for the country.
- Over 50,000 Guatemalans are deported from the U.S. each year.
- Half of the land in Guatemala is owned by only 2 percent of its 14 million people. Wealth is similarly concentrated, making Guatemala one of the least economically balanced societies in the world. The result is that the majority of Guatemalans live in miserable poverty, struggling to access land, jobs, education, health care, and food.

In June of 2013, I heard about a volunteer opportunity in Guatemala through our home-learning program, SelfDesign. The project was called Project Somos ('somos' is Spanish for 'we are'), started by Greg Kemp and Heather Knox from Vancouver, B.C. who run a non-profit organization call The Compassion Fruit Society, and their goal was to build a village in the highlands of Guatemala for orphaned and abandoned children. They were using some pretty cool building technology: earthbag construction (similar to rammed earth), with bamboo supports and 'eco-bricks' made out of thousands of plastic pop bottles for interior walls (there is no recycling in Guatemala, so the supply of bottles and scrap plastic is unending), then stucco over everything. Each house would take 7,000 lbs. of plastic garbage off of the ground. They were using solar panels for electricity, passive solar to heat their water. They were going to grow organic fruits and vegetables to eat and to sell. They were building a children's library. They were employing local workers and training locals to run the project. I looked at their website and was very impressed by what I saw. So many ideas, so many ways to contribute. AND they were inviting families to come on down for a bit, have

a look around Guatemala for a few days, then head to the project and help them build their dream. I talked to my family about it (my husband Al, my son Gus [11] and my daughter Grace [9]) and we all agreed that it was a great opportunity. Right on! We're in! The project directors' only request was that we fundraise for the project and tell people about it. So from July to December, we did just that. And we raised \$2,800, most of which came from right here on the East Shore. Then on New Year's Eve, we left for Guatemala and Project Somos.

We flew to Guatemala City, where we met our Guatemalan guides Susan and Eduardo, and met the other folks that we would be travelling and working with. We couldn't have asked for a better group! The next day, we drove three hours to Lake Atitlan (the deepest lake in Central America) in the highlands of Guatemala, which exists in the giant crater of an extinct volcano. We stayed in the small town of San Pedro and travelled by water taxi to visit a few of the many villages that are scattered around the lake. We also toured San Pedro on horseback and ventured up a mountain trail to get a stunning view of the lake. San Pedro was an interesting mix of indigenous culture and backpackers from all over the world. One of the places we ate



was Norwegian-owned, Italian-run, and served Middle Eastern fare, just to give you an idea of the international mix of the place. We also got our first taste of Guatemalan arts and crafts, and met many artists and artisans who painted, wove, embroidered, beaded, and carved, among other skills.

After a few days in San Pedro, we were on our way to Project Somos. We made a stop in Chichicastananga, which hosts the largest market in Guatemala. After the initial shock of being surrounded by so many people trying to sell us so many things, we were able to settle in and appreciate the beauty of the colourful textiles and arts and crafts around us, the sounds of hundreds of voices calling out at once, the smells of fresh tortillas and roasted chicken and dried fish, and the challenge of choosing what to buy and from whom. So many beautiful handmade objects; so many people trying to make a living. We also visited one of the two Catholic churches and were surprised to see offerings in the Maya tradition being made on the steps of the church and inside the church itself, on stone slabs that were placed along the centre aisle leading to the altar. As it turns out, the 400 year old church was built on top of ancient Mayan ruins, and the stairs leading up to the church originally led up to a Mayan temple. A Maya shaman prayed in the Kaqchikel language and lit different coloured candles around her offerings of chocolate, alcohol and flowers while other Maya parishioners lit votive candles in front of a nativity scene. A curious mix of culture and beliefs.

From there, we travelled into the mountains, 7,000 feet above sea level, to Project Somos, which is situ-

ated on 145 acres of land near the town of Tecpán, about 1 1/2 hours from Guatemala City, Antigua and Lake Atitlan. We were met by Greg and Heather, the founders of the project, along with their four rescue dogs Tikka, Bindi, Sparky and Janga (we got to know these dogs quite well!). The land is beautiful, kind of like the Okanagan, with a view of seven volcanoes in the distance, one of which (Fuego) treated us to a smoky eruption each day. The sun is intense at that altitude, the wind wild, and the nights chilly. We slept in family tents with comfy beds and warm quilts. Most nights we were treated to the sound of whippoorwills and the wind whipping at the tent. And the stars! I got to know the travels of Orion and his belt quite well.

Our typical day went like this: up at 6:30 (remember to shake shoes out to check for scorpions and spiders), breakfast in the beautiful new community hall at 7:30, ready for work at 9. Then off to any number of jobs that Greg might have for us. Greg and Heather were THRILLED to learn that Al was a plumber, so he was busy solving a variety of plumbing problems for most days, with Gus acting as his trusty plumber's helper and wall demolisher. Grace, Gus and I learned many new skills: wiring ceiling lamps for the community hall, preparing lengths of bamboo to cover the wiring in the hall, preparing soil for a new flower garden that I got to design and plant, staking fruit trees to protect them from the harsh wind, making eco-bricks out of plastic pop bottles to use for construction of non-load-bearing walls in the houses, constructing eco-brick walls, cataloguing book donations for the future library (these books will be available to the children at Somos as well as the children from the nearby school; the school doesn't have any books!). Grace taught a group of local children how to make tin can phones and tin can stilts, and Gus taught them how to sword fight with scraps of plumbing pipe. I learned how to play an Appalachian dulcimer! Lunch break was at noon and always delicious, as were all of the meals that we had, made by Dora, Nico, and Anna, women from the local village of Chivarabal. We were back at it by 1:30, and our workday ended at around 4. We had a couple of hours to ourselves before dinner. Showers were a must; man, is it ever dusty in the highlands of Guatemala! During the dry season, anyway. Honestly, I have NEVER seen Gus and Grace dirtier, and they liked it that way! Grace had me take a picture of her dirty hands so that she could show everyone how hard she was working. Supper was at 6, and then we hung out in the community hall until around 9 (if we could stay awake that long), playing games, drinking tea and trading stories. We even got to watch a couple of great documentaries ('Living On One Dollar' and 'Babies'; check them out!). Then off to bed (remember to check bedding for scorpions and spiders) to snuggle under the comforter and listen to the wind and the whippoorwill.

