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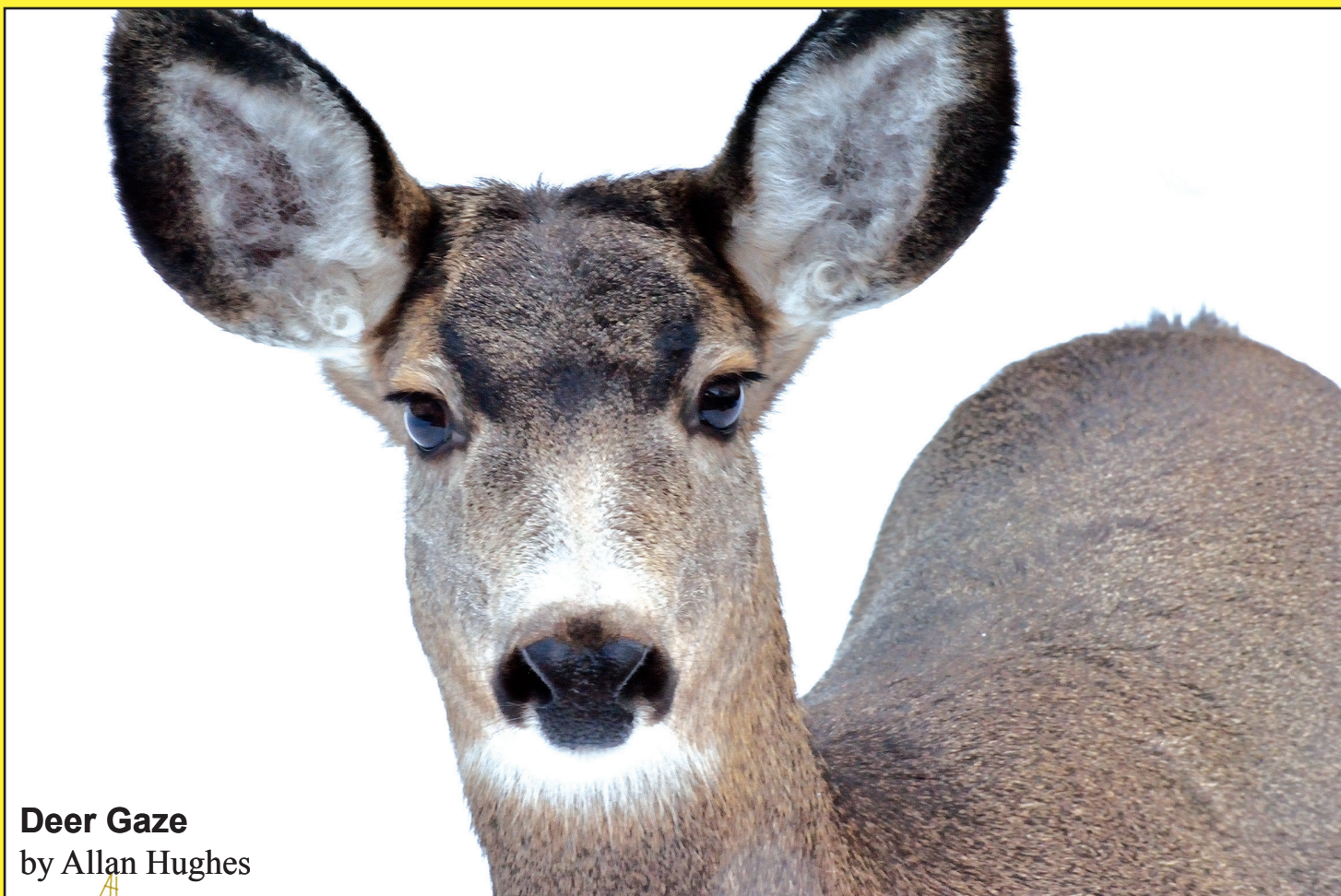
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Deer Gaze
by Allan Hughes



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Selkirk 

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MS Issues

by Ingrid Baetzel

Yah, so I went to the ballet. It was weird. I enjoyed it because I like watching people make art. I also realized that ballet may not develop a lasting flavour for me, but I'm glad I went. The work ethic, dedication and artistic expression is obvious and impressive. The dancers leave it all on the stage.

I think the biggest message I pulled out of the experience is how dang lucky we are to be exposed to as much diverse art and entertainment as we are in this region. It is truly astounding - the regularity, the insistence of exposure, the magnitude and quality of art - astounding.

We can see it all. From local theatre to art displays in every local establishment (watch for the resurgence of the Kootenay Lake Art Connection 2015), to musical performances by the ever-evolving and highly talented population of local musicians, to high calibre performance events in neighbouring communities and towns.

We have people with stories that link them professionally and personally to big name performers - Hawkwind, Bachman Turner Overdrive, Nelly Furtado... We rub shoulders with greatness every day and we get to soak it in at festivals like Starbelly Jam every summer. We are artistically blessed. Bessie Wapp just wrapped up a insanely well-recieved Nelson series of performances of *Hedwig and the Angry Inch*, the story of an East German rockstar survivor of a botched sex-change surgery. If you missed the Nelson performances, it is highly recommended that you check out the Trail or Cranbrook performances in early March.

Check out this art scene - it's smokin' hot!

The MAINSTREET

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Next Deadline: March 25, 2015

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LETTERS TO THE EDITOR

MAKING A DIFFERENCE

Dear Editor:

I am writing this letter to all of the very dedicated and pro-active individuals in this community.

I personally cannot always volunteer when there is a call out, however, thankfully there are many of us, and it's true that many hands makes for lighter work.

However, there are some (you know who you are) who are tireless, generous, and deeply committed to the best for the most mind set. Your consistent contribution may feel endless, and sometimes you may not see the rewards, but YOU ARE noticed.

So, on behalf of all the community betterment each and every one of you does.... Thank you - you do make a difference!

One person can, and does, make a difference.

Jai English-Holman, Riondel Road

THANKS TO FIRE DEPARTMENT

Dear Editor

I would like to personally thank all of the members of the Riondel Volunteer Fire Department. The dedication and professionalism you all show is second to none. The very dangerous work you all do for every-one of us does not go unnoticed. I had the opportunity to see the other day just how you all handle yourself under extremely pressure and it was very impressive.

Once again, Thank you all!

Norman F. Bonnell, Riondel

KEEPING US AFLOAT

Dear Editor:

Everyone is commenting on how unseasonable the weather has been this winter, and for that matter, the last few seasons. Many in this area have born the wrath of Ma Nature, and it was our turn recently, after the last bout of heavy rain.

2 Mainstreet March 2015

A sudden flood of water, carrying silt and gravel tore down through a small group of homes just off Riondel Road, including ours. Thankfully no one was injured, and the homes are intact.

We were overwhelmed by the response of so many kind folks from our community. Many offers of help were extended. The Riondel Volunteer Fire Department was quick to help us divert the waters - special thanks go out to Cory Medhurst, Dan Seguin and Jonas Plaumann for rallying on a moment's notice. If we were to name all those that offered help, this would be half a page worth of type. You know who you are. We are most appreciative, and thank you all for your support.

Carol and Greg Blackwell, Riondel Road

AMAZING LOVE IN TIME OF NEED

Dear Editor:

Thank you East Shore for your overwhelming support! Our wonderful, talented generous and hard-working friend Nancy Galloway offered to arrange a fundraiser for my husband's upcoming kidney transplant to help us with the expenses of staying in Vancouver for several months. Larry has had type 1 diabetes since the age of four and has been on dialysis for the last three years. We have been spending \$25,000 plus per year for medical costs in this time, so this was a welcome offer.

We were blown away by how much our tiny but extremely generous community raised for us. We now stand at \$4500 in the transplant fund. So generous was our community that we will have money left over for his second transplant of a pancreas. Nancy and her number one man, Andre, put on an outstanding event including the great music of "High as Mountains", comedy by Paul Hindson, and a great job of MCing by Carol Van R. Many people donated services for the auction including James Wood, Theresa Lee, Anna

Rose, Christine de Pape, Reinhild Schmidt, Zora Barone, Murielle Hielema, Lea Belcourt, Jenn McCauley, Sean O'Malley, Dave Hough, Glen Strom, James Linn, Russ Anderson, Lois Wakelin, Terry Turner, Mick and Dianne Farran, Danielle Tonossi, Susan Snead, and Kokanee Springs Resort. Many others cooked food for the scrumptious chili dinner, helped set up, did dishes and cleaned up. Others bid on the services offered and even bid more than the services were estimated at in several cases. Even more friends and neighbours generously donated cash to our cause.

This unparalleled community effort has resulted in \$4500 of donations. We have opened a special transplant account under my name at the Credit Union. Larry is on the top of the kidney transplant list and we will get that special call very soon. Once completed, we will be able to say goodbye to dialysis and Larry will have his life back. Larry and I as well as the rest of our family are extremely grateful for the tremendous support we have received. We are so proud of our close-knit and caring community; it's the best place in the whole world. Thank, you, thank you, thank you to each and every one of you!

Paula Ehrler, Riondel Road

Note: Larry was notified on the night of February 20 that there was a kidney available for him. He went to Vancouver via Air Ambulance, was operated on February 21, and was reported to be doing well in recovery. He will still have to be monitored by VGH for some time, so he and Paula will be staying in Vancouver for the foreseeable future. He is on the list now for the pancreatic transplant, although that could take quite some time.

Next Deadline: March 25,



RDCK Area "A" Update

by Garry Jackman, Director - Area "A"

MIGRATION - AMENITY AND ECONOMIC (us, not the birds): I have been working with Selkirk College and some of my rural director colleagues to collect data and show trends within our region. One trend of importance is relocation to be in closer proximity to health services. Another is the loss of our youth to larger centers to pursue education, jobs and the urban lifestyle. There are also a few trends which are pulling people in to our region, those being generally grouped as returning former residents, amenity migrants and economic migrants. Tina and I fall into the latter category, coming here with the expectation of starting a business (we actually started three simultaneously and continue with two of them) but we also migrated to be closer to family and enjoy the natural beauty and recreation opportunities. The largest group tends to be amenity migrants, who may be retired or semi retired and have a fair latitude in choices of where they can live at the particular stage in life they find themselves.

As far as I can tell, amenity migrants are seeking the same values as Tina and I, they are building homes (or renovating) putting new money into our local economy (much as an economic migrant does when they start a business) and they for the most part become active community members attending local dinners, joining clubs and helping out at our local functions. This trend has been going on for decades, but there seem to be times with greater and lesser influx.

Over the coming months I want to touch further on this topic, using some of the data from Selkirk College and others to paint a clearer picture. Such information can be used as a guide when we discuss economic development opportunities as well as how to strengthen our communities.

BUDGET 2015: I have not received all of the budget information as yet, but now do have some of the figures on relative shifts in tax base (read tax burden) between areas which share services. The trend for the past couple of years has continued, with small overall changes to tax bases for the municipalities and rural areas which participate in the services delivered through the RDCK. The total value of assessments across the RDCK dropped slightly by 0.12%. The total assessed value for Area A dropped by 2.16%, while the total assessed value for Area B (Ericson to Yahk) increased by 2.16%. The value for the Town of Creston decreased by 1.4% while the value for Area C (West Creston) increased by 0.97%. This means that for major services shared between these four service areas (such as solid waste management and recycling, libraries, cemetery) if there was no bottom line change to taxation then both Area A and the town would pay (contribute) less per property while Areas B and C would pay more. Most of our more significant shared services fall within this grouping of four participants.

For services shared across the entire regional district or across the 11 rural areas (such as the rural admin service) we will also shoulder a smaller burden in Area A as the drop in our assessment is more than the average change. Normally I would also have stats on how much this change was a result of market value shifts and how much due to growth (new houses and new subdivisions). I still do not have that information, but I would roughly estimate that most of our properties and houses have devalued by 3 to 4% while new

houses and lots will have added more value to our tax base by 1 to 2%, resulting in a net 2% decline. Some information I received verbally indicates a few of our communities have seen net increases, contrary to the overall trend. I have asked for the actual breakdown once it is available.

Of the detailed budgets we have examined to date I will summarize some of the proposed changes for the larger services. All are subject to revision and will be presented to the public prior to adoption. The largest taxation required for a shared service only impacts a portion of Area A (Cow Creek south). It is the Creston Recreation Complex which has a proposed budget increase of 1.4%, close to the predicted consumer price index. If this increase holds true and average values in Area A have declined by more than 1.4% then those residents will not actually see an increase, while Area B residents will see a more steep increase. Our next largest service is waste management which may see an overall taxation increase of 8%. Volumes have decreased over the past year, bringing decreased fee revenues. Hopefully this is not a result of any significant number of residents believing they are justified to dump or burn illegally as a result of the increase in the per bag and per ton tipping fee, since we actually decreased your taxation to this service at the time the tipping fee increased to make it more of a user pay service which generally benefits Area A (low population creating garbage but large and expensive lots being taxed). When illegal burning occurs our lungs suffer and when illegal dumping occurs we eventually pay the costs through the Forestry Ministry.

Library taxes will increase about 8% so we can cover the last costs of the transfer of the Creston building from the province to the RDCK. After two years we will have these costs paid down and will be able to reconsider the taxation level. In the mean time, all of the reading centers, including Creston library, will receive the same contribution as last year. The road rescue service will see a small increase (not fixed yet) to allow for training and equipment upgrades. This is beneficial to Area A. Most other small services will tend to have increases below inflation.

Public meetings will be held in Riondel on March 4 at 6:30pm and at Creston on March 5 at 10am (Rec Plex) to present budget figures as proposed. The March 19 RDCK board meeting will be the next budget review with the incorporation of changes arising from the local meetings.

If you have questions or comments on any topic please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.



AREA "A" EDC Economic Development Commission

next application deadline: May 31st, 2015

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.

