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YEAR 26, NUMBER 3

MARCH 2016

The East Shore Mainstreet

KOOTENAY LAKE BC

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



Photo by Leah Wilson

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- www.eshore.ca

...and you will have seen the world

by Elisa Rose

Coastal plantations of fruit, sugar cane.



My friends are easily tamed, perfectly harmless, feed exclusively on Koala Bears.

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Mainstreet Meanderings

by Editor Ingrid Baetzel

The itch, the twitch... oh the restlessness. Isn't it something? This time of the year, without fail, I feel the stirrings of something deep and anxious inside of me. It's a little lilting voice – a sing-song with promise: "Go, go, get out of here! Spread your wings, see something new. Get on a plane, a boat, a raft and GO!"

I start dreaming of busy cities, bustling with vital colours and energy. I imagine myself in a foreign land, surrounded by words I don't understand, sampling new foods and drinks right off a vendor's cart, smelling fragrant scents unfamiliar to my senses, slowing down to watch as the world bustles by, getting deeply lost in another land.

I dream of warm sand and sunshine, of turning this busy brain off, of dialing down my self-importance and expectations. I fantasize about lush pillow-top mattresses, food prepared by someone else, sleep that comes in generous doses, sheer curtains moving slowly in warm breezes, the slow stretch of my body adjusting to another day of glorious nothingness, nights of theatre, music, wild entertainment.

I fantasize about seeing long-lost family members, playing games into the night, feeling at home away from here, playing with my nieces and nephew, laughing and getting lost in family love. I all-too-easily see myself somewhere else and ache for change and open road.

Adventure awaits! Others are frolicking on the beach, taking new paths, hang-gliding, rock climbing, sailing, snorkeling, surfing, skiing, sleeping, dancing; why shouldn't I?

That's it; I'm doing it. I'm hitting the road. Don't wait up for me and don't worry. It's time for me to stretch my travelling limbs. It's time for me to get out of here.

I'm off to Nelson for groceries and I may not be back until... well, at least the end of the day.

Grad Fundraiser

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Saturday April 2, 4:30pm

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LETTERS TO THE EDITOR

A FOND FAIRWELL TO FRIENDS

Dear Editor,

I believe it is now confirmed the Wedgwood Manor is changing hands. Congratulations to the new (soon to be named) owners, and welcome to a world of work!

I also want to bid a fond farewell to my friends Andre Laporte and Nancy Galloway. Sometimes we just don't know the amazing people we have in our midst.

In 2003, Nancy and Andre arrived in Crawford Bay from downtown Manhattan to begin running the Wedgwood. Andre and Nancy were both in New York for 911. Andre was in the Canadian diplomatic service and escorted Jean Chretien to Ground Zero during the 911 aftermath.

Andrès uncle, Pierre Laporte, was Quebec Minister for Cultural Affairs in the early 1970s when he was kidnapped and murdered in the FLQ crisis. Andrès son Eric works in the Canadian Privy counsel office.

The reason I mention this is because Andre, having lived in 30 countries in his career, is the most insightful person I've met when talking about politics and world affairs. I will truly miss being able to pick his brain when trying to figure out situations, conflicts, etc, especially the Middle East.

During 2007-2010, when I was chair of the Kootenay Lake Chamber of Commerce (KLCC), Andre was treasurer and Nancy secretary. Andre was relentless in recruiting new members. I called Nancy my little bulldog for her propensity to cut through BS and get things done. Definitely a 'beg forgiveness instead of asking permission' person, she accomplished many things including the beautiful *Crawford Bay Artistic by Nature* signs that adorn the park and north town entrance.

I had many fun nights at the Wedgwood, including a murder mystery night where I played a dastardly mining promoter who was knifed to death on their porch.

Nancy and Andre were always very generous supporting Kootenay Gut Buster Comedy Show, (KGB) providing both cash and accommodation. They also lent me a suit and fedora to play Louie the thug in *Kill me Deadly* and when I brought it back from the cleaners they told me to keep it.

I believe the next chapter in their lives will be in Ecuador, a shock for most of us but just another stride for these intrepid travellers.

Adios, amigos! Bien fortuna.

Paul Hindson, Crawford Bay

GIFTED AND SPECIAL GROUP

Dear Editor:

I am writing this letter in order to express my love and gratitude to each and every member of the Hexagon Players for the opportunity to have been a part of this year's production of *One Flew Over the Cuckoo's Nest*.

I was very nervous when I auditioned to be in the play and honestly wanted to run for the door, but with help, I muddled through and I am so glad I did.

This experience has truly been life-changing for me. The generosity of spirit and encouragement that I personally received was amazing.

The camaraderie we felt was very special. Older generations and younger generations working together for a common goal and everyone being there because they wanted to be... What a gifted and special group of people. I feel privileged to have been a part of it.

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Next Deadline: March 23, 2016

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I would also like to express a heartfelt thanks to the people in our beautiful community who continue to support live theatre. The reception we received was unbelievable and the love and support made all of our hard work so incredibly rewarding.

Very sincerely,

Mandy Petrie (aka Martini),
Kootenay Bay

PLEASE STOP THE STYROFOAM

Dear fabulous East Shore culinary establishments,

Given the fact that we live in such a rural and pristine area, I see it as a privilege that we can enjoy your food year round and love the convenience of being able to grab a meal for take out. But, here's my beef...

Please refrain from serving your take-out food in Styrofoam containers. If you have to raise your food prices somewhat to cover the cost of alternate take-out containers, so be it. Even the big fast food franchises in the city use cardboard containers now. The RDCK does not accept Styrofoam in any of their recycling programs.

Please help to preserve the planet and our beautiful East Shore.

Thank you,
Juergen Baetzel, Gray Creek

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RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

LOCAL GOVERNMENT 101:

The topic of what local government is all about has come up a few times in the last few months. Once was a debate around whether the persons elected to represent unincorporated areas should continue to be called "electoral area directors" or something else. A suggestion which was introduced at our annual local government conference last fall was to change the name to "rural mayors". One speaker in the discussion held amongst electoral area directors in February asked how many times we are asked to describe the role and how often it ends up with a comment such as "kind of like a mayor"?