(To be continued... next month.)

Check out Project Somos for yourself at www.projectsomos.org.

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Tom's Corner

by Tom Lymbery
Paint

When we were building a new three storey store in 1978 we realized that we would have space for many products that the old store sold but couldn't stock enough of. Our primary supplier was Wood Vallance Hardware's Wholesale Division in Nelson so we stocked some quarts of BAPCO brand paint and took orders for those we didn't have on hand. I still have a few of the colour numbers in my head, such as 108 Orange which was what we painted the store floor with. These were all oil based lead paints, so that floor had to be done on a Saturday night, as we were closed on Sundays. I might have to put some boards down if there were some sticky patches on Monday morning. Oil paint has a strong smell, so for painting the store shelves, somewhere I found a solution – add 2 ounces of anilla extract to each quart. This also helped to keep the new finish odour from infiltrating the tea and coffee. (We had to keep those well apart as well). The earliest paint job I was given, at age 11 was to use BAPCO Marine Green to put a fresh coat on our two cedar clinker built Walton rowboats. Durability – the timbers on the outside of the old store were done with BAPCO Shingle Stain in 1931 – and haven't been re-touched.



had been purchased by Ken Bradwell of Cranbrook from Casey Dullemond of Crawford Bay. The load included two rotating units for tinting paint. Both had been out of service for some time, so I spent hours cleaning the residue from the first one, only to find that it was defective, so I had to start over on the second device. This put us into the tinting business, and with that trying to advise people on colours. I soon begged out of the advise part, using the reason that most males are somewhat colour blind.

We were still selling BAPCO brand paint but all too soon Wood Vallance went out of business, having finally lost the CM&S Co vital contact that had kept them profitable since about 1910. That year they had been the only business to advance credit to CM&S. who purchased most of their hardware and mining equipment supplies from them in consideration of that credit. We did get more BAPCO stock when Rossland Hardware went out of business so that carried on for some time.

Ziggy and Sonia Wittmoser had sold Benjamin Moore paint at their building supplies in Crawford Bay so we changed to that brand with their left over stock after they closed up. At that point I went to a Benjamin Moore seminar at the coast. They had come up with a computer system that allowed customers to match whatever shade they brought in, even a sweater. This system cost about \$14,000 and fortunately we didn't sign up for that, as it later proved to have considerable defects. However I did learn much about the quality of the product, one of the best, but most expensive on the market. When Sharon and I took a Via Rail trip to Halifax and back, we found that this was the preferred brand in the Maritime provinces, where keeping the outside of your house painted is a matter of considerable pride.

When latex paint first appeared it was seen as a lesser substitute for the oil based (alkyd) paints, but the quality has moved ahead so much that it has taken over so many projects that were formerly done with alkyd. Because latex is water based, cleanup and most especially odour have made it the universal choice for all interior finishes. The addition of epoxy and other elements continues to keep paints changing.

Our son David has built a very successful business in Spokane, Wash. as a Commercial Paint Contractor. He started out painting houses, but no longer does these, concentrating on much larger projects such as supermarkets. His connections and advice brought Cloverdale Paint into our store, and this is now our major brand, and also allows us to be competitive to supply painting contractors. The quality is equivalent to Benjamin Moore but at a much more reasonable price. Since March begins the Clean Up, Paint Up Season, our tinting experts Christy Musil and Liz Donnison are ready to help your tinting choices.

**Reference - Ron Greene article in Victoria Historical Society Publication, Autumn 2006*

Next Deadline: Mar 26
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Boiled linseed oil was often used as a finish on unpainted wood floors, but this needed to be brushed in thoroughly – all too often the person wielding the brush expected the wood to absorb more – leaving patches that eventually left lumps or ridges. Wartime 1939 to 1945 brought another problem to paint – a shortage of linseed oil, so the substitute was fish oil that never really dried. The kitchen door to Gray Creek Hall had a coating of paint with this oil, leaving it somewhat sticky for 30 years – you could just push a notice on the door – no tape needed.

Whitewash was used in barns and chicken houses as it is only lime mixed with water, and therefore an economic cleaner and brightener. Kalsomine was a sophisticated version of whitewash with added chalk and powdered colouring. This came in packages to be mixed with water, making a cheap and quick alternative to wallpaper. The disadvantage was that it could rub off on clothing.

About 1947 they began adding milk solids to Kalsomine and this improved its durability. British American Paint Co originated in Victoria in 1899 with a plant on Laurel Point with the later name change to BAPCO. The first owner was William Pendray who also had a soap factory at Laurel Point.* I can remember when arriving in Victoria's inner harbour by CPR's Princess Elaine from Vancouver, seeing the very large BAPCO sign on that building. The business was sold to CIL (Canadian Industries Ltd.) in 1965, moving from Victoria to Surrey in 1973, but retaining the BAPCO name.

Cranbrook was having a recession in 1978 so we bought metal shelving from a bankrupt drug store as well as a pick up load of shelf brackets from a financially challenged Macleods store. However, most of the equipment came from the Cranbrook Mercantile, a three storey department store that had been in business since 1905. They had been persuaded to move into the then new Cranbrook Mall, but soon folded as they were competing with much bigger operations such as the Hudson's Bay.