Potential applicants are invited to come to a meeting and tell us about your idea... we will help round out your plan and connect you with an appropriate umbrella organization.

For information please contact:
Lorna Robin, EDC Chair 250-225-3333
lornarobin@bluebell.ca

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March Horoscope

by Michael O'Connor

Tip of the Month:

May you live in interesting times." That is how the ancient Chinese proverb goes. Well, it is quite fair to say that

most people would say we certainly do. This dawning of the Age of Aquarius has been a wild ride so far and the day has just begun. In fact, it is still just the crack of dawn. However in a world that never sleeps there has been a good deal of activity going on throughout the night and behind the scenes too. And now so much is coming to light and with increasingly velocity with each new day. Can this ride get any wilder? Indeed it can and will.

The recent New Moon at 29 Aquarius 59:54 (yes, '4 seconds' away from Pisces), is now culminating to Full Moon on March 5th. It is synchronizing with events that are increase the overall level of awareness of this time of collective awakening. Most significantly was the recent victory of keeping the Internet neutral. As is often true, many people were oblivious of this sneaky attempt to change the rules of the internet that would have resulted in favoring wealthy interests at the expense of the masses which would have had serious and devastating global implications to an already struggling global economy. Yet, the game board is changing as the increasing effects of multi-national interests are steadily affecting, and some would even say disintegrating, affairs traditionally bound by national borders. This is not a new story but the accelerated pace of our times has reached the point of exponential on the graph curve.

In the slightly bigger picture, the intrigue is no less exciting. A rare quatrains of Lunar Eclipses, two on either side of 2 Solar Eclipses, the first on October 23, 2014 the next on March 20th 2015 has captured the imaginations of people the world over. (*There is another on September 12, 2015 or 13th for those in PDT and AHST). That these

so-called 'Blood Moons', a dramatic way of describing a Total Lunar Eclipse, are occurring on Jewish Holy Days is contributing to the fervor. Add to this the fact that the last of the 4 Lunar Eclipses is a Super Moon set to occur on September 27th, thus will appear 19% or 1/5th larger than usual, well... declarations of prophecy are resounding like the piercing clarion call of angel's trumpets of biblical lore. (Read more about it on my Newsletter – signup is free on my website.)

Aries (Mar 21 – Apr 20): Yours is considered the most independent sign. Yet, your opposite and counter balancing sign is Libra which is all about creating relationship harmony and experiencing love. These two forces have been tugging on each other for many months. Now the contest is coming to a peak point. It may not be the final peak but your current position will be clearly revealed.

Taurus (Apr 20 – May 21): In order to dream with clarity and confidence, key elements must be healed or repaired. These could be related to attitude, perspective, approach or perhaps reputation.... Visualizing, dreaming or praying for healing is the flip side of this theme. Each can serve the other. Call it inner work and remind yourself that no one else can do it for you, but you can ask for help.

Gemini (May 21 – Jun 21): Deciphering your true place and power in the world continues. This is a call to acknowledge and activate your specialness. This includes inspired visions and creative expressions. Ideally, you are already activating that quality of creative genius that reveals your leadership. If you are not yet, this is your cue. In fact, you may feel the urge to express on a variety of fronts.

Cancer (Jun 21 – Jul 22): A fresh activation of beliefs, perceptions and dream visions are dancing in your mind, or perhaps marching. While seeing as with new eyes is ideal, it does not mean you have to re-

invent what already exists. You have entered a meditative period that is inviting you to carefully consider before you make grand proclamations or commitments.

Leo (Jul 22 – Aug 23): A process of deep healing and perhaps of ending, completion or even graduation of some kind is underway. Subject to the cyclic nature of reality, it will be followed by rebirth and maybe is already. Both ends of this meeting point can be painful. Yet, the promise of renewal alleviates it. The eternal keys are gratitude for what is and faith in eternal renewal.

Virgo (Aug 23 – Sep 22): Cooperating with the steady flow of change continues. This may be a time when good and reliable friends are harder to come by. It may be that they are undergoing their own tests. Synchronistically, you are meant to stand firmly on your own ground. This is a time of looking forward, not back. Be open to new opportunities, strategies, methods, approaches and investments.

Libra (Sep 22 – Oct 22): Reaching out to others for guidance and support is a feature of this current cycle. It is woven with complexity that requires a fine blend of assertiveness and receptivity. Though this balancing act is not new, it is extra emphasized now. Be willing to learn by listening deeply. Through it you are destined to make new friendships or perhaps renew old ones.

Scorpio (Oct 22 – Nov 21): A creative cycle has begun. It is one that asks that you merge deeply with your muse in whatever form it takes. It is not so much about outer involvements as inner communion. Tapping the wellspring implies quietude and receptivity. Drowning it out with socializing suggests you may miss it this round. Capture the incoming inspiration and genius with outlines, sketches and notes to self.

Sagittarius (Nov 21 – Dec 21): Beyond all proclamations of realism, you are something of a mystic and philosopher at the core. Yes, it may be woven with skeptical thoughts, such as questioning everything. Venturing deeper down the rabbit hole can be frightening, yet sometimes feels necessary. Your mind is like lightening illuminating the way. Sharing this journey with a good friend will prove extra satisfying.

Capricorn (Dec 21 – Jan 19): When it comes to dreams your main interest is to focus on reality. Solely thinking about marvelous and delicious possibilities simply will not do; better to trade up on some of the sizzle for more of the actual taste. Meanwhile, others need you causing you to set aside this bubble of reverie. Calling upon the gifts, talents and resources of others will help to save the day.

Aquarius (Jan 19 – Feb 19): It is said that unless your subconscious beliefs are healthy and strong, no amount of outer effort will bring the success you seek. The art and process of creating inner conviction and congruency with your conscious mind is ancient, yet it is especially alive and well now in the world. Now all you have to do is access this wisdom and follow through to anchor it integrally within.

Pisces (Feb 19 – Mar 20): You are in a pioneering mood, yet it may feel as though you are swimming through murky waters. As the sign of the fishes, you should be able to handle this yet the challenge remains. While it is up to you to take the initiative, the time is right to reach out to the assistance and guidance of others. This will require more faith than usual. Just do it.

Michael O'Connor - Life Coach Astrologer
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Hacker's Desk

by Gef Tremblay

On Failing

1993 - the year of the first Ultimate Fighter Championship, which brought all martial artists together from all styles and all regions of the world. It was quite a surprise to the world that the winner wasn't the biggest or the baddest, but a 160 pound Brazilian who could fight on the ground. While most martial art considered falling on the ground as a failure, Brazilian jiu-jitsu used it as its advantage. For most martial art, falling was the end of a fight, while for jiu-jitsu, it was only the beginning. More than 20 years later, all mix martial artists have included jiu-jitsu in their training.

"If you never fail, you probably don't try enough."

I didn't come up with that quote, nor could I trace it back to where I read it, but it's been with me for few years now. It came up in an article from Silicon Valley where entrepreneurs and investors were looking at failures from a new perspective. Investors knew that a certain percentage of investments would fail, and entrepreneurs knew that some of their new ideas wouldn't work, so failure was simply a sign of getting closer to success.

The idea is that failure is a consequence of trying something new on a regular basis. It really resonated with me since I wanted to change my life around and bring more creativity and more ownership of my life. In order to do so, I had to fail, and fail often. But failure wasn't the end game; the idea is to learn from my failure and to move forward.

I used to take failure as something negative and intense. I would fail, feel really bad about it, and then would spin into self judgment, fear and often ripple out into more failures, which would sometimes snowball into depression. Failure would mean that I was not capable, that I was not a good person and I saw it as a sign that I would fail my life in general. The cost of failure was so big, and I was so scared of it that I would almost invite failure in my life.

Then I realized that failure was a normal product of trying things out and was a normal effect of evolution. Then my life started to be more fun!

I didn't really understand how I could use failure to improve my work, until I started to work as a freelancer. The main barrier I've encountered in a 9 to 5 'normal' job was that if I failed at a task, I would be asked to not do that task anymore. My co-workers and managers would quickly associate me with my failures, giving me little room for improvement. Failure wasn't taken as a first step to be good at something, but as classification system between employees.

Working with my own clients and contracts, I can learn one contract at a time. Although I think most of my clients are satisfied, I know that I've failed some of them. But I've learned, and I am ready to continue to improve, one client at a time, and I don't think I'll stop improving, since there is always something I can do better - from communication, contract making, delivery of the product etc. There are quite a lot of details when you work for yourself, and there is no shortage of new things to learn and improve upon.

"Insanity: doing the same thing over and over again and expecting different results." - A. Einstein

For me learning to see my failures for what they are also gave me the freedom to quit. If I am so afraid of failing, then there is no time where I could call it quits. Quitting would mean that I admit my failure and I didn't want to go there. I would then just go on, keep-

ing the pressure on, even if I failed already and there wasn't much that could be done about it. A few times I got to that limit, where I could feel this thin veil of sanity, and how fragile it was. Although I didn't want to admit failure, I was able to feel that putting too much pressure on my mind could make me lose my marbles, and I realized I didn't want to go crazy over making a living.

It's important for me to try as much as I can, but also knowing when to quit is a wisdom that can sustain me for a long time. Too much pressure and too many failures resulting in losing a clear overview of what I am working on would generally be a clear sign that I should quit and re-asses where I want to go.

Sometimes too many early failures on a project also indicate a good moment to quit and try to find another way to go about it. My work as a coordinator for ESIS is an example of that. Early on in the contract, I lost my cool in some communication, and later I also agreed that I could work without pay for an extended period of time (who was I kidding?). These were two failures that would have set me up to even more failure, complex communication and unrealistic expectation of my work. So I quit, looking for new ways to help ESIS move forward. I now volunteer some of my time helping the board of directors on the technical level. It didn't feel good to quit; I failed my task to help the members and the board, but for me it was a tactical decision, and I believe it was the best path to take.

In the game of Go, there is a proverb that states, "Loose your first 100 games as soon as possible." This is another way to look at failure as learning. If you want to win all your games when playing Go, there is no way you'll learn anything. It's such a simple yet complex game, where you have to let go of the pride of winning a game at first. This is quite similar to taking on challenges like 100 drawings in 100 days, or 1000 words a day for 100 days. You almost setup yourself to fail at writing something meaningful every day, simply to get you writing and breaking out of some limitations.

"Our greatest glory is not in never falling, but in rising every time we fall." - Confucius

In yoga, there is a dance that I've learn, where you take three steps forward, and two steps back. For me this represents the spiritual path, where you're always moving forward and back. What I've learn from the yogic path is that I've fallen a lot, but what was most important was to stand up and continue. Exploring what my ego was, who I had become, and who I really wanted to be, left me in this unknown place, not sure about where to go. So I had to experiment without much guidance, (not to mention that I wouldn't listen too much to other people who walked that path before), therefore creating a fertile ground for failure after failure. I had to dissolve the concept of failure in order to simply be able to keep on going. For me failure was a step back, so I felt like I was going back and back and back, while instead, I was simply making baby steps forward, eliminating one dead end at a time.

Are you able to see failures in your life? Can you let go of your own judgment of your failure? How about someone else failure? Do you see how accepting failure in your life could help you enjoy life more? I believe that how we think about failure is deeply ingrained, but taking a fresh look at this heavy concept might help in the process of taking life in a lighter way.

David Hatfield M.Ed. Returns to Crawford Bay School

The Singing Soul & Conflict Transformation Workshops: April 10 - 12



On Friday night, David will introduce the community to inspired acappella singing in the performance area of Crawford Bay School. On Saturday, there is a full day of singing. On Sunday, David will work with community members on transforming the conflict that is natural to our lives. *This is part of the Selkirk College Learning Hub partnership. We are grateful to Community Connections, CBT, Selkirk College, CBAL & community & regional partnerships for the continued support.*

Columbia Basin **trust**

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East Shore Summer School

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Shokunin/Kids SMART Camp

July 20 to 24, 2014
In-depth arts experiences for adults/ Science, Movement and Art camp for children.

Medley Arts Camp

July 27 to 31, 2014
Daily music, dance @ performance art classes for kids of all ages.

Global Gesture Language School

August 3 to 7
Immerse yourself in French, German, or Spanish and Worldsign Language.

For information or to register email the Selkirk College Learning Hub eastshore@selkirk.ca or call **250.227.9218 ext 5518** or **250.551.5827**.

Camps are offered at Crawford Bay School on the East Shore of Kootenay Lake.



**Next Deadline:
March 25, 2015**

Faceless, But Counted

On the importance of census participation

by Nancy Galloway

When we were fighting so hard to retain our nurse, one of the most important tools we turned to were census figures, to demonstrate that East Shore residents would be underserved if our nursing services were cut.

To our horror, there were no figures for the East Shore in the most recent census – only an asterisk leading to a statement saying there were insufficient responses to the census form, so the data was useless. So we had to use data from an older census and attempt to interpolate to the present day. Needless to say, this was inadequate and our effort failed.

I know there are people who feel that a census is an invasion of privacy, and I wonder at this attitude. The census is, after all, “blind” – respondents are never identified by name or address. Respondents are aggregated into categories by age, sex, family type, employed or unemployed. And all these bits of data help determine how the various levels of government and their departments deal with the East Shore and its residents.

The school lunch program, for instance, keeps careful records of how many eat lunch there, because it is only with that information that it can apply for funding. All of us who are business owners know that we live and die by the data we keep. If one product isn't moving, we get in a different one. If most of our guests are from one population segment or area, we try to expand and draw in another. But we need to keep records that enable us to make effective choices.

The same is true of government and business services. If there is no credible information on the East Shore population – the numbers of people, their age span, income levels, internet access or phone coverage – then planners are in the dark.

You cannot have accountable services if you cannot count.