To me the term mayor or rural mayor does not fit. The reason is in the legislation which sets out the purpose and responsibilities of local government and sets out the distinctions between regional districts and municipalities. From time to time I have commented on how voters cannot be expected to clearly understand the roles when the core legislation, that being the Local Government Act (LGA), was in such disarray due to the huge numbers of changes and deletions made over the decades, leaving the document a shadow of the initial draft with the heading "repealed" appearing over section after section. The major gutting of the LGA occurred when the provincial government introduced the Community Charter which was aimed at incorporated municipalities such as villages, towns and cities. The Community Charter is fairly well written and can be followed logically. As sections in the

Community Charter took precedence related sections in the LGA were repealed without making any reference to how matters under the heading should be dealt with and removing much of the context of various passages.

Of course those employed by government are given training in both pieces of legislation and eventually know when to page back and forth from one lengthy document to the other. I believe that would be covered under Local Government 202 or beyond.

In January 2016 the provincial government did something unusual. It released an updated, consolidated LGA with the sole intention of making it easier to follow. It appears to be only a few hundred pages now and I did not see the word "repealed" anywhere in the new index. To find it go to bclaws.ca and search "local government act".

I will continue to refer directly to the legislation when looking for clarity on some items, but most will quite understandably not. During the February discussion one colleague from the Columbia Valley referred to a short brochure called "Local Government 101". The RDEK prepared the document with rural, unincorporated areas in mind. It makes clear reference to their core services, some of which are universal across the regional district and others which are more specific to defined geographical areas, and provides contact information to learn more. Similar information is available now on the RDCK website but the brochure had its own appeal so our staff have been asked to look into a similar document for RDCK.

As for what to call the local elected officials who do not fit under the more common labels, I feel this does not matter provided you are receiving advocacy when it can be provided, you have the right contacts to get more information and know you can express your opinions or concerns to me as they arise.

BUDGET 2016: We have held additional budget meetings as a board plus in sub regional committee meetings and the proposed 2016 trends for all of our larger services are mapped out and ready for public

presentation. Meetings have been set for March 9 in Riondel (6:30 pm) and March 10th in Creston (9:00 am at the Creston recreation complex). I am also available to respond to questions or hear your concerns directly. There are also meetings scheduled in Nelson and other communities, generally from early to mid March. Go to the RDCK website for meeting date, times and locations.

As I have often stated, the impact of changes in your property value can have a greater impact on your taxes than the adjustments made to cover changes in wages, energy costs (such as at rec complexes or for transportation of waste and recycle material), contracted services or changes in levels of services. As noted last month, for 2016 taxation purposes Area A assessments have seen a modest overall increase but at a slightly lower rate than the RDCK on average or the neighbouring areas around Creston with which we share many of our local government services. This means that tax increases in Area A will once again be offset to some degree by larger increases in other areas which will be shouldering a greater share of the total tax burden. More significantly, I now have the break-out between real growth within the Area A tax base (new houses and newly subdivided lots) versus market changes (increases and decreases in actual selling price for real estate). Our overall increase has been almost entirely due to growth with almost no net change in overall market values. This means our local costs are once again shared over a little broader base.

The places where costs will change most are the library service, in order to fund the reconstruction of the parking lot at the Creston site, and for the Creston recreation center where a number of minor repairs and upgrades are proposed and there is a need to begin to rebuild some level of capital reserve for future needs.

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.



Hidden Taxes

by David George

Did You Get Your Money's Worth?

The first report on how much last October's federal election cost was released on February 3 by Elections Canada, from the Chief Electoral Officer Marc Mayrand to the Speaker of the House of Commons, the Honourable Geoff Regan, M.P.

It cost all of us a bundle, estimated at \$443 million, or specifically \$17.04 for each registered voter, up from \$11.94 each in the last election. More below.

Because the campaign was so long, 78 instead of 36 days, the registered parties and candidates were allowed to spend a lot more money this time. Some of them did, and the report on each party's and each candidate's reimbursable expenses will be released later this year and featured in a future Hidden Taxes column. Oh yes, some party and candidate campaign expenses are paid out of the public purse, meaning our tax money. There were 23 registered parties and a total of 1,792 candidates this time, 247 seeking re-election. Stay tuned.

Reading the initial report, which is available as a pdf download from Elections Canada, informs us with many facts and figures. It also goes into some detail about the challenges and improvements made at Elections Canada since the last election.

Thirty (30) new federal ridings were created since 2011, increasing the number of seats in the House of Commons from 308 to 338. The boundaries of almost all ridings changed, and we saw the effect of that in our expanded Kootenay-Columbia riding.

This 10 percent increase in the number of ridings saw a 40 percent increase in the number of election worker positions, from 235,867 in the last election to 328,951 in this one. Elections Canada hired only

25 percent more workers this time though, rising to 284,563 from 228,777, with some workers filling two positions. They laboured at 67,911 polling stations in 15,578 polling places on election day, and before election day at 4,946 advance polls.

One is reminded here of C. Northcote Parkinson, and his famous Parkinson's Law, that work expands to fill the time available, and that bureaucracies tend to perpetuate themselves and increase. For a look at his original 1955 article in *The Economist*, go to www.economist.com/node/14116121. The article is a little dated, but great reading.

How many people were eligible to vote, and how many voted? The numbers are up in both categories, with the final voter list reaching 26,044,131, up from 24,257,592 in the 2011 election. Those voting this year totalled 17,711,983 up from 14,823,408. This year 68 percent cast ballots, the highest turnout since 1993. Last election only 61 percent did.

Special ballots cast were up from 285,034 to 618,801 this year. Those voting by special ballot included members of the Canadian Forces: nearly 46 percent voted, (29,247) up from 41 percent; Canadians temporarily residing outside the country: 70 and a half percent voted, (11,001) way up from 59 percent in 2011; and finally the interesting category labelled Incarcerated: 50 and a half percent, (22,362) up from 40 percent last election. Now I must say that I had quite forgotten that Canadians in Canadian prisons can vote, at least in federal elections.