We brought back more than a full truckload of material from the Merc. Nelson – Creston Transport

Tom Sez

by Tom Lymbery

ICE PILOTS NWT on TV had a most interesting segment when Buffalo Joe McBryan goes to the Hamilton, Ontario Airshow and gets to fly in a restored 1943 WW2 Lancaster powered by four Merlin engines. These planes were designed and built in England as well as Toronto. None of the US warplanes could carry the weight or size of bombs such as the 12,000 pound Tallboy that the Lancaster could.

Reports say that if every male was circumcised in Africa, then HIV would decrease enormously. What use is a foreskin in any case? The only suggestion I have heard is that it can be used to retain some sugar – if you are hoping for fellatio with your sweetie.

Stan Bruce, my sister Alice's husband flew as a navigator in the RCAF during the 1939-45 war. Everyone smoked, not knowing how addictive and poisonous tobacco is. He told me that he would take a bit of tobacco out of a cigarette, chew it and put it on an eyelid. The ensuing sting would keep him awake on those boring flights over the Atlantic ocean, searching for submarines.

At a school in Washington state the 12 year old girls were putting on lipstick and then putting lip imprints on the mirror. This created a problem for the janitor to clean off so he complained to the principal, who asked the janitor to demonstrate to the girls how hard it was to clean off the lipstick. He took a long handled mop, dipped it in a toilet and then wiped off the mirror. Problem solved.

The lighthouse wedding on Dec 29, 2013 should remind us all how important that site is with a 1904 heritage building and a view for miles north, south and west. If you visit the island of Kawaii you will be advised to visit their lighthouse which only has views level with the ocean.

A meat hunter, Heinz Naef (54) of Dawson City is confirmed as the Boone & Crockett world record moose with a point score of 268 1/8. There are only two specimens on record close to this size. He and his wife went to Reno, Nevada for the official final measurement. He shot the moose near the confluence of the Yukon and Stewart Rivers.

The 1000 mile Yukon Quest had 18 teams leave Fairbanks, Alaska for Whitehorse on February 2 2014. News reports of this, the world's toughest sled dog race don't say how the dogs and drivers clear customs. Alaskan Allen Moore won \$22,700 for his time of 8 days, 14 hours and 21 minutes.

When I asked Manuel who lives across the street from us in Barra de Navidad, where he went to university, I was surprised with his answer "Belgium". He is a Mexican Marine biologist employed on this west coast.

Did anyone gather maple sap this season? That's a February project but it needs sunny days and freezing nights for the sap to run. Clip off the end of a branch and tie a bucket to it – easier than making a hole in the trunk, and also allows the tree to perhaps grow large enough to be milled.

Kootenay Lake reaches its low point March 31, so now is the time to cleanup your beach and repair breakwaters and floats. The level can drop a bit more in April and will start to rise again in May.

March winds can set your chimney afire! Please make sure your chimney has been cleaned after last winter's cold.

The most important spray for your fruit trees is dormant spray which has to be done before the buds open. Make sure you have a sprayer and a dormant spray kit ready to do this job early enough.

Wynnwood has a new logo designed by Warren Clark of Boswell. This is the brand for the progressive Wynndel Box & Lumber Co. They no longer make boxes or lumber, now producing prefinished wall and siding materials, using primarily spruce.

Next Deadline: Mar 26



From the Principal's Desk

by Dan Rude

Over the past four and a half years, I've written 40 or so of these monthly reflections, expressing some of my thoughts on the evolution of education – and how our school connects with this evolution. Lately I've been wanting to know more about how others in our learning community think about our work together, and so have started to ask people to answer either the questions below, in video or written format.

- What is Crawford Bay School all about?
- What is a learning project at our school that is worth others knowing about?

Over the next while, I will be sharing responses through our website and newsletter, as well as through *The Mainstreet*. If you would like to contribute your thoughts, please email me at drude@sd8.bc.ca.

Cathy Fowler – Grade 7 and 10 parent and Educational Assistant

"Prior to moving to this area, I worked for six different schools. Without a doubt, Crawford Bay School offers the most unique, open, creative and innovative opportunities for students to learn. In some of the schools I worked in, not only did I not know many of the students in attendance but I did not really even know many of the teachers whom I worked with on a daily basis. There was little to no time for collaboration and departments were very separate from one another. In some schools, there were so many behavioral problems, that administrators were constantly overwhelmed with disciplinary issues. The classes were somewhat the same, just a different face at the front of the room.

When I came to CBESS, I was so impressed to see how connected staff, students and community were to one another. There is a blend of people working together to teach, to learn, to help and to grow, it is really something you see every day at our school.

Not only do I think the Wednesdays are the "bomb" but so is the greenhouse, the hot lunch program, the mind up activities in the classrooms, the mentorships, the community involvement, the humanitarian trips, the technology, the ski days, and the list goes on and on. I think CBESS is awesome and has lots to be celebrated!

It is a pleasure to work with you and your team of dedicated and caring staff and as a parent I think my children are pretty darn lucky to be going to Crawford Bay School."

Sharon Webster – Grade 7 and 8 parent

"In the last four years, my children have experienced three very different school arrangements; a large city elementary classroom, homeschooling, and Crawford Bay's multi-grade classrooms. While all three were good experiences, I feel that Crawford Bay School is offering my kids all the best features of the other two situations and much more.

Our Calgary school had wonderful, caring teachers who taught the curriculum with a "Learning through the Arts" philosophy. They sometimes worked on projects that linked together what they were doing in one subject with what they were doing in another (such as Language Arts and Social Studies) and the teachers worked together collaboratively. Every class room was a split grade classroom and the younger students were mentored by the older ones while the older ones learned leadership skills. There was a very active parent council that worked hard to fund

materials and resources that were beyond what the school board provided. That said, there were usually 30 students in a classroom and there were times for both of my children when the individual attention that they required was not available. The system worked well for the "norm" but not so well for students outside the norm.