By failing to fill out and return our census forms, we on the East Shore have ensured we don't count. We are only an unknown asterisk, not the men, women and children, young and old, rich and poor that we know we are. In the future, speak up – make yourselves known, so our needs can be met appropriately.

ESIS Board Highlights

by Michelle Moss for ESIS Board

Greetings ESIS members and happy almost spring! Stephen Albrechtson has agreed to join us on the board of directors, helping to accomplish all the work that still needs to be done. THANK YOU Steve for your much needed support.

A brief TECH update:

The CBBC Network Cabinet has been installed, with some renovation work completed by Alex Lackovic to accommodate the oversized unit. More progress is due sometime in March, according to the latest CBBC timeline projection.

Most of the electrical upgrades are complete, with a new pole, transfer switch and 100 amp service in place. The new service is live now. The installation of the generator set is next.

Budgetary concerns:

There has been much discussion and concern expressed by members over the past few months regarding the crediting of subscribers, whose service was for a period, greatly impaired. As a result, \$2,225 in credits were granted to those subscribers most severely impacted, in Ainsworth, Kootenay Bay, Pilot Bay Road, Riondel Road, and Riondel Road North customers. The problems in those areas have since been resolved or are presently being addressed.

In February, the board received the financial information for October through December 2014 from Bob Carter, and discovered that ESIS was operating in a deficit situation for several months. Consequently, the board advised Cartergraphics that it needs to operate on a balanced budget for the months of February, March, and April 2015. In order to achieve this, Cartergraphics agreed to submit a budget by February 15, 2015 for these three months, with the understanding that February must also be balanced, even though the budget will be submitted half way through the month.

Website concerns:

We recently discovered that ESIS does not own its own website, after our coordinator was denied access by its owner (Cartergraphics). Cartergraphics has since re-established access to the ESIS website so the minutes can again be posted. However, as a result, the board has decided to create an ESIS-owned website under its own domain, to avoid problems like this in the future.

Coordinator update:

As you may have read in our newsletter, in January we hired a coordinator to attempt to expedite the gathering of critical information regarding the running of ESIS. Unfortunately, because ESIS is operating on a balanced operating budget for the next three months, there is currently no additional funding to pay for a coordinator in the near term. As a result, the coordinator is unable to continue in this position at this time.

One of the coordinator's duties was to gather information to create a contingency plan, as it was discovered by the board that ESIS doesn't have one. We are still busy investigating other ways to access the critical information needed to put this plan into place.

Contract update:

The contract for the Internet Services Provider is now complete, pending any input from Bob Carter. It will then be sent to a lawyer for vetting. Thank you contract committee for all your hard work. The board's governance committee is drafting a list of board responsibilities to clarify their role, activities, and focus going forward.

Business Plan:

The board has discovered there is no business plan in place for ESIS, which is necessary for the ongoing function and development of ESIS. (Grant qualification, for example.) Consequently, the board is preparing to write a business plan for ESIS.

Grant submission:

Cartergraphics has been helping to create a proposal for the Connecting Canadians grant (in partnership with the Columbia Basin Broadband Corporation). It was completed and submitted. Should this joint grant application to the Federal Government Connecting Canadians program be successful, the money will be helping to create a faster, more solid network and to deliver higher quality internet service. We are now waiting for approval.

east shore summer school

Require staff (pending funding) for:

- Arts Administration (registration, marketing, logistics of the three week summer camp)
- Kids SMART camp facilitator (ages 6 to 12 years, Science, Math and Art camp)
- French language facilitator
- Spanish language facilitator
- German language Facilitator



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The Fall Fair Needs CPR!

by Nancy Galloway

We had a great Fall Fair last year, but it almost died for lack of organizers. A core of four organizers managed to pull it off, but we have learned our lesson. This year, we need a minimum of six organizers, in addition to the stalwarts who have agreed to stay on.

Thus far, we have two. We still need four more:

-a treasurer to keep us on the straight and narrow;

-someone to oversee vendors like those we bring up from Creston with the fresh produce;

-another to organize educational exhibitors (like blood pressure monitoring or how to grow mushrooms);

-and one to organize entertainment.

We could also use a second strong person to help oversee set-up and take down, both inside and out. It would be great if this person had a truck.

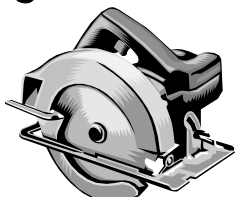
Having all these people would ensure that no one person is over-worked, and the Fair is fun for everyone.

Please volunteer, and ensure this century-long tradition continues.

I need to hear from you by the end of March, otherwise we can only assume the Fall Fair is dead due to lack of interest.

Please call me at 250-227-9233 to volunteer, or email me at wedgwoodbb@gmail.com (only one “e” in wedgwood!). You won't regret it...

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Concerned Groups Calling on Ministry to Take Immediate Action on Kootenay Lake Fishery

Meeting took place Feb 23

From Nelson Daily News
thenelsondaily.com

Local outdoors clubs, including the British Columbia Wildlife Federation (BCWF) and the West Arm Outdoors Club (WAOC), demanded urgent action by the Ministry of Forests, Lands and Natural Resource Operations (FLNRO) as Kootenay Lake kokanee stocks continue to dwindle.

The two groups together with the Balfour and District Business and Historical Association, hosted a meeting on (Monday) February 23 at the Balfour Hall at 7pm.

"We believe the Ministry is not reacting adequately to the seriousness of the problem given the long lasting impact the fishery decline will have on recreational fishing, tourism, real estate and the local economy," Harvey Andrusak, a former Fisheries Manager with regional Ministry of Environment, Lands and Parks and a BCWF Director who is intimately familiar with the lake said in media release.

"Kootenay Lake was world renowned for its ability to produce large sized rainbow trout and local residents, tourists and non-resident anglers have long enjoyed productive trout fishing. Action is required now for the lake to recover this reputation."

WAOC President and BCWF (West Kootenay) Representative Gord Grunerud concurs.

"Fisheries managers must take proactive and comprehensive management actions to reduce the extent and duration of this crisis. So far only minor changes to the fishing regulations have been instituted that will have little effect on kokanee productivity and the recovery of the fishery.

"The current approach is ineffective and the public needs to be aware of the implications. We expect recovery of the kokanee population will take at least a decade and even longer for the trout without immediate, proactive management." The organizations are extremely concerned with the current status of fishing on Kootenay Lake.

Anglers are experiencing the worst fishing conditions in more than 50 years. A near total collapse of the main lake kokanee population has resulted in a dramatic decline in the size and number of Gerrard rainbow trout and bull trout populations.

Both of these species and others such as threatened sturgeon and burbot rely on kokanee as their primary food source.

In response to the successful fertilization program the predator numbers have significantly increased, resulting in an unprecedented reduction in kokanee numbers since 1967.

The Meadow Creek system and spawning channel usually supports a range of half a million to a million kokanee spawners that produce ample numbers of kokanee to sustain an abundance of rainbow and bull trout.

However, in the last three years Meadow Creek spawners have declined to less than 200,000 annually. In fall 2014, the numbers were a mere 60,000. Both Meadow Creek and Lardeau River kokanee numbers are being reduced by predation and possibly other fac-

tors.

Today the trout are showing the effects of this reduced food supply; they are small, skinny and in poor condition.

The BCWF is calling upon the government to conduct an independent review to determine how fisheries managers could have averted this current crisis (learn from the event) and what proactive measures can be undertaken to accelerate the recovery (act to improve the future).

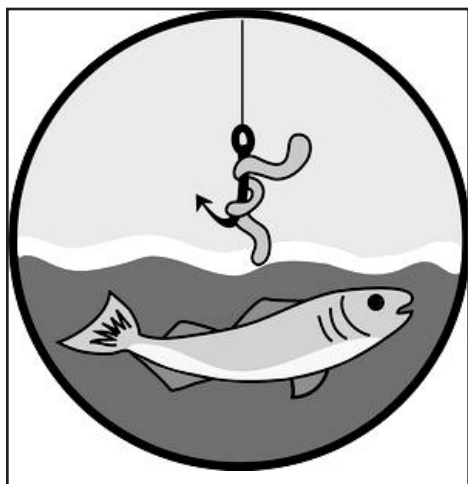
This is essential rather than simply waiting and hoping, potentially for decades, for the recovery of what was formerly the province's best inland large lake fishery.

Local anglers recognize the problem but now politicians, small businesses and non-anglers support is required.

The 46,000 members of the BCWF care about this unique ecosystem, the fish community it supports and the economic, social and community benefits the Kootenay Lake Fishery provides.

Concerned residents should write to Forests, Lands and Natural Resource Operations Minister Steve Thomson and Regional Executive Director Paul Rasmussen demanding they undertake a review to develop and implement a comprehensive fisheries restoration plan for Kootenay Lake.

The recent decline in fish stocks forced the popular Family Day Fishing Derby to cancel its 2015 event.



NOTES FROM THE MEETING:

The following are Chamber of Commerce notes from the meeting on February 23 that outline the results and findings from the session with the Ministry:

- The predator (large fish that eat Kokanee) and the prey (Kokanee) are out of balance. There are too many rainbows eating the Kokanee. Thus some fish are starving for lack sufficient prey

- The numbers of Kokanee in the main lake are mainly supplied from Lardeau River and Meadow Creek spawning areas. Some fish escapements from the West Arm occurs too. The West Arm is in relatively good shape from a predator prey balance perspective. The decrease in the spawning run at Meadow Creek will likely decrease the numbers of Kokanee entering the main lake this year. The decreased spawning run reason for last year is not understood but is unlikely directly linked to the virus. The numbers at Meadow creek have been decreasing for two years. The Kokanee population is slightly above historical norms based on expected returns to the Main Lake from Lardeau and meadow creek. Once these Kokanee enter the main lake then the predators gorge themselves on the Kokanee decreasing their numbers substantially. The real problem is not a spawning problem (yet); the problem is too many small rainbows that are preying on the same historical numbers of spawned Kokanee. To make big Gerrards requires more Kokanee food to make the big fish bigger. Therefore the ministry wants too reduce the 5 over 50 cm down to 4 and increase the less than 50 cm catch from 2 to 4. Data for last year is just being prepared by mail out by the ministry for 2014. These results likely will reinforce the over population of smaller rainbows and the fact that leaner big fish are being caught.

- The virus in healthy fish at the Lardeau spawning grounds was not found. The biologists did not think this is an issue since the virus exists in nature and could have been introduced from bilge or simply from migratory bird feces. Either way there is no way to eradicate the virus.

- There will be a Kokanee weekend fish in May in the West Arm but main lake Kokanee catch quota will be reduced to zero.

- The slides from the presentation are to be published on the Balfour Chamber of Commerce and Historical society as well as the friends of Kootenay Lake and Ministry websites.

- Seems like Mother Nature will take its course regarding the fishery population dynamics. So keep your small fish and throw back the Kokanee.

- The concept of repopulating Kokanee in four creeks of south arm have been tried at Boulder Creek, Crawford Creek, Akokli and Sanca. A few more fish have spawned but population dynamics are poor.

- A special fish habitat assessment unit study will re-evaluate all the data that has been collected since the 1960's to make sure that nothing has been left out. The group running the fish hatcheries will be part of the study to see if there are other ways to assist improving the fish management strategy.

- The ministry intends to continue the lake fertilization program since data indicates that nitrogen and phosphorus levels depleted by Duncan and Libby dam sediment nutrient retention appears to have the most significant improvement on fish populations. Zooplankton (Daphnia) measurement growth is forced by NP which in turn is consumed by Kokanee which is in turn eaten by larger prey fish. Prey fish will eat one third to one half their length in prey fish...

Mike Jeffery is the chairperson for the East Shore Freshwater Habitat Society. His phone number 250.227.6807 or email mike.ivy@hotmail.com.

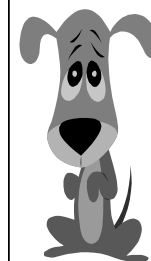
Do you have thoughts about the fish situation in Kootenay Lake? Do you feel like the Ministry is doing all that it can and should do in this situation? Do you have further information? Please feel free to send it in for consideration!

More info can be found at: www.eastshore-freshwaterhabitatociety.org, and www.gillandgift.com/fishing. Thanks to Tom Lang for providing the info.

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NEW LOCATION! We will now be doing clinics at the Crawford Bay Motel, Unit 6...

Mobile Clinic Dates:
 March 10 and April 7 at the Crawford Bay Motel.

Next Deadline:
March 25, 2015
mainstreet@theeast-shore.net



Tom's Corner

by Tom Lymbery

The 2am Ferry

Perhaps we could have titled this FERRYITIS - a malady that affects all of us on the lake.

Before the late night ferry sailings were taken off, we always called the last one the 2am ferry but it left Balfour at 1:15am(our time). That was the deadline that we were always striving to catch when we left movies, meetings and more on the other side. Quite often we also had the pedal in urgent mode when returning from Vancouver or Revelstoke – virtually anywhere you travelled.

Until late October of 1963, not only car drivers but also one daily Greyhound trip was always scheduled to be on that last Anscomb sailing. As well from about 1955 to 1963 a semi load of mail from Nelson to Cranbrook was on the same boat. Prior to the opening of the Rogers Pass in July of 1962, with all the Trans Canada traffic coming our way, the ferry went to a 24-hour schedule by adding a 4 AM trip, hoping to get truck traffic. That was an advantage for an early start if you were off to Vancouver.

The East Shore community is much more isolated since late evening trips were pulled from our ferry

ney from Garth's home, and the crew waited for me to make that pick up so that I could make it back on the return trip! Scheduling at that time required the boat to spend at least half an hour at the docks.