A pilot project opened 71 satellite offices on some campuses and YMCAs to provide information and voting assistance to students, youth, and Aboriginal electors. They were open from October 5th to 8th, for 10 hours a day, and more than 70,000 votes were cast at those locations.

Another pilot project provided on-demand services

at some of the 764 acute care hospitals, and enabled a total of 22,000 patients to vote.

Advance poll voting was up sharply, and a total of 3,677,217 voted between October 9th and 12th, an increase of 74 percent over 2011, and representing almost 21 percent of the votes cast in this election.

How is Elections Canada dealing with voting in the 21st century? There was website help in this election so people could check if they were on the voters list, as well as being able to provide address updates and even register online.

More than 1,700,000 Canadians checked whether they were registered to vote. Address updates were submitted by about 208,000 people, and about 107,000 new voter registrations were submitted online.

Telephone inquiries totalled 1,353,700, of which 254,500 were to Elections Canada's national call centre, and 916,200 to local offices. Some callers used the self-service options and did not speak with an agent, and there were more than 17,000 calls about special ballots.

Will there be online voting in the next election? Will we still be marking paper ballots with pencils? Will the Vancouver Canucks ever win the Stanley Cup? Who knows. Well, Vancouver came close in 2011, and tried in 1982. Back in pre-history almost, the Vancouver Millionaires won the cup in 1915, as did the Victoria Cougars in 1925. Oh, back to 2016.

I strongly suspect that there will not be online voting soon, and that we will continue to mark paper ballots with pencils. Just look at the mess our southern neighbours have with voting machines and a Supreme Court that handed an election to the candidate with fewer votes, and be thankful that we live in the True North!

So did you get your seventeen dollars' worth?



March Horoscope

by Michael O'Connor

Tip of the Month: It is eclipse season again. It occurs about every five or six months. This time, we will experience both a

Solar and a Lunar Eclipse in the same month but they will straddle two seasons. The Solar Eclipse is taking place on March 8 here in North America at 18 Pisces 56 and the Lunar Eclipse occurs on March 23 at 3 Libra 17.

The following is a basic breakdown for how each sign will be influenced:

Aries = really seeing others for who they are and exercising empathy, compassion and forgiveness as necessary.

Taurus = addressing your unique and individuated needs and applying them into your daily rhythm.

Gemini = a desire to be seen and heard for your efforts and past performances.

Cancer = a time to travel to your favorite escape, which could occur via a good novel, as well as in fact.

Leo = a deep investigation into factual knowledge; a good time to do taxes.

Virgo = relationship takes on added importance and this could be the perfect time to buy new furniture or to discuss what really matters.

Libra = this marks a good time to take initiatives to activate a new healthy rhythm into your lifestyle.

Scorpio = this could manifest as a marvelously inspirational cycle linked to creative and artistic activity or the simple desire to get away on a romantic and fun-filled retreat.

Sagittarius = home and friends; a good time for a party, yet expect the unexpected and be on the watch for upsets causing more harm than they need to.

Capricorn = an increase in the exchange of information linked to career and/or social status in general.

Aquarius = the desire principle to accumulate is linked to knowledge of foreign places and philosophy and could well manifest as the desire for wisdom of some kind.

Pisces = a definite shift from a rhythm of self-expression to something new, or at least, different

Due to the fact that 2016 is a Leap Year, Spring arrives early at the Vernal Equinox is on March 19 at 9:31 PST.

(Read more in my Newsletter. Sign-up is free on my website.)

Aries (Mar 21 – Apr 20)

Dreams of possibility continue to dance in your mind. The reality of acting upon them is poking you. Yet, you may want to continue dreaming for a while longer anyway. It may be that the dreams you have

been having are not quite what you want or feel are in alignment with your deeper destiny. Perhaps you just want to linger longer in theta land. Since you are a timeless, eternal being, what's the rush?

Taurus (Apr 20 – May 21)

Thoughts and reflections about what makes you special are keeping you, and perhaps others too, awake at night. Beyond your already activated many talents, innovations and inventions are downloading from higher dimensions. Your main task now is to take note and to outline these into a realistic draft. The notion that you can be anything you want may be snake oil, but you can access the fullness of your being.

Gemini (May 21 – Jun 21)

For you dreams are not mere whims of the mind in the night, they are your daily duty to realize. Creative sparks are igniting flash cards packed with brilliant ideas. Like lasers that illuminate the dance floor, you are inspired to move with the rhythm and beat. Looking to the future, you see a bigger picture of possibility than you have for some time. Confidence will follow on the heels of action.

Cancer (Jun 21 – Jul 22)

Sometimes we dig deeper to access our truth and the same can be said of getting the facts. Since both are on your mind, you are probably extra busy. It may be that you have to cover a lot of bases and may, therefore, feel spread thin. But the flow demands it and you want answers too. So keep breathing as you do the double time required.

Leo (Jul 22 – Aug 23)

Clearing the old to make way for the new is an important theme of late. Whether it is stuff, attitudes, and perceptions, worn out associations or otherwise, the time is right to move on somehow. In the higher sense, it may be deemed a graduation point. But some of your fans are waiting for your next appearance. So do your homework and whatever else you must and then step out to meet and greet.

Virgo (Aug 23 – Sep 22)

Pleasing others has its time and place but so too does taking the initiative and asserting yourself. At this time you are destined to decipher how to strike the balance. Generally, this is an expansive time and the time is right to enter new territory somehow. Yet, others need you to be there for them and especially of late. It could simply be a matter of time management nicely wrapped in a diplomatic package.

Libra (Sep 22 – Oct 22)

How is your health? It might be time for a check-up. There is reason to say you have been on a roll so to keep the momentum going, look into what you can do to be as healthy as you can be. The playful theme continues as well so perhaps make an appointment for next month. It is all a feature of an important learning

curve that is just about at its peak point in the cycle.