The decision to homeschool for us was not a rejection of the conventional schools, but was a means to continue within a school system while we traveled. It had its challenges (I am not a patient teacher!) but mostly I loved it and think the kids benefitted greatly from the experience. The best parts were being able to make the learned material relevant to real life (for example adding and multiplying fractions was for baking and for carpentry) and for being able to let my kids choose the direction that their studies went. A question or a good book could lead to following a new and exciting path that would captivate them because they chose it. During that time, I was able to identify a few shortcomings in their education so far and was able to tailor the curriculum to work specifically on those needs. Being able to travel, the individual attention, realizing that learning opportunities are all around us all the time and the self-directed learning were huge benefits of home schooling. It was wonderful, quality family time and I'm so glad we had it, but both kids were ready to go back to school and have more peer interaction again.

What I like about Crawford Bay School is that it combines the best of both of the other two learning experiences. The classroom sizes are small, but still multi-aged. The teachers are innovative and enthusiastic. I feel like they really know my children, their strengths and their weaknesses, and seem to enjoy them. The Expert Projects in science allow the students to pursue a subject that interests them and become the teacher of it for the other students. I love the Full Cycle Food program that has had Daniel in the kitchen and in the garden with wonderful adult role models; and I love that the other teachers have worked with him to accommodate his time out of the classroom for this program. I think the Mentorship program is brilliant for encouraging students to think about what they want to learn and empowering them to do it; and also for bringing the community into the school and the school into the community. I think that the way the second language program is set up to offer so much choice (French, Spanish and German!) and the math programs that are self-paced encourage the students to be independent with their studies; a skill that will carry them through post-secondary education and all through life. There have been travel opportunities to broaden my children's perspective of the world as well as canoe trips, skiing and overnight hikes. The variety of options (woodwork, drama, art, computer programming, etc.) available to my children in such a small school astounds me regularly and I can't say enough praise for the amazing staff that bring it all together.

I'd be willing to bet that when my kids look back on their education, they will see their Crawford Bay experience as so much more than reading, writing and arithmetic. They will see their teachers as interesting and interested adults who cared about them and helped direct them to become the well rounded and capable people that I think they will be. I believe that they will see not necessarily an education that taught them a lot of stuff, but an education that taught them how to learn and how to take control of those learning opportunities for themselves. As a parent, there is not a lot more I could ask of a school."



pebbles by Wendy Scott

It's cold. But not as cold as elsewhere. There's snow on the ground. But not much, and what's there is melting fast. I'm not sure why we have been singled out for the best weather spot in the province, but why ask questions! Let's just enjoy it – while it lasts!

Well, that was yesterday. Tonight the world outside my window is filigreed again with winter's reminders and we take another breath, and wait until morning to tackle the sidewalk – yet again.

Strange month...February. Some say it seems like the longest. This February has certainly seen plenty of diversity. A few of us prefer to miss it completely and spend equivalent time much further south. Of course, we do not miss the month, only its northern characteristics; these most of us could happily avoid.

But this is not the year to suggest that we, as Canadians, prefer to be without our winter; certainly not when our Olympians are showing the world how to play in all this ice and snow.

What it all comes down to is childhood's winters: snow castles, forts, tunnels, snowmen... in short – the building of a true Canadian. We would prefer nothing more serious, or damaging than a snowball fight.

For those who manage to glide their way into the Olympics, then the story morphs into something quite miraculous – for the onlooker, that is. The competitor is well aware of the training, the practice, and the dedication involved in the development of a world-class athlete.

But how does it begin. Close to our house in Riondel there's a hill with several fruit trees – a mini-orchard. On a snowy winter day children bring toboggans, boards, even garbage can lids to transform the hill into their own Olympic venue. During the summer they will do the same with an extremely long sheet of plastic, soap suds and plenty of water.

Now, while Sochi plays out on their TV, some will find a pair of skates and head for the frozen tennis court. They might build a snowman and give it a Canadian hockey sweater – and a stick of course; in fact they could just as well take that stick to the tennis court and find an opponent willing to play the role of – hm, the US? Sweden? Finland – take your pick. Does this encourage thoughts, dreams – plans even, of Olympic prowess?

Maybe not for most, but a dream can begin at any time in a person's life and for some that dream will become more than that. It will – it must – come with absolute determination and a considerable amount of mental and physical focus and ability – and hopefully enough funding to pull off a strong enough start to build a momentum that will carry through into competition. A touch of innate skill certainly helps to drive the dream.

And, contrary to the apparent "everyone must be a winner" attitude, competition is the basis for success, not only in Olympic venues, but in normal, happy, productive everyday life. Few of us can attain medal status. All of us can encourage those who reach for the stars and are not satisfied with anything less than their best shot.

We can all be winners and none of us should settle for anything less whether its raspberry pie, blueberry muffins, walk-a-mile, yoga/pilates, the Hallelujah chorus, the Trumpet Voluntary (why not! Hey, you're allowed to listen), or a nursery rhyme – (this must be recited – or sung.)

Take it and run with it, wherever it happens to lead. Who knows, you might find spring.

	<p>CRAWFORD BAY TRANSFER STATION OPERATING HOURS</p> <p>SPRING HOURS From March 9th, 2014, to April 29th, 2014 9:00 am to 3:00 pm Sunday and Tuesday</p> <p>SUMMER HOURS From May 1st, 2014 to October 30th, 2014 9:00 am to 3:00 pm Sunday, Tuesday and Thursday</p> <p>CLOSED on ALL Statutory Holidays</p>	
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BOOK REVIEW

by Tom Lymbery

RAINCOAST CHRONICLES 22 Stories of Service on The BC Coast, edited by David R. Conn, Harbour Publishing, 128 pages, \$24.95

This is the 22nd in the Raincoast Chronicles series and will be as popular as ever. When I see a customer buying one of these, I ask if they collect them – but the answer usually is “No – I’ve never seen this before.” Easy to pick up and read one or two of the nine articles in this new edition, and every one of the 21 preceding volumes. I believe the original Chronicles were mimeographed by Howard White, and gave him the start of Harbour Publishing, now the most prestigious in BC.