For some years we had woodstoves and fireplaces shipped to the West Arm Freightline's warehouse in Nelson before they moved it to Castlegar. So I would travel after store closing to bring back 3 or 4 units. Rick, one of the owners of West Arm gave me a key and said, "go ahead and use the fork lift", as this was long before requirements for training, so I could learn how by myself. I also had to slide the stoves down planks from the 4-foot dock into my pickup so I was on that 2am.

In the 1980's insurance required more training, so this meant a weekly wintertime trip to Castlegar. We had a 1979 Toyota Celica – nice to drive but I still recall the problem of the oncoming headlights in such a low slung vehicle. A Castlegar broker had offered to head up classes that weren't student friendly including new concepts that took so much discussion that I was always on the last boat.

Those of us on the eastern shore who are members of Kaslo Masonic Lodge No 25 always made sure we would catch the last ferry home. Going over we would ask the crew to keep an eye out for us as we were expecting an extra long meeting. For a few years we were treated to a boat trip from Riondel to Woodbury or Kaslo by Ken Chick or George Grimstad. When the late ferry trips were deleted I missed many meetings, but now we have these half an hour earlier so we can scramble for the 9.40pm.



An unusual three boat photo showing the Balfour, the Osprey, and the Anscomb when the Osprey was on a shakedown cruise soon after launching. Photo credit - the Muehle Family of Pilot Bay

schedule in 2002, with last late trip May 19, 2002. Even in the earlier years, one most important item to check when I was shopping for a used pick up truck, "is the seat five foot 6 inches wide" so that I could sleep across the bench seat on the nights that I was arrived too late. The boat crews were most accommodating, bringing the ship back in as long as she hadn't started her turn at the Balfour dock. But snow or even a dirty rainy night could impede your speed. I had no intention of tackling the 132 miles from Balfour via Salmo and Creston as I would never be able to stay awake for three more hours.

I remember returning from an Insurance Brokers Assn. meeting in Castlegar when I was on time for that ferry. However I was driving a 1959 Chev sedan that had good winter tires but the slippery fresh snow on the Kootenay Bay summit was just a touch too slick – even though Highways had done their sanding job. Three tries only got me to the corner above our Credit Union (which was still at the Riondel Road junction) and the radiator was boiling. So I returned to The Last Chance, called Wen McLeod on his Nobelphone set up and he rented me a cabin overnight.

We occasionally caught the 2am for an early start on a trip to Vancouver with Sharon and I taking turns driving – able to get to the coast about 2pm or so. We got an extra boost, with the crew eager to get home a few extra revs gets you across about 10 minutes quicker.

The ferries had a phone that they plugged in at the Kootenay Bay dock and we quite often phoned to ask the boat to wait a few minutes when a salesman had stayed too long (but this was never late at night). I can't believe how helpful and accommodating the crew has always been. At one time Garth of Valley Comfort lived on the North Shore half way to Nelson. Once I was crossing on the 8pm to fetch a load of chim-
8 Mainstreet March 2015



Hidden Taxes

by David George

China: a threat to the Canadian economy?

China has 20 percent of the world's people, now almost 1.4 billion, doubled in 50 years since Patrick Watson's 1964 film *The Seven Hundred Million* despite the one child policy. (India doubled its population to 1.3 billion in only 40 years.)

Both China and India have lots of pollution in many of their cities, and China has a truly appalling record of human rights abuses in, for example, Tibet.

In recent years, China has been buying up large companies, notably in the energy sector, particularly in Canada. Some examples follow:

In 2011, Sinopec, the China Petrochemical Corporation bought Calgary's Daylight Energy, an oil and gas company, for \$2.2 billion and renamed it Sinopec Daylight Energy Ltd. Our government let this sale happen.

In 2012, finalised in 2013, Nexen, another Calgary oil and gas company with oil sands interests was sold to the Chinese company CNOOC (China National Offshore Oil Corporation) for \$15 billion. The Harper government let this sale happen.

Last year, 2014, Athabasca Oil Sands Corp. with leases on more than 1.5 million acres in Alberta (that's 6,400 square km) was sold to Petro China for only \$1.18 billion and renamed Dover Oil Sands. Harper government let this sale happen also.

All of those Chinese companies are, of course, capable of being controlled whenever desired by the government of China.

Should we be concerned about the selling of our Canadian energy companies to a totalitarian state? I believe we should, especially after the treaty with China which Harper's government has forced on us. I am speaking about FIPA, the Canada-China Foreign Investment Promotion & Protection Agreement, agreed to in 2012, and forced through our Canadian parliament on September 12, 2014.

As this is NOT a free trade agreement, but a treaty, it was done by cabinet order in council. It came into effect on October 1, 2014, and cannot be cancelled until 2030. Look it up. It's scary.

If NAFTA has caused us trouble, FIPA has the potential to give us fits. It would, for example, allow Chinese companies to sue any level of Canadian government if they felt they were not being treated fairly. Taxpayers could be on the hook for damages, and proceedings might not be subject to public scrutiny.

If the selling off of Canadian companies to China is something you want to stop, remember all this in our next federal election, coming in October of this year, or possibly sooner.

A note to Volvo owners---Volvo cars are still being made in Sweden and Belgium, but now also in China, as Geely Holding Group in 2010 bought Volvo cars for \$1.5 billion from Ford, which had paid \$6.5 billion for Volvo in 1999.

Small business accounts for 98% of all business in B.C.

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March 25/15

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East Shore Youth Council Update

by Sandra Bernier

The East Shore Youth Council is proud to announce that we have recently filed to become our very own not-for profit society. We have recently recruited new members to be part of our team and we are very excited about this new development. We would like to welcome Cathy Fowler, Sarah Wolfenber and Erin Cristofoli as our newest board members. There are many reasons why this has transpired and we are very proud to have formed a society that is dedicated and committed to investing in our local youth engagement.

In the past few months we have had the opportunity to deliver great programming to our young people in the community. In January we were invited to Salmo by the Salmo Youth Center for an evening of night skiing and a sleep over. This event was open to all youth from the Columba Basin and was very well attended. Sixteen East Shore youth had a blast skiing and snowboarding fresh powder and really enjoyed hanging out with youth from other nearby communities.

We continue to offer a youth drop in every Thursday at the Community Corner from 3-5. This event is generally well attended. The number of participants has ranged between (7 to 12 youth every week. Our activities so far have included things like hiking down to the beach and facing the challenge of trying to start a fire in February when wood is less than dry to roast marshmallows for S'mores - we succeeded! We also organized a foose ball tournament (thanks to Paul Hindson for letting us use his table), chilled out and watched movies, made sushi, baked cookies, went tobogganing and more. Over all it has been a blast.

The Suburban continues to be a great asset assisting us with the transportation barrier, and the storage shed is still in the process of being organized. We are very fortunate to have received the CBT Community Youth Initiative grant as it has been the fuel that has supported all these new opportunities for our young people.

We also recently acquired a button-maker thanks to Sarah Wensink who took the initiative to write a Youth Action grant. This is a super cool tool that youth plan to use to raise awareness around global issues by creating buttons with meaningful messages and images.

As the end of February approaches we are on our trip to Fairmont Resort for a weekend of soaking in hot springs, skiing, snow boarding and tubing. We have 21 youth registered for this event and they are all looking forward to all the fun they plan to have.

The East Shore Youth Council meets on the first Monday of every month at the school library space from 3:15 to 4:30. We welcome new faces and anyone interested in getting involved or anybody who might want to just come to a meeting and contribute ideas or give us feedback.

If you have any questions or comments please feel free to contact the East Shore Youth Coordinator Sandra Bernier at (250)505-3173.



Florence Terriff of Riondel watches Sarah Wensink & Hailey Middlebrook use the button-making machine.

EASEY Does It!

by Ellie Reynolds, Coordinator

On Sunday Feb 15 the Community Corner building in Crawford Bay smelled like pancakes. Valentine's Day isn't an occasion it's easy to celebrate when you have small children and live on the east shore. We're not exactly flush with fine dining during February, so where would you go if you got a sitter? The woodshed perhaps...? Or maybe it's better to bring the kids along for the ride and postpone candle lit dinners until...some unimaginable point in the future.

So, the day after Valentine's Day I was happy to offer a 'family-friendly' alternative; Pancakes and Kindermusik. EASEY applied for a grant from the RDCK Rec 9 commission to add food to my regular Kindermusik sessions, making them truly community building and satisfying occasions. Music, dance, instruments, followed by lunch and some free play has been a great combination for the young families that attend each week. Kindermusik with Ellie ended this season of classes with a free pancake breakfast followed by a "Let Me Call You Sweetheart" music class. Nine children and adults attended, including three of our community's newest babies. It's never too early to begin music appreciation and the benefits of exposure to music in a nurturing and age appropriate environment. We bounced to "Skinamarink", danced in circles to "Love Somebody, Yes I Do", played Peekaboo with scarves and rocked and cuddles along to "Let Me Call You Sweetheart".

Mixed aged classes are such chaotic fun to be a part of - from newborns to 5 year olds, and all in between, the children respond according to their temperament and age and stage. Music is naturally community building and so is eating together. They should be offered together often. It was a sweet sight that Sunday morning - new energy infusing the building, little bodies learning how to coordinate themselves, babies



passed around, big kids leading the way, and parents and children simply having fun together. I have found it such a gift to be a Kindermusik educator and bring the program to our young families. I continue to see the good effects it has on my own two young children, and parents have told me touching stories about how much their own children look forward to coming. Pancakes with real maple syrup were the icing on the cake. Thanks go out again to Rec 9 for making the food a part of the music.

In other EASEY news, we have confirmed our dates for the Breakfast Series, where parents and children 0-6 meet at CB School over five Sundays to enjoy a delicious breakfast (not more breakfasts!) followed by parenting discussions facilitated by the wonderful Laura Douglas, who does such sterling work with families in our community. Children are cared for at the Family Place so parents can gather in a supportive space and discuss the challenges that come with parenting

young children. When I attended this workshop a few years back I remember a collective feeling in the room among parents of, "Oh you too? You mean I'm not the only one who struggles with xyz?"

Often as parents of pre-school aged children, much of our 'job' is done in private, behind closed doors and can feel invisible. It's easy to feel like your child must truly be a monster until you realize almost every other child is doing something similar. Laura Douglas brings a light touch, a heap of empathy and inspires an attitude of non judgment. The breakfasts will be sponsored by our community branch of the Nelson District Credit Union, and our thanks go out to them for generously agreeing to help us run this important and fun program.

The Breakfast series will begin April 12 and run for five Sundays. Free and open to all parents and children 0-6. Contact 'easey01@gmail.com' to register or ask questions.

Pssssss! Tell Your Visitors About East Shore Summer School!

by Laverne Booth

Expecting visitors this summer? Want them to be happy? If you are a resident, check your mailbox in the next little while for a flyer telling you some of the fantastic stuff going down this summer on the East Shore of Kootenay Bay.

Among other great things, the East Shore Summer School is on from July 20 to August 7 2015 at Crawford Bay School with an amazing array of music, art, dance, and language camps for the whole family. Watch your news venues for highlights in the next months, but do put it on the calendar:

JULY 20 - 24 : SHOKUNIN - a week of master classes for adults with in-depth study with a local or regional artist/craftsperson, along with SMART camp for children 6 to 12 (Science, Movement, and ART)

JULY 27-31 : MEDLEY ARTS CAMP - a medley of art, music, and dance classes for children age 6-14 along with courses suitable for all ages for family participation. KINDERMUSIK with Ellie and supervised play for our youngest children.

AUGUST 3 -7 : LANGUAGE CAMP Language immersion with a range of activities such as cooking,

activities, community explorations, and singing in world sign language.

The benefits to our community are many:

- supporting local artisan, accommodations, food, & recreation businesses,
- hire & promote local artists and craftspeople,
- add to the economic viability of the East Shore as part of family vacation packages,
- promote our school as an excellent venue for multiple learning and entertainment projects and as a learning environment for new families with children..

HOW can you get involved?

- Let us hire you on a short term basis to facilitate events (see ad) or teach your art or craft.
- Volunteer for the events & lower your cost to attend for yourself or your children,
- Link up your business to offer specials and bonuses to out of town visitors,
- Send your kids, your friends, your family and yourself to enjoy the creative endeavors in the summer on the East Shore.

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From the Principal's Desk

by Dan Rude

For the last of my monthly writing pieces as principal of Crawford Bay School, I'd first like to give gratitude for all the gratitude and wishes that have come my way since announcing my upcoming move to the Kaslo Family of Schools. We've worked very hard and learned a lot, as a community, over the past several years with the intention of overcoming challenges and building opportunities that are both unique to our place – and in line with how education is evolving across our changing planet. I am grateful to all who have stepped forward to support this journey and I hope to continue to stay connected. Actually, I have some burning ideas of how better to connect Crawford Bay and Kaslo schools and families to develop some new partnerships for learning opportunities for kids and youth. Ask me more in person...

I'd also like to share with you one of my favourite concepts in education and learning – what is known as 'The Zone of Proximal Development'. In any learning activity, all of us have a 'sweet spot', where what we are learning is not too easy, not too hard, and engaging and motivating for us, based on our own unique profiles. These zones are also always changing, based on our personal circumstances, our feelings and moods, our interactions, and the world around us – locally and globally. As educators, one of our great challenges – and often the most rewarding part of our work – is to continually observe our learners and make adjustments to try to best meet each learner's zone of proximal development in all our learning activities.

With this in mind, Ms. Okros, Ms. Fowler and I have recently made a new attempt to get a window in the worlds of our youth through a project in which each grade 7-12 student is expected to find and deliver us at least one quote that is meaningful to him/her at this current time in his/her life. Below is the beginning list of these quotes. Note the brilliance, playfulness, and intensity that our youth are connecting with! Expect to see these and other meaningful quotes in a display in the school starting soon. And if I can get my rusty song-writing and guitar playing quickly in order, I may also write a song from these quotes to present back to these youth who I've had the fortune of learning with....and from.