Scorpio (Oct 22 – Nov 21)

At better moments our creative moments are blessed with romance and reverie and this may be one of them. Quality time at home and shared with the one(s) you love may all you want and need just now. In the deeper end, you are feeling the push to face your fears. The key to doing so is to identify them and them and their roots if you can. Better an enemy you know than one that lurks in the subconscious.

Sagittarius (Nov 21 – Dec 21)

Bringing definition and dimension to your dreams is an important theme now. Whether you simply share your visions with those who believe in you or you go the distance and make up a dream board, or perhaps make a business plan, the co-creative process requires your input. Risk is required now and the way to make it calculated is to proceed with the end in mind.

Capricorn (Dec 21 – Jan 19)

Your sights are set on the future. Your imagination is working overtime as you review the possibilities and implications. This can prove inspiring, yet can be scary too. If you feel a bit intimidated, it is probably because your imagination is getting the better of you. If so, snap back to the present moment and take it one day at a time. Positively, inventiveness is guiding your dreams.

Aquarius (Jan 19 – Feb 19)

You are in a progressive mood. While determined to explore your options, you also want to be realistic. This includes making preparations rather than being reactive. Call it the planning stage. Expect the momentum to build as the month progresses and especially as spring gets underway. Although you are not in the mood to gamble, you are open to making a few investments.

Pisces (Feb 19 – Mar 20)

The Sun in your sign is an invitation to take new initiatives. Yet sometimes there is a delay and this year you may be feeling it. At best this is affording you the opportunity to think more carefully before you act. At worst, you feel frustrated and caught in limbo. Trust the feel and be ready because it stands to take a pretty sharp turn in the coming weeks.

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Hacker's Desk

by Gef Tremblay
Perpetual Motion

As a kid I was brought up with the idea that one day someone might build a perpetual motion machine. The concept is simple, creating a machine or an object that moves on its own, forever and without the help of external forces. Many scientists have tried, creating objects using gravitational pull, or water flow and some interesting designs have come out of it. Even Leonardo Da Vinci had a few plans for such a machine. Of course, today's understanding of science deemed this idea as impossible since it would violate its own laws.

But the concept is still inspiring and applicable; the main problem is that any movement would create friction and wear out the object itself. Since friction and wear is something that we experience every day, the more friction there is the less we can work. How can we reduce the friction to be more creative?

I've observed that the friction in my creativity and productivity comes in in few ways and I've divided them into three aspects: signal to noise ratio, the interface between the user and the tools and the rhythm of productivity cycles.

Noise to Signal Ratio:

What is the noise to signal ratio during the day? Well, audible noise is one of them. For instance, I've updated my computer over the new year, and one of the main improvements is that my computer is now almost silent. I didn't realize how much it affected me until now. But noise comes also from all these events that distract me from what I am doing.

Some of you might have realized that I don't often answer the phone during work hours. You end up in my

voicemail and wonder if I'll ever call back. (Please do leave a message. I normally call back quite quickly.) That is a choice I make to be able to work with less friction; the more I can concentrate on one task at a time, the more productive I become. Another example is my emails; they aren't set to come up automatically, with visual and audio notification. It would be quite a lot of noise if it was, beeping every few minutes. Instead I have to press a button to receive new emails, so I decide when I want to give time to that task.

Noise comes also in the form of social network. I've left Facebook over a year ago and it had a tremendous effect on my productivity. I've also disabled most of my multimedia functions on my computer, so I can't Skype nor watch web video anymore (I have other devices for multimedia.) That form of noise can be useful in other parts of my life, so I make sure I can use these networks and watch movies, but not on my work computer.

Emotional turmoil and physical pain are other sources of noise. So having a healthy life, something I am slowly getting back into, both physically and emotionally, is probably at the foundation of stability. Regular training, regular meditation and healthy relationship are things that I aim for not only for my happiness and the happiness of people around me, but also for my own creativity.

Interface with the Tools:

The interface between the user (me) and the tool (computer and other tools) is another major source of friction. For example, the main way I interact with the computer is through the keyboard and the mouse, and the computer sends back information through the screen. Starting from the chair I sit in to the ergonomics of how I use my body, from my typing skills to the resolution and position of my computer screen, every aspect affects, at a very basic physical interaction level, my productivity. Although it might sound like a drop

in the ocean, I find that all details are important.

The second layer of interfacing is the actual tooling: which tools I am using on the computer and how I am using them. The more proficient I become with a tool, the less friction is created. So in order for me to change a tool, it has to add a lot of value to my work. I've discovered through the years that sticking to some main tools kept me improving my productivity. Once in a while I'll introduce a new tool, but I'll always rely on few core tools. In the end, it's how skillful you are with a tool that creates the best work, not so much how powerful or fancy a certain tool is. That being said, if a tool is inadequate for the work, it needs to be changed or upgraded.

Rhythmic Cycle of Creativity:

The third element of friction comes from the rhythm of productivity that comes and goes through the day, and how much I can follow it. I've come to realize that creativity is not a 9 to 5 business; it comes and goes with seasons, moon phases, planets, personal inspiration, and even what food I ate for lunch.

Although I try to never multitask, during the day I'll move from one task to another. Sometimes coding is the most appropriate, while sometimes design and drawing works better. At other times, fixing computers or meeting with clients is more appropriate, and sometime writing an article in the middle of the night is when creativity comes out.

These cycles are quite subtle, and in order to be able to follow the thread, I make sure that there isn't too much resistance to a certain task. If I try a few times and it feels too sluggish I try to switch tasks and see if that helps. If I can't work at all, a short walk or even a short nap is really what is needed. Sometimes there is a deadline and following these cycles wouldn't help, but I see that most of the time, respecting these cycles will make me a lot more productive.

What are the noises in your life? Which ones create friction? And what are your own rhythms?

Next Deadline:

March 23, 2016

www.eshore.ca

East Shore Youth Society Report

NO! NOT ANOTHER ACRONYM!

VJR Through the ESYS

by Carol VanR

The East Shore Youth Society (ESYS) would like to inform our community about a program we are running called Volunteer Job Readiness (VJR). This program was initiated by former youth coordinator Sandra Bernier. At this opportune time, we would like to extend a huge thank you to Sandra for all her amazing efforts with our youth, past present and future.