I particularly like – “Please Push the Gate – Driving Vancouver Trolley Buses” by Angus McIntyre who did just that – drove city buses for over forty years. Bus driving was the job he wanted, even though his parents expected him to go to university. Some people may feel that this would be a boring job, but Angus’ story proves otherwise, and also explains his lifetime commitment to work on the streets. In reading my book you may find some of my feeling for bus drivers who became good friends. They all had an amazing aptitude for getting along with people, as well as driving under most difficult conditions. No mention if Angus has visited the trolley buses stored at Sandon.

Next up is “The Non Union Job” by Alan Haig – Brown, who in 1964 took a job on the Arrawac Freighter delivering supplies to logging camps and small stores in isolated inlets up the BC Coast. This elderly 77 foot boat (built in 1891) was operated from Clay’s wharf, part of Granville Island when it was full of sawmills and more, such as a business making wood stave barrels. Completely changed to day, it is home to exotic shopping, such as the Broom Shop, where Sarah and Mary Schwieger make their specialized brooms, having learned their trade in Crawford Bay.

There were still many isolated homes and businesses in the 1960s that depended on this freighter to keep them operating. Alan had worked on fishboats, so surprised the skipper with his knowledge of navigation in those tricky, rock bound waters. This is a fascinating tale of haywire cooks, a skipper who had surprise routes, and the skids of supplies, propane tanks, and logging equipment and parts. Virtually all of the places they served have disappeared today, with the small time and gypo loggers all gone. The other seven chronicles are all very readable. I have only listed the ones I like most and will re-read some more times.



It's A Small World After All

by Anna Rose

Book of the month:

On Black Sisters Street by Chika Unigwe, 2009 Random House, 254 pages, fiction.

This superbly written novel illustrates the saying that despite the diversity of human cultures, we have more things in common than we have differences. African sex workers in Belgium are not a strange species, unrelated to rural residents of the Kootenays. Once we go below the surface, the author shows us, every person has a story with elements that are familiar the world over: hopes, worries, old hurts, tenderness.

The author is a Nigerian-born woman now living in Belgium, who has received several awards for her writing. In her Acknowledgments, she states “I am, in the first place, grateful to those whose story it is: the nameless Nigerian sex workers who allowed me into their lives, answering my questions and laughing at my ignorance.” It is not hard to imagine that the author wove the life stories from threads handed to her by real-life women.

In the story, four women working for the same Madam share an apartment but never reveal very much of themselves, their pasts or what brought them there, until one of them is found murdered. Suddenly, they wish they had known her better, and begin to feel a solidarity with each other. The chapters alternate between a slow-motion replaying of the life of the dead woman, Sisi, and the conversation of the remaining three.

Sisi left an economically struggling Nigeria to escape the dead-end existence she saw being played out by her parents and even her sweet but ambitionless boyfriend. Dele, the pimp, offered her the opportunity to go abroad, and in her state of despair over finding no work despite having a business degree, she swallowed her revulsion about the kind of work he would arrange for her. The deal was that he would pay for her trip to Belgium and set her up with the Madam, and she would pay him back his 30,000 euros’ fee in monthly installments of at least 500 euros ... She did not know that on her arrival in Antwerp, the Madam would demand her passport, putting Sisi firmly in her control. Sisi acquiesced, reminding herself of the money she’d be able to make after her debt was paid.

Ama is a smoking, drinking, swearing woman who dislikes all things spiritual yet wears a crucifix. We eventually find out she was raised in a very religious household, where her stepfather sexually abused her since she was eight years old. An aunt is the only person she feels loved by. She met Dele at the aunt’s canteen, understood what the work was, but is putting up with it so she’ll have money to start her own business and build a new house for her aunt.

Since the age of fourteen, Efe was caring for three siblings and a father who became an alcoholic after Efe’s mother died. She naively entered an affair with a much older man, had a baby, was dumped by the man, and decided she would accept Dele’s offer of work abroad so that her son would have a better life.

Joyce had her name chosen by Dele because her own name, Alek, seemed too masculine to him. She is actually from Sudan, a refugee who fled the violence that killed her parents and brother. Betrayed into Dele’s plans by a Nigerian boyfriend as a way to get rid of her once his parents put pressure on him to find a girlfriend of his own tribe, she arrived in Belgium still believing she would be working as a nanny.

There are the life stories in a nutshell, with the vivid details and the very human thoughts and feelings of the characters waiting in the novel itself.

Notice of Passing

John Soriat

Aug 14, 1928 - Jan 17, 2014

It is with great sorrow that we announce the passing of John Soriat on January 17, 2014. John was born to the late Johann and Anna Soriat in Radegund, Austria on August 14, 1928. He was raised and trained as an electrician in Austria and then immigrated to Canada with a friend in 1951, when he was 23 years old.

John married Elizabeth, his wife of more than 58 years in 1955 and settled in Riondel where he worked at the Bluebell Mine until it closed. In 1972 he started work at Cominco’s Trail Operations and the family moved to Rossland. One year later, in 1973, they moved to Salmo where they bought and managed the Reno Motel while John continued to work at Cominco as an electrician. The 80s brought the sale of the motel and retirement. John enjoyed skiing, hiking and walking with his dog. He belonged to a mountain rescue team in Austria as well as the volunteer fire department in Riondel. He helped install the lighting at the Salmo Ski Hill, was an active member of his church, and stayed busy helping elderly members of the community throughout his retirement years. He spent many hours in his workshop, puttering or building furniture and other things.

John is survived by his wife Elizabeth, daughter Linda Stensrud and her husband Barry, son John Soriat and his wife Lynn, Grandchildren Mark (Alana), Patty (Jason) Leah (Jesse), Tara and Jacy, great grandchildren Mason and Carter as well as sister-in-law Helene and Garry Skelton, brother-in-law Fred and Debbie Wacheck, niece Breanna and nephew Les and family. He is predeceased by his parents, brother Leopold, sisters Annerl and Hedwig and daughter Christine.