- "The most important things in life are the things we can't see." - **Tom Hanks**
- "If only we could see the endless string of consequences that result from our smallest actions. But we can't know better until knowing better is useless." - **John Green**
- "Walking with a friend in the dark is better than walking alone in the light." - **Helen Keller**
- "Life is what happens when you are busy making other plans." - **John Lennon**
- "Today is the oldest you've ever been and the youngest you'll ever be again." – **Unknown**
- "When nothing goes right, take a left." – **Unknown**
- "If you don't have the courage to change things then you might as well just die." - **Natsu Dragneel**
- "Never compromise, not even in the face of Armageddon." – **Rorschach**

- "When sh#% happens, turn it into fertilizer." – **Unknown**
- "I love how you make me laugh when I don't even wanna smile." – **Unknown**
- "Success is not the key to happiness, happiness is the key to success. If you love what you do you will be successful." – **Unknown**
- "Maybe we're meant to lose the ones we love, but I'll fight for you 'til then." – **Unknown**
- "Happiness can be found even in the darkest of times if one only remembers to turn on the light." – **Unknown**
- "Life is a journey to be experienced, not a problem to be solved." – **Unknown**
- "Everyone's a genius, but if you judge a fish by its ability to climb a tree, it will spend its whole life thinking it's stupid." – **Unknown**
- "Don't look back, you're not going that way." – **Unknown**
- "Life is like a box of chocolates you never know what you're gonna get." - **Forrest Gump**
- "In order to succeed, we must first believe that we can." - **Nikos Kazantzakis**
- "Where there is great love there are always wishes." - **Willa Cather**
- "Great minds discuss ideas, average minds discuss events, small minds discuss people." - **Eleanor Roosevelt**
- "If life kicks you in the a@#, get back up and keep going." – **Unknown**
- "Live in the present not in the past." – **Unknown**
- "We'd rather die than sell out our friends." – **Unknown**
- "Nothing is impossible, some things are just implausible." - **Unknown**

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The PAC Box

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

PAC MEETING: March PAC meeting is on March 9 at the CBESS middle room (computer lab). 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 March, proceeds go towards the Hot Lunch Program. Call the school for more info: 250.227.9218 and place your orders.



"Iris" a watercolour by Ute Bachinski.

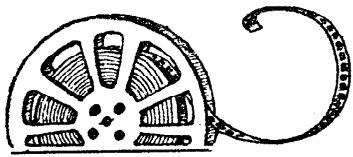
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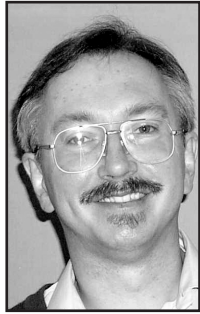
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Seldom Scene

by Gerald Panio



I'm way behind on this one.

I've had friends recommending the films of Wes Anderson to me for quite a while now, and having just watched his latest—*The Grand Budapest Hotel* (2014)—I can understand what I've been missing. If the rest of his oeuvre is as quirky and affecting as this film, I've got a lot of catching up to do.

The Grand Budapest Hotel makes me think of what a Guy Maddin film might look like if he ever decided to leave Winnipeg and take up filmmaking in foreign locales. Much of Anderson's film is shot in castles and other historical buildings in Saxony, Germany, with side

trips to a cemetery in Poland and Studio Babelsberg in Brandenburg. These locations masquerade as sites in the mythical country of Zubrowka, and are exotic enough in themselves to make it hard to distinguish reality from CGI special effects work. The confusion isn't lessened by a surrealist plot that runs mid-twentieth century European history through a Terry Gilliam/Monty Python filter. Try imagining Charlie Chaplin's *The Great Dictator* (1940) crossed with Gilliam's *Brazil* (1985).

One of Anderson's unique artistic choices with *The Grand Budapest Hotel* was to have his long-time cinematographer, Robert Yeoman, film it in three different screen formats, using three different sets of lenses. The film's story takes place in the 1930s, the 1960s, and the 1980s. For the 30s, Yeoman used a square frame; for the 60s, anamorphic widescreen; and for the 80s, the contemporary 1.85:1 format. Mikado Murphy, in *New York Times* article called "Below the Line: Shooting 'The Grand Budapest Hotel,'" reviews the effects of the various formats on the picture itself. Other distinctive features of the cinematography are the sudden zooms into character close-ups—as if the camera had just noticed a telling detail it had to share with audience—and a lot of high- and low-angle shots onto actors. There are even some iris shots that haven't been in vogue since the 1920s.

For me, one of the best testaments to the arresting power of Anderson's work was the fact that my wife, who is usually quite content to pointedly ignore most of the silent, foreign, avant-garde, or downright bizarre movies that turn up on our home screen at night, was frozen in her tracks by her first glimpse of *Grand Budapest*. It grabbed her attention and never let her go.

The sets were surely a part of that fascination—dreamlike backdrops of art nouveau architecture, mountain fastnesses, locomotives

steaming through forbidding landscapes, retro funiculars, ornate thermal baths and medieval-era prisons. Another hook was the eccentric costuming, everything from colonial starch to alpine kitsch to fascist chic. And then there's Alexandre Desplat's remarkable Academy Award-nominated soundtrack, leaning heavily on Eastern European/Russian themes and the sounds of the Ludmila Zykina State Academic Russian National Balalaika Ensemble. With, for good measure, some Vivaldi mixed in with the zithers, cimbaloms, alpen horns, Gregorian chants, organs, bells, and yodels.

However potent the choices of setting, costuming, and music might be, though, we need solid characters to root for. *The Grand Budapest Hotel* has an enormous, and enormously-talented, cast. The leading roles go to



Ralph Fiennes as concierge Monsieur Gustave, the most memorable representative of the serving class since Anthony Hopkins' head butler in *The Remains of the Day*; and Tony Revolori as Zero, M. Gustave's protégé and Lobby Boy extraordinaire.

M. Gustave is a walking contradiction of old-world charm, shocking vulgarity, and limitless vanity. He's a "full-service" (nudge, nudge, wink, wink) provider

for his elderly female clientele, and spouts memorized passages from his library of romantic poetry the way army generals quote Sun Tzu. He strides about in a perpetual cloud of L'Air de Panache perfume.

The film's plot takes off when one of M. Gustave's clients, the Dickensian dowager Madame Celine Villeneuve Desgoffe-und-Taxis (Tilda Swinton), dies under highly suspicious circumstances and bequeaths to Gustave a 17th century painting whose pedigree (it's attributed to the very serious-sounding but non-existent Johannes van Hoytl the Younger) appears to fall just short of the Mona Lisa's. It's a painting to die (and kill) for. Gustave "liberates" it from the clutches



of Madame Celine's vast family of homicidal sons and sycophantic relations, triggering a frenetic trans-Alpine chase that drags in Zero and Zero's pastry-making inamorata, Agatha (Saoirse Ronan). Zero, with his penciled-on moustache and fetching Lobby Boy uniform, is a real charmer. Agatha becomes his partner in crime, helping to save the day when things look

bleakest.

Other key roles go to Willem Defoe as leather-clad, motorcycle-riding killer-for-hire Jopling, F. Murray Abraham as the octogenarian version of Zero, Jeff Goldblum as ill-fated Deputy Kovacs, and Adrian Brody as the Heinrich Himmleresque Dmitri. The Internet Movie Database cast list for *Grand Hotel* goes on for four pages, and includes other luminaries such as Bill Murray, Harvey Keitel, Léa Seydoux, Owen Wilson, Jude Law, and Edward Norton.....If

any further evidence were needed of the kind of esteem in which Wes Anderson is held by the film-making community, the cast he assembled for *The Grand Budapest Hotel* should make the case. I can only imagine that many of the actors were willing to work for less than scale just to be part of this picture; either that, or



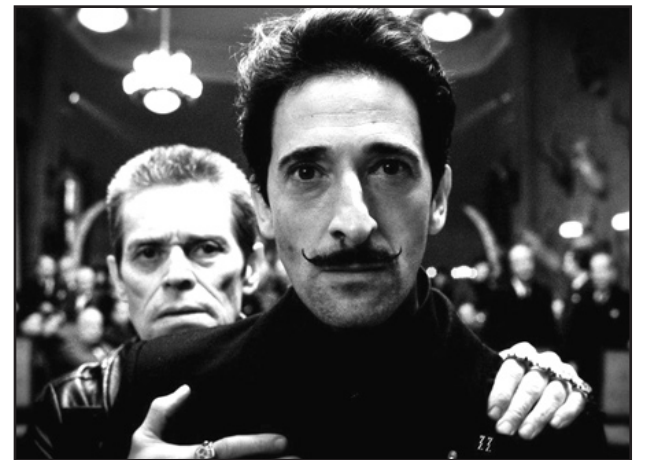
Anderson's budget has expanded exponentially since his *Bottle Rocket* (1996) days. (It hasn't—the budget for *Bottle Rocket* was \$7 million, for *Grand Budapest* \$31 million.)

Another minor starring role in Anderson's film goes to a French pastry, the Courtisane au Chocolat, looking like a confection that Antoni Gaudi might have dreamed up when he wasn't busy with the Sagrada Familia. Saoirse Ronan said that making it was the hardest thing she's had to do in a movie. There isn't an Academy Award category for Best Food, but some years there should be. I was thinking that someone somewhere must have written a history of food in the movies, and a Google search turned up "Food and Eating in the Movies: A Bibliography of Books and Articles in the UC Berkeley Libraries." A quick scan turns up "Alimentary Delinquency in the Movies" and "Cry Food: The Use of Food as a Comic Motif in the Films of Charlie Chaplin." Good to know someone's paying attention.

A more serious theme plays in the background of *The Grand Budapest Hotel*: rumours of war, rampant militarization, and the rise of the black-shirts. Monsieur Gustave may be the master of his universe in the Grand Budapest, but he's quite powerless to stem the rising tide of darkness descending upon Zubrowka. Although the humour in *Grand Hotel* is never as black as it is in, say, *Brazil* or the Coen Brothers' *Barton Fink* (1991), there is a paranoia-fueled Grand Hotel shoot-out, a head in a basket, some severed fingers, and a defenestrated cat. Happy endings aren't a higher priority with Wes Anderson than they are with Guy Maddin, or with the likes of the Brothers Grimm and Charles Dickens. There's usually a price to pay somewhere.

The Grand Budapest Hotel is the first of Wes Anderson's films to be nominated for an Academy Award for Best Actor or Best Picture in his 20-year career as one of the world's most respected independent filmmakers. Composer Alexandre Desplat is on his eighth nomination without a win. This could be their lucky year.

(*The Grand Budapest Hotel* is currently available for rental at the Riondel Market.)



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Art in the Library and Chamber

by Val Van der Poel

Although we have had a fabulous winter, I am sure all of us are looking forward to the colour and blossoms that spring will bring. You don't have to wait - you can always get a dose of colour by checking out the new art displays at the Creston Public Library and at the Chamber of Commerce.

The Art the Chamber display will be "Bursting with Colour" and full of many of our favourite artists. The Alfoldy's are back with their unique styles, Ute Bachinski will be showing both pastels and watercolours, visitors will enjoy Karen Arrowsmith's subtle watercolours and Laura Leeder's delicate depictions of flowers and porcelain, the different styles by Carol Schloss and James McDowell will add just the perfect touch of variety. In addition to these familiar names you will see a variety pack of art from Carol and Jennifer Huscroft, the fascinating metal sculpture by Aaron Weitman, the colourful and vibrant work of Cheryl Place and the always interesting art of Carrie Lucas. The Chamber display also has two newcomers who will be sharing their art with us: Don Towstego with wood carvings and Linda Mahoney who is exhibiting a fascinating hat. This display promises to be very interesting and I can't wait to see what everyone is showing. "Bursting with Colour" opens on February 27 and runs until April 30 so you will have plenty of time to check it out and maybe find the perfect gift for a birthday or for Easter.

The Art in the Library display is "An Artistic View" and features two local artists, Carrie Lucas and Kurtis Ladner, as well as a Creston Art Club member, Joe Horvath, who comes over every week from Salmo to paint with us. Those who are used to seeing Carrie Lucas' encaustic art will be interested to see some of her watercolors and oils - you might even say "I didn't know you could do that!" Kurtis Ladner's country landscapes are a charming glimpse of the artist's view of the world. I hope that Joe Horvath will display some of his oils and some of his pencil work; two different views from one artist and both of them fascinating. The Art in the Library display starts on February 28 and ends on April 25. Remember the art on display at the Library is for sale by contacting the artist or the Library will give you my contact information.

The community art displays are sponsored by the Community of Creston Art Council, the Creston Public Library and the Creston Valley Chamber of Commerce and Visitor Centre to enable artists from Yahk to Riondel to display their art and to let the public see the wonders of the world through the artists' eyes. If you would like your name on the list to display at one of these venues contact Val van der Poel at 250.866.5772.

The photo in the colourful central spread - it is "Iris" a watercolour by Ute Bachinski.

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Soprano & Guitar Concert

A Great Event & Success!

by Zora Doval

Classical soprano singer Noemi Kiss and guitarist Rita Deane received a standing ovation from an excited audience on Sunday, February 22. It was a very beautiful performance, soulful and deep. The performance area in Crawford Bay School was totally sold out.

I never knew there were so many people on the East Shore who would enjoy a predominantly "classical concert", although many songs were not strictly in the classical category. The folk songs (arranged by Rita for guitar) were very popular with the audience. I think some people had tears in their eyes.....

Indeed, it was a great performance and it was decided on the spot to have these two talented musicians back in summer. There was also interest expressed to invite Noemi Kiss for an afternoon voice workshop as she is a dynamo of a vocalist, certainly very inspiring.