Volunteer Job Readiness is about connecting youth with their community and giving them skills and experience that will help them obtain future jobs. How does it work? If you, a member of the community has a chore or a job that needs doing, you can contact the youth society and we will match you with a youth that will come to your home and get the job done. VJR offers three hours of free work per East Shore household per year from our youth. In return you, the receiver of this benefit, needs to supervise the youth, give clear instruction and provide a safe environment. Upon completion of the job you then fill out an evaluation form supplied by the youth.

If your job exceeds three hours you are required to pay the youth the standard minimum-wage or another means of pay agreed upon by the youth, their parents and yourself. If the youth completes the job to satisfaction, she or he then gets credited with three hours equaling \$24 towards any future course or workshop that helps strengthen their employability. It's a win-win for both parties. If you have a job that you think would be suitable for youth (garden work, painting,

light household duties, etc), please feel free to contact Carol VanR at 250-505-3760 to learn more and get involved.

If you would like to get involved with the ESYS, we are seeking new board members at this time. Meetings are once a month and it's a great way to get involved in your community. You can contact Carol at the above number. The VJR program and all other youth society programs and activities are funded by Columbia Basin Trust.



Spring Greetings from the ESIS Board

After these many months of change, ESIS is settling into a regular flow of doing business. While there are still a few wrinkles to iron out we are making good progress.

The change over to the CBBC fibre optic connection went smoothly and we are no longer on the Telus connection. The first portion of the Connecting Canadians funding has been approved and will be available to us shortly.

In preparing for the increased work load we have added a new technician to our team, Trevor Ferguson. Welcome Trevor.

Happy early spring.

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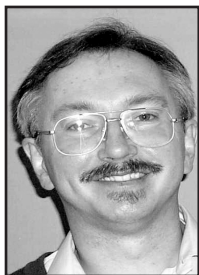
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Seldom Scene

by Gerald Panio



CRAZY LIKE FOXES

“...acting involves the joy of self-discovery, and to improvise, as actors mean it, is the most creative part of acting—to bring out and give form to what you didn’t know you had in you; it’s the surprise, the ‘magic’ of acting. A director has to be supportive for an actor to feel both secure enough and free enough to reach into himself....” —Pauline Kael

After six stunning seasons, the Hexagon Players are causing this critic some grief. I’m running out of superlatives. At this rate, I’ll have to start replacing “amazing,” “stunning,” and “mind-blowing” with “époustouflant,” “¡estupendo!” “verwunderlich,” “素晴らしい” and “дивовижный!”

Of course, I wouldn’t have this problem if **director Doreen Zaiss** didn’t insist on holding local theatre to such an impossibly high standard, being so generous with her staging, and seeing to it that every actor has the security and freedom Pauline Kael described. Nor would I have a problem if the Hexagon Players didn’t work so damn hard. Dale Wasserman’s adaptation of Ken Kesey’s game-changing *One Flew Over the Cuckoo’s Nest* was the Hexagon Players’ most ambitious production to date—over five months in the making. Five months’ work, to celebrate three sold-out performances with three deliriously happy audiences.

At this point in a review, I’d usually focus on the the actors. I’d like to change it up by starting with the production crew this time around. The Hexagon Players have never been slouches when it comes to set design. For *Cuckoo’s Nest*, **Michelle Moss** (with help from **Mauz Kroker**) came up with an asylum interior that was both realistic (institution-neutral walls, the compressed-but-functional nurse’s station) and *trompe-l’oeil* (enlarging the playing space through tricks of perspective). It was a remarkably effective theatrical space that allowed the actors free reign of movement, lending itself equally to the dynamics of perverted group therapy sessions, cockeyed card games, EST fireworks, Bizarro basketball, and drunken bacchanal.

I had a costuming epiphany on Saturday night, during the mock wedding tableau for Billy and Candy. The cumulative effect of the pyramidal framing, the inmates’ pastel-blue and green uniforms, Candy and Sandra’s trashy glory, Harding’s Hugh Hefneresque loungewear, and Ruckley’s Christ-like whites made for a vision straight out of Bruegel. For a moment there, I thought Martini’s hallucinations were becoming contagious. Kudos to **costumers Mandy Petrie and Carol VanR.**

Will Chapman set a new standard for **lights and sound** with last year’s production, and he’s upped the ante again this year. It either takes nerves of steel or a zen-like calm to keep this many technical balls in the air at once. Forty-one separate lighting cues, 44 sounds

cues, all programmed into a computer and uniquely linked to a keyboard so Will could watch the action onstage and “play” effects. And then there was the sheer grunt work of schlepping cables & equipment to all those rehearsals and pulling the whole works down afterwards. Get this man a roadie, Doreen! Of course, it’s all worth it when the aural web you weave and the theatre space your lights sculpt cast their own magic spell on the audience.

Speaking of spellbinding, let’s talk about Mac. The Players had their hearts set on doing *Cuckoo’s Nest*, but it was looking like a no-go because they had no one to take on the pivotal role of R.P. McMurphy. These were very very big shoes to fill—requiring that the actor taking on Mac memorize a massive number of lines, play off the performances of a large & eccentric cast of characters, and have the sheer physical presence to make McMurphy’s lust for life believable for the audience. The situation was looking grim, and then....

Saved by the parking lot. Doreen Zaiss met **James Linn** in the school’s parking lot, and during the course of a casual conversation mentioned how much she wanted to do *One Flew Over the Cuckoo’s Nest*, but

James Linn had us all the way. Perhaps there was a tiny bit of synchronicity in the fact that a guy who makes his living with a chainsaw should have stepped forward to tackle a play based on a story created by a man who always believed his greatest novel was the one (*Sometimes a Great Notion*) about a family of Oregon loggers.