A service was held at the Sacred Heart Catholic Church, 402 4th Street, Salmo BC on January 24. Following the service there was an open reception at the home of John and Lynn Soriat, 416 Cady Road, Salmo, BC. As an expression of sympathy, family and friends may make a donation to the Kootenay Lake Hospital or the Canadian Cancer Society.

NB From Tom Lymbery: *When John Soriat came to Canada in 1951 he lived first in Gray Creek, later building a house on Eastman Ave in Riondel. John and Elizabeth Soriat and Fred and Leni Wacheck purchased the Lakeview in Gray Creek from the Wilf Kochers and built the existing basement and main floor of the store. John and Elizabeth’s daughter, Christine, is buried in the Gray Creek Cemetery.*

RIONDEL LIBRARY 4th ANNUAL OPEN HOUSE

Thursday, March 20 - 6 to 9 pm

- Personal memoirs by our Kootenay authors
- Refreshments
- Music and Door Prizes
- Draw for new patrons
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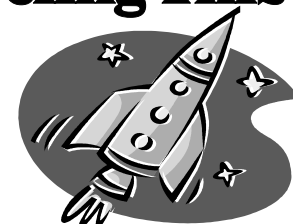
CRAWFORD BAY HALL

“your community hall”

A non-smoking facility.

kis Kootenay Insurance Services Ltd.

Traveling This Year?



We have annual, single trip, family and senior’s travel insurance policies that can go where you’re going.

Office Hours:

Tues - Fri: 9-5 (closed from 1-2)

Saturday: 8:30 - 12:30

#16030 Hwy 3A, Crawford Bay

Phone: 250.227.9698

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

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

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES

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

JB (JUERGEN BAETZEL) CONSTRUCTION: Over 15 years experience, strong work ethic. Foundations to Finish (concrete, framing, roofing, drywall, siding, flooring, finish, carpentry, tile setting, some plumbing & wiring knowledge) 250.227.9246 or 250.551.7697.

MATTHEW SMITH BUILDER - Trained/Certified Heritage Restoration and Conservation. Carpentry and woodworking services. matthew.smith.builder@gmail.com or 250-505-2305.

STEEL WHEELS - Septic systems planned & installed. We dig too, mini hoes for you. Dave or Donovan. 250-227-9646.

THE GREEN MACHINE - Excavation, Landscaping, Installation of Waterlines. Ph.: 250.225.3485

TURLOCK ELECTRICAL CONTRACTING LTD. (See colour ad in this issue for more information.) 250-227-9688 or 250-551-4671

PERSONAL CARE/HEALTH

ACUPUNCTURE - Christine Peel R.Ac. 16210 hwy 3A Unit 9, Crawford Bay Motel. For an appointment please call 250-505-8130.

ACUTONICS - vibrational healing with tuning forks, practitioner available. For appointments call Theresa Lee 225-3518/cell:505-4706

ALEXIS PHILLIPS, M.A., R.C.C. - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 250-509-0368.

BLANCHE TANNER - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression. 227-6877

COUNSELLING & SUPPORT SERVICES: Free and Confidential for children, adults and families. Services include: Adult Mental Health and Addictions; Child Youth Mental Health; & Family Support. Call 1-866-774-5324 (toll-free) or 250-353-7691. North Kootenay Lake Community Services Society.

FINGERPRINTS AND HAND ANALYSIS - P. Danielle Tonossi IHA. Discover your Life Purpose and what it takes to live it fully or host a Self-Discovery Hand Reading Circle. My expertise is at your service - 250-227-9478. Info: www.crystalgardenspirit.com

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

REGISTERED HERBAL THERAPIST, MASTER HERBALIST - Maya Skalinska, M.H., R.H.T. Iridology, Tongue & Pulse analysis, Nutritional consultations, individual herbal remedies, Flower Essence consultations & remedies. For appointments, please call 250-225-3493.

REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct referral req'd. Call: 227-6877/cell: 505-6166.

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

SUSAN SNEAD - Astrological Counseling, Foot Reflexology, Traditional and Ayurvedic Massages. Call 250.225.3520.

MASSAGES & WELLNESS FOR WOMEN - Reflexology according to the clock of Chinese medicine, Rebutology: European method for deep tissue, Breuss spine massage with St. John's Wort oil, relaxing massage, Reiki, hot and cold stone therapeutic massage. Call Geraldine, certified therapist in Europe, over 15 years of practice, 250-227-9890

RESTAURANTS

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

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

ROCKWOOD CAFÉ - Authentic Chinese food, great pizzas and perfect burgers. Open Tues - Sun. Hwy 3A Gray Creek. 227-6840.

YARD/LANDSCAPING/SITE PREP

TREE SERVICE, RESIDENTIAL - Limbing, Pruning, Topping, Falling. Danger Tree Assessments, Free Estimates. Fully Insured. Please Call James Linn at 250 225 3388

Next Deadline: Mar 26
www.eshore.ca

CLASSIFIED SECTION

AUTOMOTIVE

2005 Chev Uplander AWD. AIWI - \$4000 OBO. 250.227.9246.

BIZ ANNOUNCEMENTS

Sirdar General Store: A unique place to shop on Duck Lake. Angling & Hunting Licences, CVWMA Permits to March 31, 2014. Fishing Tackle, Groceries, Island Farms Dairy Products, Ice Cream Treats, Creston Valley Bakery Bread & Buns. Chocolate & Energy Bars Chips, Water, Soft Drinks. Locally made crafts, Bird Houses, Greeting Cards, Post Office, Stamps, Money Orders, Express Post Envelopes. Faxes. 8050 Highway 3A, 250-966-5570, Fax 250-866-6811. Happy St. Patrick's Day!
Insurance Certification requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

BUSINESS SERVICES

Fax service, photocopies, (with no PST/GST) Tom Lymbery - Notary Public, 250-227-9315, fax 227-9449, 250.227.9448 for Notary Public.