I would like to thank those people who put their heart and efforts into helping me promote the concert, sell tickets, open doors etc. These would include: Laverne Booth, Branca Lewandowski, Natalie Ogeniski, Bohdan Doval, Nancy of Wedgwood Manor, and Lorna Smith. A big thank you goes to Dan Rude and Sandy Watson for offering the space at the school. The performance area is a great space for events such as this.

To conclude, the next two concerts are envisioned, one to include a violin/piano duo and another one featuring a piano virtuoso performing works of Ravel and Schumann. If you enjoyed this concert, be sure to keep your ears open for the next one. And if you like to help out with the organizing/hosting please give me a call. I greatly appreciate any support you can offer.

Thank you all for showing up and being such a great audience.

Kootenay Lake Art Connection 2015

by Geri Gomola

Last year's Art Connection was a successful venture and went pretty much as planned. There were twenty-eight venues and galleries and over thirty five artists involved. The brochure was planned and illustrated works of artists and artisans as well as descriptions of the venues and galleries and what they sold and whose art they carried. If you are interested in showing your artwork, entering your gallery or business in the 2015 Art Connection please contact your representative in the following areas: Val van der Poel for Wynndel, Karen Arrowsmith for Boswell area, Geri Gomola for Gray Creek, Donna Robertson at Crawford Bay and Lilliane Dejonge at Riondel.

There will be a June juried art show and reception at the Wynnwood Cellar Estate Winery kicking off this year's events exhibiting art at the Winery during the summer months. There will be a two hundred dollar gift voucher to be used for a painting created by a Kootenay Lake art Connection artists and a two hundred dollar gift voucher won for art created by any form of art and artisan in the final draw.

We are hoping that community members and tourists will make a point to support the artists and venues and galleries by making the art Connection of 2015 part of their summer excursion. We are also hoping that the artists with vision and galleries and business patrons will participate in this worthwhile 2015 enterprise.

Tom Sez

by Tom Lymbery

Our lake is lowered by March 31 to prepare for spring runoff. This is the time for dock repairs and beach cleanup.

It appears that Target couldn't compete with Canadian Tire. As well Target didn't understand that Canadian business has more problems than in the US, such as shipping longer distances and more government regulations.

Wal-mart clears \$21,000 profit *every minute worldwide*. Only one per cent of its 1.6 million employees makes more than the minimum wage. 92% of its products come from China.

As well as smoke detectors, every home needs a Carbon Monoxide detector. A family in Whitehorse owe their lives to having one in their home.

An early spring with the snow gone provides a ground food for deer - unfortunately this means that false box and huckleberries have almost disappeared at lower elevations.

Will our Kootenay birch trees ever recover from that beastly bug that eats all the fresh buds and then has those green worms hanging on threads that make you hate walking under them.

Canada has added a 41% surcharge on the price of rebar imported from other countries. This has almost doubled the rebar price in BC since none is produced west of Ontario. Delivery by sea is so much less than freight from the east. BC is appealing the ruling but we may have to suffer the extreme price for a year or so, increasing the cost of any cement projects.

Studies have replaced surveys. But we still wonder about these - one study says that men think about sex every seven minutes - another study says its actually 63 times a day.

There is a vast difference between the meaning of LIGHTENING (lighter colour or weight) and LIGHTNING (electrical storm discharge) but two books I have reviewed recently have printed Lightening in the wrong context. ("A Creek Runs Through It", and "When the Path is not a Straight Line") Obviously more highly qualified proofreaders like Betsy Brierley are needed.

Brent Sass of Eureka, Alaska won the 2015 Yukon Quest sled dog race from Whitehorse to Fairbanks. Minus 40 temperatures warmed to the finish line in Alaska but it was a tougher than usual race, jumbled ice blocks on the frozen Yukon River near Circle were also a challenge.

One of the toughest things for organizations to accomplish is to get people to set aside personal differences and work for the good of everyone involved.

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pebbles
by Wendy Scott
Time: The Indefinite and Continuous Duration of Existence

We know about seconds, minutes, hours, and now even nanoseconds, and we can continue describing bigger chunks and tinier blips of that elusive moving passage of life, but none of it can be held and weighed in a package or a hand. It slips by; it drags on; or it loses us in what we call a moment. Astronauts can describe the passage of time in space as being off-set from the earth below their flight. We've come to recognize the space-time continuum as a true measurement although none of us really can define the term since it becomes terribly muddled when Einstein's relativity steps into the picture – or our own insistence on naming what can be both ephemeral and precise.

The honeycombed cube we call a tesseract can be pictured in three-dimensional space as a cube with the six faces that reflect those hexagonal prisms of pure light and colour that dance on walls and ceilings when sunbeams attempt clear passage only to be refracted and scattered into pure, true colours. A tesseract is often named by science fiction and fantasy writers as a time machine.

H. G. Wells, Edgar Allan Poe, Marcel Proust have all used time in their concept of a fourth dimension, and Madeleine l'Engle takes her three protagonists into a tesseract to travel through a *Wrinkle in Time* and Einstein not so profoundly declared: "The only reason for Time is so that everything doesn't happen at once." But Dr. Seuss very likely said it best. "How did it get so late so soon? It's night before its afternoon. December is here before it's June. My goodness how the time has flown. How did it get so late so soon?"

Most North Americans chop the year into spaces and seasons of time – Standard and Daylight being the designations of choice; but here on the East Shore, the only thing we acknowledge about Daylight Saving Time is that it does not exist.

Warm memories bring me another winter/cum/spring town that ignores the rest of North America's yearly switch. At Los Ayala in Nayarit, Mexico, a kilometre of winter-warm sand invites northern feet to stroll and northern eyes to seek the haze of distance that rolls off the edge of the sea into a million light years of time.

Those same million light years spread above me now in Riondel, and it is in this south-east edge of that same Mountain Time Zone that Riondel joins Fort St John, Dawson Creek, Creston, and Crawford Bay as we remain stubbornly still in the gyre of time ignoring the west side of Kootenay Lake and the rest of British Columbia, confusing relatives and friends not only on the lower Mainland but really anywhere else – to say nothing of Albertans who come through the mountains happy to find familiar time, but then puzzled as the second Sunday in March comes and goes with no apparent recognition, and time, as they know it, stays static – and there's that signpost that must be carried – twice yearly – from Yahk and back to Kootenay Bay – to prove, perhaps, that there is a dimension called Kootenay Time which, of course, slips a bit when

appointments and ferry times differ half way across the lake.

We can trace some of our reliance on time to that old philosopher, Galileo Galilei, who as a teen in 1582, lost track of a church service and became fascinated with the swaying chandeliers. Their constant sway – no matter how wide the arc – became his measurement for the minutes and hours on the face of a clock. That same year, William Shakespeare, at the age of eighteen, married Anne Hathaway, but I seriously doubt that Anne and Will received any gifts that resembled clocks or watches. The pendulum's swing had not yet reached the retail world or the dismal practice of punching in. That would come and later, as would the "six pip salute" time signal direct from London stating that the beginning of the long dash marked exactly ten o'clock. The earth, however, wobbles a bit – the poles sway and as horizons continue to beckon into interstellar space, a more precise atomic clock has become de rigueur.

All of which seems to ignore our own, Kootenay Time and Newfoundland's anomalous half hour.

But, In the midst of it all the timeless poet, Lewis Carroll sums it up nicely while the walrus and the carpenter chat – and proceed (to the horror of the oysters) to prepare a sunny midnight snack.



*The sun was shining on the sea,
Shining with all his might:
He did his very best to make
The billows smooth and bright--
And this was odd, because it was
The middle of the night.....
"The time has come," the Walrus said,
"To talk of many things:
Of shoes--and ships--and sealing-wax--
Of cabbages--and kings--
And why the sea is boiling hot--
And whether pigs have wings."*

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BOOK REVIEWS

by Tom Lymbery

WHEN THE PATH IS NOT A STRAIGHT LINE by Ellen Burt, Publisher MAA Press, soft-cover, 142 pages, \$20.00.

Ellen Burt writes with a keen eye for nature, with delightful descriptions of wild plants and birds. She wants to repair a Walton rowboat and gets replacement ribs from David Kayle of Gray Creek – these are acacia (also called honey locust) and work beautifully when steamed to make them flexible to fit the boats' contours. She camps at Birchdale, across from Kaslo but only accessible by water. When winter approaches she rents the former Noel Bacchus house – Noel canoed from Birchdale all around the lake collecting memberships for the Moyie when the ship was being set up on the lakefront at Kaslo.

Marmots to ravens – she lives close to and admires all the native birds and animals, with her own fascinating descriptions. Her book is a collection of stories, some of which have been published before. Her writing teacher was Luanne Armstrong and you can feel Luanne's encouragement in Ellen Burt's words.

Ellen has now lived in Argenta for some years and her report of a forest fire endangering the community brings to all of us the summertime fear that comes with the alarming smoke and possible crowning in the treetops.

HOUSE CALLS BY FLOATPLANE – Stories of a West Coast Doctor by Dr. Alan Swan, Harbour Publishing, 207 pages, \$24.95.

I thought I had read this one before, but had been confused by a book by Dr. Eric Paetkau which also centres on the former Garden Bay Hospital on BC's Sunshine Coast. I expected to find that Dr. Alan Swan was a pilot – no but he and his wife suffered through many rough flights to first nations villages after he takes on a real challenge. Some of these are still very isolated – such as Hartley Bay where the residents were first to assist the survivors of the Queen of the North sinking.

Swan and his wife, Rosa have three children and when his practice would permit some time off, they would take trips in their family boat. They collected shellfish as well as fish on these trips, so he explains that his children were in their twenties before they accepted that people actually paid for oysters.

Treating injured loggers took him into the bush so he got to see some of the earlier day logging equipment up very steep hillsides with float camps below. This is a well written book so you will find much to enjoy, as well as some good laughs. He travels to isolated northern places such as Iskut and Telegraph Creek to hold clinics and has great regard for the nurses staffing stations where the doctor may only come a few times a year.

NEXT DEADLINE:

MARCH 25, 2015

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WWW.ESHORE.CA

EMR Course in Riondel

by Sharon Webster

During the month of February, six adults—five of whom live on the East Shore-- took part in a three week Emergency Medical Responder (EMR) course in Riondel. An EMR is the next level of training up from a First Responder. This group came from varied backgrounds. Some had no previous emergency medical training and some held Occupational First Aid certificates or previous EMR training. The EMR course is intense. A large amount of information is imparted over a short amount of time and the multiple skills and scenarios require repetitive practice to master. The tests given are both written and practical. Several evenings had the students practicing at the ambulance station until 10pm and then going home to study. But the sweat and toil paid off and all six passed their certification exams. Three of these students have already been hired by the BC ambulance service in Riondel and are a welcome addition to our overworked crew. One student came to Riondel from the Crowsnest area and will be returning there to work for BCAS and the other two are looking to use their EMR certification for employment in industrial settings.

Running a course of this magnitude takes a lot of planning and organizing and we need to give thanks to Cindy Bonnell for getting this done. She was able to convince BCAS of the necessity of training due to the shortage of staff for our local ambulance service. The BCAS administrative staff got on board and were able to get the Justice Institute to send instructors out to teach the class. Cindy then made arrangements for accommodation and meals for the instructors and examiners who came. In addition to all that, the course ran long hours in the ambulance station and Cindy quietly came in and managed to get her own job done in spite of the chaos that existed in her office.

Thanks needs to be given to many other people who supported the course and its participants as well. The ambulance auxiliary helped out in many ways, not the least of which was tending to everyone's hunger. Fabulous lunches were catered and delivered by Bob and Wendy every day of the course and through exams also. Christy Gillespie kept everyone nourished with healthy snacks and Kathy Donnison, Verna Chick and Cindy Bonnell kept us supplied with goodies. More than once, I heard the people who came from off the East Shore comment about what a wonderful and supportive community we live in.

Congratulations to the East Shore residents who passed this difficult course: Annemarie Perciasepe, Francis Holman, James Linn, Mike Ashton and Quinton Wastrodowski. Now we wish them luck on the licensing process and in their future as medical responders. Thanks to you all for putting the time and effort into this.



Anne-marie Perciasepe receives practice treatment from Mike Ashton (foreground), while Quinton Wastrodowski sees to James Linn in the background.

An Invitation to "Dining for Health"

by Margaret Crossley

The East Shore Community Health Society in collaboration with the Selkirk College School of Health and Human Services will be offering a "Dining for Health" workshop at:

- **The Boswell Memorial Hall on**
- **Thursday March 19,**
- **12:30 to 3pm**
- and
- **Bob's Bar and Grill in Riondel**
- **Thursday March 19**
- **5:30 to 8pm**

The workshop, led by two 3rd Year Nursing students, will provide health-related information about preventing and living with Type II Diabetes, with a focus on healthy eating and meal preparation. We will be providing a meal that we promise will be both delicious and nutritious, and that will demonstrate some of the principles that will be covered during the workshop. We anticipate that one or more health professionals may attend the Boswell and Riondel workshop and we look forward to further developing these important community partnerships.

These workshops are by donation. We look forward to your enthusiastic participation. Please leave a phone or email message indicating your interest in attending either of the events:

Verna Mayers-McKenzie (250)223-8474 vmayers@theeastshore.net,(Boswell)

Margaret Crossley (250) 223-8455 > margaret.crossley@usask.ca (Riondel)

Kathy Donnison (250) 227-9205 kaydon@netidea.com

Yoga & Asana Basics

Garland Pose-Malasana

Many people of the world do not sit in chairs, they squat. As with all yoga poses, there is a rhythm to this pose, when the movements lead to an uninterrupted flow of awareness throughout your entire body, you begin to experience a deep inner balance.