A larger-than-life protagonist needs a scary-as-hell antagonist. **Amanda Ball** didn’t disappoint us. I thought she fully came into her own in the second act, after the intermission. In the first act, it wasn’t too hard to join McMurphy in laughing at this starched, uptight paragon of institutional heartlessness. Like a walking filing cabinet animated by a bureaucratic sorcerer’s apprentice. A figure more to be mocked than feared. By the second act, however, we get the iron fist in the velvet glove. The eviscerator of Billy Bibbit, the razor-tongued hypocrite, and the blood-freezing succubus hovering over McMurphy’s bed-ridden shell. Ms. Ball has a theatre background, and it showed in the confidence with which she filled Nurse Ratched’s very nasty shoes.

Let’s stick with the newbies for a moment. It’s one sign of a healthy theatre company when it draws,

and is open to, as big an infusion of new blood as we saw this year. The two lead roles taken by first-timers to the Hexagon Players, and more than half a dozen others roles taken on by students and other first-time players.

Four CBESS students, primed by Lori O’Neill’s stellar drama classes, ventured into the wilds of adult theatre. **Arlo Linn and Zyan Fukushima-Rael** both clearly relished their roles as aides Warren and Williams. Arlo’s physical posturing shifted smoothly from in-your-face aggression when browbeating patients, to whipped-dog abjection whenever Nurse Ratched put in an appearance. I loved the

way he slyly downed a shot of booze from the nurse’s station when everyone else’s attention was distracted by the party debacle. Zyan perfected the shark-like grin of a natural predator, eager for the faintest scent of blood. **Zoe Baetzel**, as Nurse Flynn, was a ministering angel. I say that without irony. She, along with the doctor and the night watchman, are the only cracks in the asylum’s stone walls. She’s not exactly innocent—no one in that institution can be—but Zoe’s Nurse Flinn was a long way away from the novel’s twisted self-flagellator. Thank goodness.

In the key role of Billy Bibbit, **Ries Fowler** just confirmed what we already knew about his gifts for performance by effortlessly shape-shifting from his waistcoated iron stovepipe of a Scrooge in Dickens’ *Christmas Carol* to *Cuckoo’s* wilted, stuttering victim of societal and institutional malice.

The only actor to do double duty, **Ryan Davis** was both a pompously pliant Dr. Spivey (“That was my idea, wasn’t it?”) and a satisfyingly sleazy Turkle. Turkle’s accent was cool, even if I couldn’t place it.

Galadriel Rael is definitely *not* a newbie. Her characterization of Harding—with his butterfly hands, wounded dignity, and compulsively crossing arms & legs, anchored the whole motley crew of patients. In both the Friday night and Saturday performances that I attended, a palpable current of empathy and delight



would likely take a pass because she didn’t have the lead. James, who’d never acted at all, but loved the novel, got a bit of a gleam in his eye. Maybe....Just maybe....

Among her many gifts, Doreen knows how to earn an actor’s trust, instill confidence, and draw the best out of her or him. She convinced James to make the kind of leap of faith that few of us who are settled into our daily lives and routines would ever contemplate. I’m sure there were times when James, slogging through lines and struggling with rehearsals, wondered if he’d made one of the biggest mistakes of his life. Then again, given the quality of his performance, maybe not. How fitting it is that in taking on the role of an inveterate gambler James himself should have been willing to play for such high stakes.

McMurphy is as dynamic a character as they come. The play comes alive as we watch the different ways he draws the asylum’s inmates out of their shells, ropes in the doctor and the night watchman, needles the sadistic aides, and wages war on the Big Nurse. Any actor playing McMurphy has to win the audience over to his side from the moment he comes onstage, and deepen that empathy through wild mood swings of exultation & compassion & bawdry & frustration & anger—till the final moments of the play when his dying becomes harrowing and almost unwatchable.

flowed between Harding and the audience from the moment Galadriel made her appearance. Empathy for her character's suspension between superciliousness and shame; delight in the startling transformation wrought through the magic of make-up. Is there a Purple Heart award for theatre? If there isn't, let's make one up for Gala for pulling off such a bravura performance while fighting off a serious bout of illness that took her down for several days as soon as *Cuckoo's* run was finished.

Carol VanR is another Hexagon veteran. This year, in addition to playing McMurphy's hot-to-trot main squeeze & Billy's bedmate, she did extra duty by stepping in as Assistant Director to keep rehearsals going while Doreen was away overseas for a month. Candy's whirlwind entrance, all high heels and flash and some channeled Mae West, was nothing less than we'd expect from her. With newcomer Maria Latouf backing her up as an endearingly befuddled, precariously balanced, deer-in-the-headlights floozy, this dynamic duo also had no difficulty roping in their audience—both on- and offstage.

The roles of patients Ruckley, Scanlon, Martini, and Cheswick presented unique challenges. All four of these characters had to be "on" even when the audience's attention was directed elsewhere. By their unique gestures and utterances, they pulled the audience into *Cuckoo's* distorted wonderland. Mauz Kroker with his red toolbox like a lunatic's cornucopia and his glint of danger lurking. Robert Baldwin, somehow transforming a potentially passive/pathetic role into a slyly comic one (there was an audible, startled "Oh!" from the audience when Robert suddenly turned up in the spotlight instead of Bromden). Working Robert's Ruckley into both the basketball game and the wedding scenes was inspired stagecraft.

One of the finest tributes to Mandy Petrie's performance as the cherubic, perpetually-hallucinating, man-in-motion Martini was that her character turned up in at least one audience member's dreams following Friday's performance. There's one way of proving you've captured the public's appreciation!

Over the many years I've watched Ingrid Baetzel onstage, I don't know if I've ever seen her looser and more spontaneous than she was on Saturday night. I can't remember specific lines, I just recall laughing out loud at the content and timing, reveling in her sheer joy at performance. Her Cheswick was like a ringmaster who'd misplaced his circus, or a stand-up comic whose audience is, well, not entirely there. When I spoke with Ingrid after the play, she said that she guessed that half her lines were improvised. Ken Kesey killed Cheswick off halfway through his novel; was it the playwright or Doreen who gave him a longer lease on life?