EVENTS

"Health & Wellness" - A One Day Workshop. "Family & Systemic Constellation work" addresses a variety of issues including: Unexplained sadness, grief, anger, and shame, Addictions and other destructive behaviours, Relationship Issues

(with parents, siblings, partners, or children), Depression and unhappiness, Business failures and money problems, Illnesses and chronic health problems, Adoption issues, Loss of direction and purpose, Repeating "accidents." Systemic Constellation work is both a psychological and spiritual process, a powerful tool which initiates healing at a soul level. Date: March 29th - Location: Gray Creek Hall, Gray Creek - Cost: \$50. To register or for more information call 250-227-6877. Time: 9:30 AM registration, start at 10:00 AM until 5 PM. Facilitated by Harreson and Blanche Tanner

RENTALS/RL ESTATE

2 bedroom cabin for rent on Riondel Rd. Available April 1st. Washer/dryer, lake view, private yard with garden. \$700/month + utilities. 250-225-3346

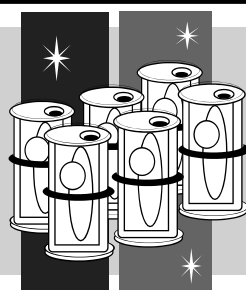
Kokanee Homes: www.kokaneehome.ca. Short and long term accomodations in Gray Creek and Crawford Bay. We are open! Emergency and nightly requests welcomed. Pet friendly and responsible owners. Great off-season rates. Hot tub and sauna available! For availability, please email or call 250.505.4690 or 250.227.9583. We accept Visa/Mastercard.

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: March PAC Meeting is on March 10 at the CBESS Library. All parents/guardians are welcome and are voting members. Join us!

GROCERY GIFT CARDS: The grocery gift card fundraiser is on-going throughout the year. For February & March, proceeds go towards travel and outdoor education programs. Call the school for more info: 250.227.9218.



Save Your Bottles/Cans!

Crawford Bay School's Secondary will be collecting bottles as a fundraiser for their year-end trips to the Juan de Fuca Trail and Salt Spring Island.

The next super-sized bottle drive will be on April 27/14!

Please save your bottles and cans for us! Contact **Dan Rude** at drude@sd8.bc.ca if you need a pick up. Otherwise, bottles can be **dropped off by the shop cage** at the school.

Please support this great cause and help our kids in their fundraising for these amazing opportunities - a week-long Juan de Fuca trail hike and an ocean/agriculture retreat to Salt Spring Island in June.

Sunnywoods Farm

Your East Shore Garden Centre

25 % off all remaining Trees & Shrubs

- West Coast Seeds
- Soils, soil amendments
- Pots, planters
- Huge seed selection



Now in: local beef and pork!

Winter Hrs, Mon-Fri, 10-5
Closed Weekends

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

Community Health Action!

Almost 300 residents completed the survey! Good Job! Next Step: Please attend one of the community meetings (light lunch served):

- Fri, March 7 - noon to 3pm, Boswell Hall
- Thurs, March 13 - noon to 3pm, CB Hall
- Fri, March 14 - noon to 3pm, Rio Centre

WRAP UP COMMUNITY MEETING
Thursday April 3, 2014 from 12:30 to 3:30 pm
GRAY CREEK HALL

For more information contact:
Verna Mayers at 250-223-8474
or Laverne Booth at 250-227-9218 ext 5518
Message from the Advisory Steering Committee, East Shore Community Health Society, Selkirk College Community Education and the third year Nursing Students.

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 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.
Interior Health Authority, Community Care Nursing
and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR March 2013

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

March 4: Dr. Grymonpre
March 5: Dr. Moulson
March 6: Dr. Lee
March 11: Dr. Grymonpre
March 12: Dr. Moulson
March 13: Dr. Lee
March 18: Dr. Grymonpre
March 19: Dr. Moulson
March 20: Dr. Lee
March 25: Dr. Grymonpre
March 26: Dr. Moulson
March 27: ?

**Please Note: Lab hours 7:30 - 10:30 am, Weds
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

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 Nicole Schreiber (East Shore Hospice coordinator) at
250-227-9006 ext. 29 or email at hospice@theeastshore.net.

BOSWELL HALL HAPPENINGS

Yoga: Thursdays, 9:30-11:00 am.
Marilyn Arms 250-223-8058
Tone & Trim Fitness: Mondays & Fridays 9am
Darlene Knudson 250-223-8005
Carpet Bowling: Tuesdays 7pm
Tom & Linda Sawyer 250-431-8404
Line Dancing: No line dance til fall.
Cheryl & Greg Place 250-223-8694
Vinter's Group: 2nd Weds of the month, 2pm
Jeanne Kay Guelke 250-402-3791
Book Club: 2nd Thursday of the month 2pm
Melody Farmer 250-223-8443
Quilter's Guild: 2nd Tuesday of the month 1pm
Jan Brooks 250-223-8667
Boswell & District Emergency Volunteers: 2nd
Thursday of the month 9am
Rod Stewart 250-223-8089

BOSWELL SPECIAL EVENTS

Boswell Farmer's Institute AGM
March 5th 7:00pm
Contact Bob Arms 250-223-8058

East Shore Health Society Public Meeting March 7 12-3pm
(Lunch provided) Contact Verna Mayers 250-223-8474

"Spring Fling": St. Patrick's Day Dinner
March 15, 6 pm
Contact Gary or Doreen Hill 250-223-8404

**RIONDEL LIBRARY
FOURTH ANNUAL OPEN HOUSE**
Thursday March 20, 2014 – 6pm – 9pm.
Personal memoirs by our Kootenay authors
Refreshments, music, door-prizes, draw for new patrons,
tips re: your on-line access. Join us for reading and fun