Benefits

Strengthens and brings flexibility to ankles
Increases mobility in the hips
Stretches back muscles
Soothes some causes of backache
Strengthens abdomen

Doing the Pose

Start in a standing position
Bend your knees, squat with feet together, knees apart
if your heels lift, place a rolled blanket underneath them
Lean forward, lower your waist between your thighs
Reach your arms forward, bring the chest toward the floor
Exhale, bring crown of head towards floor
Bend elbows, place palms on the floor, or hold ankles

Focus in the Pose

Move sacrum toward floor
Pull tops of thighs & hips back
Press inner heels down evenly & stretch toes forward
Reach spine forward
Release neck & soften throat

By Jai Holman

Get Involved in Fitness: Volunteers Invited

by Doreen Zaiss

The great thing about volunteering at the Fitness Place is that it gets you going. Oh, *and* it means you'll meet new people. *And* you don't have to be a body builder or supermodel to enjoy the job. *And* you'll be a little bit healthier and more fit every time you finish your two hour stint there. *And* you qualify if you are between the ages of 18 and 100. *And* it's guaranteed not to raise your tax bracket. What more could you ask for from a job?

After a half hour training session you are ready to go. Your job will entail opening and closing the centre; greeting people; helping them sign in and buy memberships; showing people around; doing a bit of cleaning or straightening. It's a friendly job and it leaves time for your personal workout.

Volunteers who work a minimum of four shifts per month get free membership for that month. The shifts are just two hours in length. Getting there a few minutes early makes it easier for you and your patrons. Volunteers are free to trade shifts around when personal circumstances require flexibility. Often a volunteer will be away for a month or more and will find someone else to pick up that shift for the time being.

Consider becoming involved in volunteering at the Fitness Place. There's plenty to do whatever your age and fitness level. We even have an elevator for those who have trouble with stairs. A fitness regime can make a huge difference in pre-op conditioning and post-op recovery. We have members who work out gently getting ready for hip or knee surgery, and return to the gym after surgery to regain their strength and flexibility.

We have a weight room where the hunks, jocks and keeners can get the workout they desire.

Join us and enjoy the experience. I'll be glad to train you.

The RCMP will be at the school March 10 from 3-5pm to help volunteers apply for a criminal record check.

Healthy News

submitted by ES Health Society

Mark March 19 on your calendar... That is the day you can get a healthy free meal either in Boswell for lunch at Boswell Hall from 11:30 to 3 or in Riondel at Bob's Bar and Grill from 5:30 to 8:00 pm. Also expect to hear the Selkirk College nursing students Ave and Jennifer talk about diabetes prevention and care. We do ask individuals and families to register your intent to participate so we can gauge how much food to make.

Do you want the ambulance to be able to find you?

Consider purchasing a reflective sign through a fabulous initiative thanks to Sharon Webster, and the Riondel volunteer fire department led by Cory Medhurst, for working towards **signs for all driveways**. The signs are 6"x 20" 0.08 gauge aluminum painted with engineer grade reflective paint. They can be one sided (\$25) or two sided (\$35) and come in red, blue or green. The numbers are 4" tall and are highly reflective prismatic white. We can accommodate up to 5 digits and will drill holes to suit the customer. Installation can be arranged at an additional cost. Contact Cory Medhurst at cmedhurst@rdck.ca or 250-354-7508. Thank you for supporting this initiative.

Riondel Seniors - Still Alive & Kicking

by Fran O'Rourke

Whether due to concern and uncertainty about the Community Centre, disinterest in the programs provided, or just plain fatigue, the Riondel Senior Citizens Association has been in a slump. The AGM this year, however, was very upbeat. We have a new board of willing directors and a sense of enthusiasm among the members for trying new approaches, new ideas.

The first concern addressed was our dwindling membership. There was a feeling expressed that we would like to be more than a "seniors" association. And, in fact, though our charter only states that a board member must be 55 or over, any adult can be a member and join in any of the activities. We have had children attend events and programs, but we ask that they be accompanied by an adult member. Someone expressed that there is a widely held misconception that the Association is only open to the Riondel residents. Not true at all. Only one thing is reserved exclusively for Riondel residents – taxes on the building. Anyone from anywhere can join the resident organizations; the Many Bays Band is a perfect example of that. So we want to let everyone know that guests are welcome, and we hope you enjoy yourself enough to become members.

The next issue was programming. This is a little more difficult because we have a small executive of four. Any program suggested needs to have someone willing to organize and coordinate it; not everyone has the time, energy or confidence to take that on. In spite of the manpower issue, there will be at least three new programs added to the roster. If anyone has an idea, we can float it with the membership, and maybe others will share the responsibility.

The third problem discussed was marketing. The Seniors depends too much on word of mouth advertising. With the best will in the world, nothing improves or expands if no one knows about it. So this is our first step to address our public relations short-comings.

The seniors currently run several programs every week – Turbo Jam, Walk-a-Mile, Men's Pool, Yoga and Bingo. We have Pot Luck Lunches every month, the next one is Tuesday, March 3, 12:30 (bring a dish to share or \$5 in lieu). Anne Rokeby-Thomas has revived the monthly card parties; the first was Valentine's Day the next is slated for St. Patrick's Day. Most months speaker events are presented in partnership with the Age Friendly Committee; these events are arranged for the speaker's convenience and are usually combined with a soup and bannock lunch by donation. Coming soon: Darts and Step Dancing. And in the planning process: computer workshops to follow up the Social Media Round-up presented in partnership with the Learning Hub. We are also researching the possibility of a lecture / discussion group or movie / discussion events. Beyond the scheduled programs, we sponsor several seasonal events. It is not exactly something for everyone, but there is selection.

So the message from Riondel: the Seniors are entertaining new ideas and welcoming new members. Come as a guest and see if you like it. We will try to get word out there about what's happening, but if you want to know, you don't have to be a member to sign up for the e-newsletter; just email fourke@bluebell.ca and ask to go on the mailing list. In the meantime, stay healthy; it's how you get old enough to know it's important.

East Shore Routes

by Farley Cursons,
ESTBA Projects Director

As we at ESTBA have begun inventory of the local trail network there has been many notable suggestions of local trails for us to promote. Although ESTBA's objective for this year is to present a new Crawford Bay Peninsula map, there is one project in particular that is most inspiring.

Tom Lymbery has had some correspondence with the Kootenay Trail Coordinator for the Trans Canada Trail, Sarah Meunier. Tom referred her to the East Shore Trail and Bike Association and we invited her out for a site tour. The East Shores section of the Trans Canada Trail begins in Kootenay Bay and follows HWY 3A through Crawford Bay down to Gray Creek and east over the pass to Kimberly. A clear sunny February afternoon found us mountain biking the power lines route from Crawford Bay to The Gray Creek Store. There is a lot of potential to develop this very scenic route and connect the gaps. The goal would be to get as much of the trail off the highway as possible. ESTBA will spend the year working out authorization for public use of the East Shores segment of the Trans Canada Trail.

About the Trans Canada Trail (adapted for this article)

Initiated in 1992 as a project to celebrate Canada's 125th year, the Trans Canada Trail is the world's longest network of multi-use recreational trails. When connected, it will stretch 23,000km from the Atlantic to the Pacific to the Arctic Oceans, through every province and territory, linking over 1000 communities and all Canadians.

The Trans Canada Trail is made up of close to 400 individual trails, each with unique and varied features. This contributes to the diversity and grandeur of Canada's national Trail. For day trips or multi-day adventures, the Trail offers countless opportunities to explore and discover. To date, more than 16,800km of the Trail are operational across the country which is more than 73 percent of the proposed route.

The Trans Canada Trail is a community-based project. Trail sections are owned, operated and maintained by local organizations, provincial authorities, national agencies and municipalities across Canada. The Trans Canada Trail does not own or operate any trail.

The Trans Canada Trail is represented by provincial and territorial organizations that are responsible for championing the cause of the Trail in their region. These provincial and territorial partners together with local trail-building organizations are an integral part of the Trans Canada Trail and are the "driving force" behind its development. Their collective membership represents approximately 1,500,000 volunteers across Canada. Within BC, the provincial partner is the Trails Society of British Columbia (aka Trails BC)

In British Columbia, the Trans Canada Trail runs nearly 1,700 km from Victoria to the Rocky Mountains, through some of the most spectacular scenery in the world. It passes through or near many communities including: Victoria, Duncan, and Nanaimo on Vancouver Island; the North Shore, Vancouver and Lower Mainland communities to Langley, Chilliwack, and Hope in the Fraser Valley; Princeton, Penticton, and Kelowna in the Okanagan; Kootenay and Rocky Mountain communities including Grand Forks, Nel-

son, Crawford Bay, Kimberly, Cranbrook, and onto the British Columbia-Alberta border. It will have spur trails linking to it as the British Columbia Trail Network develops. In many cases the Trans Canada Trail provides a backbone or connectivity for regional trail networks. Its development was a stimulus for the creation of a number of new provincial trail associations and hundreds of new local trail groups.

There are six preferred trail activities on the Trans Canada Trail: walking/hiking, cycling, horseback riding, cross country skiing, snowmobiling and



Trans-Canada Trail Coordinator Sarah Meunier and ESTBA Projects Director Farley Cursons

canoeing. Motorized use is permitted on about half of the length of the managed trails portion of the Trans Canada Trail other than water and road routes. The majority of this motorized activity is snowmobiling but there are four provinces that have "Yellow" trails meaning that ATVing is permitted on those trails. The longest "Yellow" trail is the Newfoundland T'Railway. It is owned by the provincial government which enacted legislation that permits the use of ATVs & snowmobiles on their linear park.

In 2004 the Trans Canada Trail obtained \$15 million in funding from the Canadian Government to assist with funding for construction of the trail. This money was invested in trail construction over the succeeding 7 years. In October 2010 the Canadian Government announced a new \$10 million contribution to assist the TCT to reach its completion goal by 2017.

The Trans Canada Trail is a federally registered charitable organization.

In British Columbia, Quebec and Ontario separate organizations have been incorporated whose sole purpose is to coordinate the development of the TCT. In most provinces and territories the provincial trails organization is the official partner that is responsible for coordinating the construction and management of the TCT in their region. Two exceptions are Saskatchewan and the Yukon where the provincial / territorial snowmobile associations are the partners.

Most provinces have adopted a volunteer community group model whereby local not-for-profit organizations assume responsibility for building and maintaining a section of the trail that is typically 10-20km in length. In order to register a section of trail as part of the TCT, written landowner permission is required.

In 2005 the Ministry of Tourism, Culture and the Arts (MTCA) of the BC Government assumed responsibility for established recreational trails on Crown land in British Columbia. The MTCA Trails are managed by the Recreation Sites and Trails Branch of this Ministry, often through a management agreement with a local recreation organization. Trails that run through provincial parks are managed and insured by park authorities.

As our East Shore communities look for ways to attract visitors and keep them here a few more days, the Trans Canada Trail is a true gift among so many. These mountains, lakes, rivers and eclectic inhabitants represent a unique culture that ESTBA is grateful to be a part of.

Please join ESTBA! Your membership is valuable in so many ways. Contact us at: eastshoretrailandbike@gmail.com

Resources: www.trailsbc.ca / www.tctrail.ca

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Notice of Passing

Brian Simpson

Former Gray Creek resident Brian Simpson passed away as a result of several medical conditions on January 30, 2015. Born and raised in New Westminster, Brian lived in Surrey for many years before buying the Lakeview in Gray Creek in 1976, which he built into a successful business along with his wife, Laura. Brian and Laura lived in Gray Creek until 1990, when they sold the Lakeview and retired to Maple Ridge, where Brian lived until his death.

Brian started out his working life as a teacher, obtaining his BA and BEd at UBC and attending a PhD program in Education at Columbia University in New York in the late 1960's. He then pursued a few different careers before spotting the business opportunity in the Lakeview.

An intelligent man full of ideas and well-defined opinions, Brian genuinely enjoyed meeting and talking with people from all walks of life, as long-time residents of Gray Creek can attest.

Brian is survived by his ex-wife, Laura, his children Valerie, David and Sandra and their spouses, four grandchildren, and three step-grandchildren.

Notice of Passing

Douglas Norbert Nault

On the afternoon of Saturday, February 14, 2015, Douglas Norbert Nault passed away in the Creston Valley Hospital at the age of 81 years. Doug was born in Carmangay, Alberta on January 27, 1934.

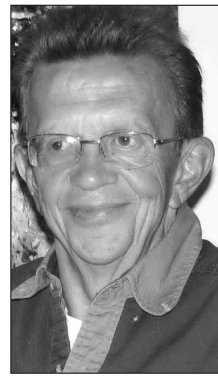
Doug was an avid outdoor enthusiast. He loved to hunt, fish, boat and ride his BMW motorcycle. Doug was a member of the Boswell Vintners.

Left to cherish his memory are his beloved wife of 32 years, Marlene Nault (nee Wescott) as well as his sons; Kelly, Wayne (Yvonne), Ted (Rena) and daughters Doreen, Lorie (Laurence), Judy (Doug) and Tammy (Mike). He also leaves to mourn his passing his sister, Sylvia Nault and brother Gordon Nault. Doug was predeceased by his parents, Hector and Amelia Nault and one brother Denis Nault.

A memorial service for Doug will be announced at a later date. If friends desire, memorial donations may be made in Doug's memory to the Canadian Cancer Society, 9 - 9th Ave. S Cranbrook, BC V1C 3H9. Condolences may be left for the family at markmemorial.com.

Notice of Passing

James Alton Hellman



Jim Hellman passed away January 22, 2015 at the age of 68. Born in Kimberley but a son of Kootenay Lake, his parents Oscar and Hazel moved the family to La France Creek in 1949. He grew up at the families Rainbow Park Resort (now Mountain Shores). He and his two sisters attended Crawford Bay School.