I've left one major role to the end of this review. I think I've done so because it involved a moment that drove home for me how hard everyone had worked on this production, and just what they'd achieved. As Chief Bromden, Geoffroy Tremblay's part had the greatest sustained tension of the play. For most of the time, he's standing apart from the Marx Brothers madness that endears us to the other inmates. His character gets to stand alone in darkness, locked in his paranoia of the Combine that thrums through the walls and replaces human beings with machines, adrift in his returning memories of the destruction of his tribe and the emasculation of his father, riding the aftereffects of 200 electroshock treatments, building up to the moment when he has to kill the only person he's loved as much as did his father. As I looked at the cast taking their final bows on Saturday night, Gef was the only one not smiling. He was still Chief Bromden when the houselights came up. For him, the play wasn't quite over. He'd need a couple of hours (and a beer or two?) to decompress.

Any theatrical production that gives an actor a chance to go that deep is something rare and wonderful.

Thank you all.

Starbelly Jam Checks In

by the Starbelly Jam Music Society

Hello to all of our faithful Starbelly goers! On behalf of the Starbelly Jam Society, the board would like to keep you up to date with the current state of the festival. As many may have heard already, Starbelly will not be organizing the festival for 2016, BUT we have every intention of getting things rolling again for 2017.

The Starbelly board and central organizers are looking at 2016 as a regenerative year, taking some time to focus on the internal structure, so that we can make 2017 and the coming years even better than ever.

The Starbelly board would like to assure all that the festival is alive and financially sound. But as the dynamics have shifted, and population has dwindled on the East Shore over the years, Starbelly's biggest obstacle has been finding new volunteers to take on some of our central management positions. You could say we've grown too big for our britches in a way.

If you love music, sunshine, and children's laughter, we encourage you to step forward.

If you have any question regarding volunteering or about the state of the festival, please contact us at info@starbellyjam.org

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The Stepsisters' Revenge

by Footlighters Theatre Society

Creston audiences have already enjoyed two comedies — the melodrama *The Great Ice Cream Scheme* and the farce *Nana's Naughty Knickers* — as part of Footlighters Theatre Society's 21st season, but the laughter isn't over yet.

The season will conclude with the March 17-19 production of *The Stepsisters' Revenge*, a locally written sequel to the troupe's locally written *Cinderella*, which sold out its entire run in December 2014.

"People who saw *Cinderella* are still talking about it — its popularity practically begged for a sequel," said Jason Smith, who is co-directing with Gillian Wells.

Smith wrote the play — based on characters created by *Cinderella* writer and director Frank Goodsir — in the summer, and the Footlighters board approved its production in place of the previously announced *Other Desert Cities*.

"We wanted to produce it while some of the original cast members were interested and available — and while the first was still fresh in people's minds," said Smith.

Audiences will see Smith and Brian Lawrence reprising their roles as, respectively, the ugly stepsisters Lady Violet and Lady Petunia, who have been imprisoned. But their Mummy (the returning Jennifer Adams) helps them escape from prison so that they can get back at *Cinderella* (Anna Payne), who is now married to Prince Charming (Jesse Moreton) and mother to the dozen orphans the happy couple adopted at the end of *Cinderella*.

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The sisters' plan is aided by Frankenstein's Monster (Kevin Boehmer) as they go up against a Knight (Logan Thompson), a Wizard (Gary Atha) and an Enchantress (Natascha Sundby) — and, of course, the Fairy Godmother (played again by Gail Kitt). The cast also includes Gwen Benty, Morgan Benty, Suzanne Chubb, Darlene Knudsen and Peter Simon, along with more than two dozen children, who play, among other roles, the adopted children of *Cinderella* and Prince Charming.

Woven through the hilariously tantalizing story of greed and hope are songs easily recognizable from musicals including *The Sound of Music*, *Annie*, *The Little Mermaid*, *Joseph and the Amazing Technicolor Dreamcoat*, *Mame* and more.

"But most, if not all, of the lyrics are new," said Smith. "The songs not only help tell the story, but they add a whole new level of humour."

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Riondel Seniors News

by Fran O'Rourke

With the AGM behind us, the seniors are starting a new year. The new board looks much the same although Ruth Edmonstone has stepped up as a director to replace Anne Rokeby-Thomas, who earned our thanks for getting Whist going and for continuing to organize those evenings.

This year, the membership agreed dues will be the same for all members, \$25 per year, (lifetime members excepted). Non members are welcome to try out most programs once for free; after that there will be a \$5 drop in fee per session that can accumulate toward a membership. Bingo and Whist are still pay-as-you-go. Any adult is welcome to participate in seniors activities and to be a member, but you must be 55 or over to qualify as a voting member.

Some new things are happening this month. The lectures for How to Stay Fit as You Age are over; we are into the 6 practical fitness demonstrations. We will probably rotate them through this spring on Mondays at 11:00 am. For energetic exercises, Turbo Jam has been replaced by Zumba - Monday at 3:00 pm. Wednesday and Friday 9:00 am. Our original Tai Chi program was too much lecture and too little Tai Chi, so we have replaced it with Simply Tai Chi, a more involving, 40 minute program. It runs Tuesdays at 10:00 am and Saturdays at 11:00 am.

We are working on a few new things right now. Our exercise programs cover a fair range of fitness, but we are missing strength training, activities to maintain the strength necessary to support healthy aging and independent living. Anna Rose has agreed to work on a practical program designed for seniors that we hope to introduce this spring. The Carpet Bowling has been postponed until next fall, but we hope to initiate a Games Night this spring. Watch for posters and more information. In April, CBAL will provide two free workshops for Seniors in Social Media, particularly Facebook and Skype, on Saturdays April 16 & 23 at 10:00 am to 12:00 noon in the Riondel Community Centre. To register call 250-225-3268 or email forourke@bluebell.ca.

We hope that seniors all along the East Shore can find one of our programs interesting enough to join us, or at least visit. Keeping your social life healthy is every bit as important as taking care of your body. Stay well!