WORLD DAY OF PRAYER
Friday, March 7, 2014. Service & refreshments 2 pm at
Dutch Harbour Lodge. Focus country: Egypt. Sponsored by
Riondel Community Church. All denominations welcome
Info: 250-225-3381

ARTISAN RAFFLE THANKS
The Artisan Raffle Basket in support of the CBESS
Secondary Students West Coast Adventure was a
Great Success! We raised about \$470 and would like
to thank the following for their donations:

- North Woven Broom
- A'Freakan Beads
- Dog Patch Pottery
- La Gala Jewelry
- Sapphire Hair Salon
- *The East Shore Mainstreet*
- Gray Creek Clay
- Barefoot Handweaving
- Flickering Goddess
- Shprieland
- Black Salt Café
- Ambrosia Artisan Chocolates
- Kootenay Forge
- Breathless Glass
- JEM Fitness
- Leah Wilson

OTHER THANKS FOR SPAGHETTI DINNER FUNDRAISER

Thanks to the following businesses for their dona-
tions towards the event - we couldn't do it without you:
Lakeview Store, Riondel Market, Black Salt Cafe,
CBay Lunch Cafe, Old World Bakery, BC Wine Guys,
Oso Negro, Safeway, Kootenay Coop, SaveOn Foods
and Starbelly Jam for the wristbands.

"The Man From The Hill"

There's YRB, (You're Right Barney)'s crew,
They come at the first fall of snow - they really do!
The sight of the driveway heaped with gravel and slush
The thought of shovelling doesn't impress us much!
Then along comes Oliver with his little machine
and what do you know, he scrapes it all clean!
That's our wonderful, thoughtful neighbour - Oliver,
The Man From The Hill!

*Thank you so much!
Hope and Jim Fortune, Crawford Bay*

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Vessel Name	Balfour		Kootenay Bay	
	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 2014 SCHEDULE

March 2: Canon Jim Hearne, 10am
music – Marie Gale

March 9: Brent Mason, 12noon
music – Marie Gale

March 16: Rev Robin Celiz, Anglican, 1pm
PLEASE JOIN US FOR A COMBINED SERVICE AT RIONDEL
COMMUNITY CHURCH
music – Marie Gale

March 23: Linda Moreau, 12:30pm
music – TBA

March 23: Brenda Panio, Anglican 10 am
music –Marie Gale

Please check www.riondel.ca for changes Info at 250-225-3381

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

For information call Christ Church Creston 428-4248

Sunday, April 6: 1:3 pm Rev Robin Ruder Celiz

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

March 16: Rev Robin Ruder Celiz, 1pm. This is a joint ser-
vice w/ Riondel Community Church, in Riondel.
For information call Karen Gilbert: 227-8914

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

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 2:00 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,

8151 Busk Rd, Balfour

Sundays, 9:30 am - All welcome For info, call: 250.229.5237

Next Deadline:

March 26, 2014

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

Nov PAC Meeting: March 10 (Monday) at 7pm in the

CBESS school library.

All parents/guardians welcome!

March 2014 Mainstreet 19

March 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Badminton/Pickleball/PingPong, CBESS, 10 am
2	3	4 Badminton, CBESS Samba, 7-9, CBESS Dr. Grymonpre	5 16+ Vball, CBESS, 7pm Dr. Moulson	6 Improv, Comm Corner, 7pm Many Bays Practice, Rio Community Centre, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	7 Comm Health Mtng, Boswell Hall, noon World Day of Prayer Enviro Resiliency Discus- sion, Ashram, 7pm Fit Club, CB Hall, 6pm	8 Badminton/Pickleball/Ping- Pong, CBESS, 10 am
9	10 PAC Meeting, CBESS 7pm	11 Badminton, CBESS Samba, 7-9, CBESS Lions Mtng, 7 pm Dr. Grymonpre	12 16+ Vball, CBESS, 7pm Dr. Moulson	13 Comm Health Mtng, CB Hall, noon Improv, Comm Corner, 7pm Many Bays Practice, Rio Community Centre, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	14 Comm Health Mtng, Rio Rec Centre, noon Pi Day, CBESS, 12-3 Fit Club, CB Hall, 6pm	15 Badminton/Pickleball/Ping- Pong, CBESS, 10 am
16	17	18 Dr. Grymonpre	19 Dr. Moulson	20 Rio Lib Open House, 6pm Improv, Comm Corner, 7pm Many Bays Practice, Rio Community Centre, 7pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	21 Fit Club, CB Hall, 6pm	22 Badminton/Pickleball/Ping- Pong, CBESS, 10 am
23/30	24/31	25 Lions Mtng, 7 pm Dr. Grymonpre	26 Mainstreet Deadline Dr. Moulson	27 Improv, Comm Corner, 7pm Many Bays Practice, Rio Community Centre, 7pm Dr. Lee?	28 Fit Club, CB Hall, 6pm EDC Deadline	29

30:Groc Gift Card Deadline

Employment Opportunities

Kokanee Springs Golf Resort is still accepting applications for the following areas:

Food & Beverage:

- Servers
- Cooks
- Chef
- Sous Chef
- Prep
- Janitorial

Lodge/Accommodations:

- Housekeeping/Room Attendants

ProShop

- Cart Attendants



All applicants can email cover letter & resumes to brenda@kokaneesprings.com

ES Health Centre 227-9006 COUNSELLORS

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

Community Nursing: 352-1433 Hospice: 227-9006 Mammography Screening: 354-6721
Baby Clinics: 428-3873 Physiotherapy: 227-9155 Massage Therapy: 227-6877

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

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Transfer Station Hours

CRAWFORD BAY:
Sun & Tues
10 am - 4 pm

BOSWELL:
Weds/Sat:
11 - 3 pm

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