Jim moved to Prince Rupert as an electrician and then moved back to Creston and retirement for more than a decade. He loved the out of doors, wildlife and dogs. He was a sportsman who worked to improve habitat for wildlife, especially wild salmon. He enjoyed photography, woodwork, fishing and hunting, good stories and good friends. He was a man who knew the shape and form of anger, grief and adversity yet answered it with generosity. He was a gentle man. He is missed by friends and dearly loved by his sisters Beatrice Olorenshaw and Teresa Adams.

There is an open invitation to gather memories at an informal gathering of friends and a celebration of life in the Creston area for mid May 2015.

Remembrance Garden

by Wendy Scott

Spring's coming and the garden is waking. I would like to tell you that all those new plaques are ready to install, but we've come to an unfortunate stumbling block. The engraver, who - for over ten years - has provided all the marble plaques for the cedar benches has encountered serious health problems and will not be able to continue.

We're in the process of searching for another craftsman and hope to solve the issue very soon.

Our very best wishes go to Roger in Trail, who has been so reliable and helpful for such a long time.

In the meantime, come and share the breaking spring in the garden - it's yours to enjoy.

Wendy - wmescott@gmail.com - 250-225-3381
Muriel - mcrowe@bluebell.ca - 250-225-3570

Hospice News

by Nicole Schreiber

Amazing Spring Raffle and a Duck

We have a new children's book in the hospice library. Duck, Death and the Tulip by Wolf Erlbruch is a lovely little picture book about a duck and her 'friend' Death. Death has always been around, but one summer Duck takes notice of Death and they develop a closer relationship.

Remember that we have a well stocked library at the Health Centre in Crawford Bay with many books about dealing with loss. This library is available to everyone on the East Shore by sign out and is accessible during clinic hours. You can also call if you'd like helping choosing a book.

The Amazing Spring Gift Basket Raffle is in full swing. Support the Hospice Society by purchasing a ticket and have a chance to win a wonderful basket full of lovely items like mugs by Shpaxieland Pottery Studios, local chocolates, lovely tea and some seeds for your garden! Tickets are available at many local stores. \$2 or three for \$5. Draw is April 2.

If you or someone you know could benefit from help from our hospice volunteers, please don't hesitate to contact us. Call Nicole at 227-9006 ext 29 to discuss the possibilities.

East Shore
Fitness Place

Located above Crawford Bay School gym -
second right on Walkley Road.
Elevator available if steps are a problem.

Our Hours
8-10 am Monday - Saturday
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Call during open hours: 250.227.9218, ext: 5542

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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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)
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 appointment pls call 250-505-8130.
KOOTENAY SOUND HEALING CENTRE on Riondel Road, offering sound healing treatments, gong meditations and Acutonics® classes. Theresa Lee, certified Acutonics® teacher and practitioner, 250-225-3518 kootenaysoundhealing.com
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.
MASSAGE REBALANCING-SHIATSU - New in Crawford Bay. Help to re-establish your body's flow of energy and stimulate your inherent ability to heal with a unique combination of deep tissue, joint release and shiatsu. Veronique: 250-777-2471.
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

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 refl req'd. 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 - MASSAGE PRACTITIONER: Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Level 1, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

RESTAURANTS

CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING - available for community events, wedding receptions, workshops etc. Non-smoking facilities. Call Kathy, 227-9205.
MAXX AND NAMBI'S FAMILY RESTAURANT: Open 7 days a week, 9-noon. (located beside Newkey's)
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. Please Call James Linn at 250 225 3388

Creativity, Community, Conscience
 mainstreet@theeastshore.net

CLASSIFIED SECTION

BIZ ANNOUNCEMENTS

Sirdar General Store: A unique place to shop on Duck Lake. 2015 - 16 Angling & Hunting Licences, Regulations Tags, CVWMA Fishing Permits. Tackle, Groceries, Souvenirs, Seasonal Greeting Cards, Island Farms Dairy Products, Soft Drinks Energy Drinks, Juices, Water, Chocolate Milk, & Bars, Breyers Ice Cream Treats, Locally made crafts, aprons, baby dresses, placemats, wooden cribbage & cutting boards, plain bird-houses that you can paint to match your landscaping. Post Office, Stamps, Fax, 8050 Hwy 3A, 250-866-5570 phone or Fax 250-866-6811. Happy Valentine's Day!
Insurance Certification requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

language facilitator, German language Facilitator. Contact laverne@theeastshore.net or call 250-227-9218 ext 5518

Amazing Spring Gift Basket Raffle! Local pottery mugs, local chocolates, tea and seeds! \$100 value. Tickets \$2 or three for \$5 available at many local stores. Draw April 2. All proceeds to East Shore Hospice Society.

Need Training to Work? Take advantage of these courses happening soon in Crawford Bay: Food Safe, First Aid, Serving it Right, World Host, WHMIS, Traffic Control/Flagging, Microsoft Excel 2013, GPS and Google Earth. Please contact: laverne@theeastshore.net or call 250-227-9218 ext 5518 or drop in at the Learning Place, Crawford Bay School open Tuesday to Thursday 10 am to 4 pm. If you require financial assistance to take these or other courses please set up an appointment with KOOTENAY EMPLOYMENT SERVICES (KES) at 250-428-5655 for the first Wed and Thurs of each month.

BUSINESS SERVICES

Fax service, photocopies, (withnoPST/GST) Tom Lymbery - Notary Public, 250- 227-9315, fax 227-9449, 250.227.9448 for Notary Public.

NOTICES/EVENTS

East Shore Summer School - Require staff (pending funding) for: Arts Administration (registration, marketing, logistics of the three week summer camp) Kids SMART camp facilitator (ages 6 to 12 years, Science, Math and Art camp), French language facilitator, Spanish

**Happy Spring,
 Mainstreet
 Readers!**

The MAINSTREET

Contact: Ingrid Zaiss-Baetzel

Phone: 250-227-9246 Fax: 250-227-9264

Box 140, Crawford Bay, B.C. VOB 1EO

E-mail: mainstreet@theeastshore.net

**** ADVERTISING RATES**

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

Sample Sizes - more sizes available.

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

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

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

YOUR HALL IS AVAILABLE...

For community events, wedding receptions, workshops...You name it!

Booking info, Kathy Donnison @ 227- 9205

CRAWFORD BAY HALL

"your community hall"

A non-smoking facility.

EAST SHORE PHYSIOTHERAPY



Anna Rose
BScPT

- Full Assessments
- Home Programs
- Gentle Treatments

Health Center, Crawford Bay

(250) 227-9155

- Planning a wedding?
- Holding a meeting?

Consider renting the **BOSWELL HALL**

Booking/info: Judy @ 250-223-8664

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 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 2015

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

Mar 3: Dr. Grymonpre
Mar 4: Dr. Moulson
Mar 5: Dr. Lee
Mar 10: Dr. Grymonpre
Mar 11: Dr. Moulson
Mar 12: Dr. Lee
Mar 17: Dr. Grymonpre
Mar 18: Dr. Moulson
Mar 19: Dr. Lee
Mar 24: Dr. Grymonpre
Mar 25: Dr. Moulson
Mar 26: No Doctor
Mar 31: Dr. Grymonpre

**Please Note: Lab hours 7:30 - 10:30 am, Weds
Tues Dec 23 INSTEAD OF Weds Dec 24
and Dec 30 INSTEAD of 31.**

**Call to make appointments at 227-9006
on doctor days and Thursday morning.
Tues, Weds & Thurs (8:30 to 12:30)
Phone: 250-227-9006 Fax : 250-227-9017**

BOSWELL HALL HAPPENINGS

- Yoga:** Thursdays, 9:00-11:00 am. Marilyn Arms 250-223-8058
Tone & Trim Fitness: Mondays & Fridays 9am
Darlene Knudson 250-223-8005
Vinters - 2pm, Mar 11
Jeanne Kay Guelke 250.402.3791
Book Club - March 12, 2pm
Contact Melody Farmer 250-223-8443
Quilters Guild - March 17, 1pm
Contact Jan Brooks 250-223-8667
BADEV - March 12, 7pm
Contact Rod Stewart 250-223-8089
CARPET BOWLING - Tuesdays, 7-9pm (last night Mar 24)
Contact Tom or Linda Sawyer 250.431.8404

BOSWELL HALL SPECIAL EVENTS

- Farmer's Institute AGM:** Weds, Mar 4th, 7pm. Contact Bob Arms at 250.223.8058
St. Patrick's Day Dinner: Sat, Mar 14, 6pm. Contact Gary/Doreen Hill at 250.223.8404
East Shore Health Society Lunch/Workshop,
Thurs, Mar 19th, 12:30-2:30pm. Margaret Crossely
250.223.8455

BELLY FULL O' THANKS

The Starbelly Jam Society would like to thank everyone that attended our recent event, Moody Amiri and Gong Meditation featuring Theresa Lee. Many volunteers came together to make this evening a success. As they say, "many hands make light work". We are grateful to the Gray Creek Hall Society for the venue, Samba Lago Profundo for use of their speakers, and Kalibri of Ambrosia Artisan Chocolates for her delicious contribution. See you all in July (if not sooner!) for more music.

The East Shore Mainstreet
Creativity, Community, Conscience

RIONDEL LIBRARY OPEN HOUSE

COMING YOUR WAY AGAIN!!
WATCH FOR DETAILS IN APRIL **MAINSTREET!**

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

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



Call Alison Bjorkman at
250-428-6356 to book a free
appointment in Crawford Bay...
www.futures.bc.ca

Growing communities one idea at a time.

EAST SHORE TECH SUPPORT

Riondel - Crawford Bay - Gray Creek - Boswell

computer, laptop, ipad, iphone
MAC+WINDOWS+LINUX
network, internet, upgrades, repairs

1.877.782.2843

help@ponnuki.net



KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect

All times listed in "East Shore Time"

Add one hour before March 8, 2015

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

March 2015 SCHEDULE

Mar 1: Canon Jim Hearne, Anglican 10:30am
Music: Marie Gale

Mar 6: World Day of Prayer at KLCC, CB, 1pm

Mar 8: St. Michael's Balfour, Anglican, 11:30am

Mar 15: Rawlin Falk, 3:30pm

Mar 22: Ramona Dannhauer, 1pm

Mar 29: Derrick Smith, Anglican, 1pm

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

No services at the present time. Contact Christ Church Creston for info - 250.428.4248

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

No services at present time.

For info, please contact 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.

Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay 250.227.9444

YASODHARA ASHRAM

Satsang (non-denominational, "in the company of the wise"),
each evening 8pm. Everyone welcome, 250.227.9224

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 25, 2015**

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 Mike Jeffery - 250-227-6807 or Lion David George at 250-227-9550 or Lion Jim at 250-227-9622.

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

PARENT ADVISORY COMMITTEE

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

**March PAC Meeting:
March 9, 2015**

March 2015 Mainstreet 19

March 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Self Healing w/ Melina, 7-8:30pm drop in Studio Ponnuki, 2019 Rio Rd N	3 Dr. Grymonpre	4 Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	5 Hatha Yoga w/ Melina, Boswell Hall, 9:30-11 Many Bays Practice, 7pm Dr. Lee	6	7
8	9 PAC Meeting, Middle Computer Lab, CBESS, 7pm Self Healing w/ Melina, 7-8:30pm drop in Studio Ponnuki, 2019 Rio Rd N	10 Creston Vet Clinic, CB Motel Lions Mtng, 7 pm Dr. Grymonpre	11 Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	12 Hatha Yoga w/ Melina, Boswell Hall, 9:30-11 Many Bays Practice, 7pm Dr. Lee	13	14
15	16 Self Healing w/ Melina, 7-8:30pm drop in Studio Ponnuki, 2019 Rio Rd N	17 Dr. Grymonpre	18 KSR Job Fair, 11-3 Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	19 Hatha Yoga w/ Melina, Boswell Hall, 9:30-11 Many Bays Practice, 7pm Dr. Lee	20	21
22 Plant a Seed, Yoga, Meditation, Reflection Workshop, Studio Ponnuki, 1-5pm	23 Self Healing w/ Melina, 7-8:30pm drop in Studio Ponnuki, 2019 Rio Rd N	24 Lions Mtng, 7 pm Dr Grymonpre	25 Volleyball, 7pm, CB Gym Bingo, Rio CC, 7pm Dr. Moulson	26 Hatha Yoga w/ Melina, Boswell Hall, 9:30-11 Many Bays Practice, 7pm No Doctor	27	28
29	30 Self Healing w/ Melina, 7-8:30pm drop in Studio Ponnuki, 2019 Rio Rd N	31 Dr. Grymonpre				

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Creston Vet Clinic	7	
David Hatfield	1	
EDC	3	
ESIS	10	
Eastshore Physiotherapy	8	
Fitness Place	17	
Gray Creek Store	11	
Harreson Tanner	6	
Hulland and Larsen	10	
KES	11	
Kootenay Insurance Services	6	
Learning Hub Classes	3	
Learning Hub Summer Positions	6	
Learning Hub Summer Sch	1	
PAC Box	11	
RDCK Woodstove Exchange	1	
RDCK Budget Riondel	11	
Riondel Market	10	
Sapphire Hair Salon	10	
Studio Ponnuki	4	
Sunset Seed	11	
Theresa Lee Acutonics	10	

EAST SHORE SUMMER SCHOOL

Require staff (pending funding) for:

- Arts Administration (registration, marketing, logistics of the three week summer camp)
- Kids SMART camp facilitator (ages 6 to 12 years, Science, Math and Art camp)
- French language facilitator
- Spanish language facilitator
- German language Facilitator



Contact laverne@theeastshore.net
or call 250-227-9218 ext 5518

Transfer Station Hours

CRAWFORD BAY:
Sun & Tues
10am - 4pm
Until March 8,
then 9-3
BOSWELL:
Weds/Sat
11 am - 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

ES Health Centre ~227-9006~

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