ONGOING PROGRAMS:

- Bridge** – Weds, March 2 and 16 at 1:30pm
- Whist Night** – Fri, March 4
- Seniors Pot Luck Lunch** – Tues, March 8 at 12:30
- Walk Away the Pounds** – Mon, Weds & Fri, 10am.
- How to Stay Fit as You Age** – Mon, 11am.
- Zumba** – Mon, 3pm, Weds & Fri 9am.
- Pool** – Mon and Thurs 12noon
- Simply Tai Chi** – Tues 10am, Sat 11am.
- Bingo** – Weds 6:30 pm.
- Yoga** – Thurs 9:30am.
- Introduction to Genealogy**, Fri at 11am.

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Saturdays: Karaoke! Starting at 7pm

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pebbles by Wendy Scott Wrinkles

Madeleine L'Engle and Albert Einstein: they were both correct; there is a Wrinkle in Time.

One hundred years ago Einstein's theory of general relativity took the familiar three dimensional world of up, down and sideways and threw in the concept of a curved space-time fabric that bends, stretches, and twists with the presence of matter and energy.

Fifty years ago Madeleine L'Engle's Meg and Charles Wallace travelled through space-time with the help of Mrs. Whatsit, Mrs. Which and Mrs. Who, and a tesseract: a tesseract? Yes, a cube within a cube with all eight corners connected and spinning in four dimensional space. Simple? Not at all, and it did take dozens of rejection slips before a publisher accepted her Wrinkle, but not as long as it took the scientific community to develop the technology; to trust their eyes; believe their ears, and acknowledge years of research enough to finally hear gravitational waves – which is to say the universe spoke and scientists were able not only to listen, but to hear and to give the official nod to Albert Einstein's Theory of General Relativity as well as Madeleine Engle's *Wrinkle*.

But in 1914, before the world began shouting, throwing, and ignoring the possibility (and vital need) for cooperation, H. G. Wells penned a warning: "Nothing could have been more obvious to the people of the early twentieth century than the rapidity with which war was becoming impossible. And as certainly they did not see it; they did not see it until the atomic bombs burst in their fumbling hands."

Another thirty years would realize the result of such a fumble. But two decades before peace was declared in 1945, Wells had already looked further ahead, perhaps trusting the imagination, skill and dedication of scientists as well as writers of science fiction, and yes, fantasy. His words in his *Outline of History* could not have been more prophetic:

"Life, forever dying to be born afresh,/Forever young and eager,/Will presently stand upon this earth/As upon a footstool,/And stretch out its realm amidst the stars."

Wells died in 1946 – before the end of that war that was to end all wars, and didn't, and before Dr. Who began his journeys from his own tesseract/tardis/phone booth, but Wells would have appreciated Douglas Adams' words in the *Hitchhikers Guide to the Galaxy*: "The ships hung in the sky in much the same way that bricks don't"

And really, the suspension of disbelief is as vital now as it was when Pooh and Piglet found a honey tree, or when Alice discovered the Red Queen, or certainly when Mrs. Tiggy Winkle donned an apron over her sharp quills.

It took the collision of two black holes, and the sounds of that collision, to verify and confirm the existence of gravitational waves. But since those sounds, having traversed the immensity of space and time are only chirps and warbles, and since the Big Bang still echoes through the universe, the discovery of those chirps is more than just significant. It is a reply to the ubiquitous query: Hello, is anything out there? It is an answering wave from the cosmos. It is a discovery and a veritable leap into the future of possibility.

It also took theoretical physicists, cosmologists and astronomers, as well as many miles of mirrors and detectors; years of observations and, most importantly – listeners who knew what to listen for – all this to verify a theory presented by Albert Einstein a century ago.

But what about Madeleine L'Engle's wrinkle – was her story merely a whim, a fantasy of fiction, a chance?

Dr. Hans Selye, who did not believe in mere chance once said: "The element of chance is overrated. Chance is the lady who smiles only upon those few who know

how to make her smile."

Madeleine Engle makes us smile and cry and laugh, but most of all, to wonder.

Chirps and warbles – the music of the spheres – the songs of the universe – the wrinkles of space and time still travel and will continue to travel and echo through time and space. Wells would be pleased, and I'm sure Ms Engle is delighted.

Fasten you seat belts folks; it really is a looking glass world

*When the wind casts rings
Beyond the moon,
Fasten your star with a vow;
Catch the whispers – Hold on
To your own special tune;
Past Always, and back to Now.*

-wmes



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Smarter Than Jack or Jill

by Sharman Horwood

Animals are amazing creatures, often smarter than we expect them to be. This column is about exactly that, and I am willing to write up any animal stories that show animal intelligence (not to mention cuteness). If you have a story that you wish me to write, please contact me at shhorwood@gmail.com. I won't use your name if you don't want me to, and the story has to be a true story or anecdote. Please include your phone number so I can contact you about it.

Everyone likes a good dog story. I've come across many and will share some of them with you.

Peter the Great

Dogs like to bring things home. Odd things, like other people's shoes, bits of rope, or even the rotting carcasses of dead animals spread out on your deck. Peter, our small but big-hearted fox terrier, frequently brought home these little "treasures," but I am firmly convinced he thought he was providing for his family.

While he was alive, Peter went everywhere with me, fishing, swimming, hiking up the slow mounds of hills at the feet of the Selkirk Mountains in British Columbia. And if the door was left open a split second too long, he would follow me to school.

One day, he sneaked out when my mother went to hang up the washing. With a big load of sheets and towels in her arms, she didn't see him dart under her feet and out the door.

He'd done this before, and come home with people's odd socks (apparently they were doing laundry, too), once even an umbrella more than twice his size. Phoning our neighbours to ask if they were missing a running shoe or a sandal was embarrassing. Peter's ears always drooped, too, when we didn't show any enthusiasm over his gift. He was quite proud of his offerings.

Book Review

by Tom Lymbery

CANADA'S WORLD WAR II ACES - Heroic Pilots & Gunners of the Wartime Skies – by Larry Gray, Folklore Publishing, 224 pages, \$18.95

These fliers were very young when they downed so many enemy planes in the 1939 – 45 war. Only young men would take the chances that they did. Many flew Spitfires but this book chronicles at least two mid upper and tail gunners who were able to shoot more than five attacking aircraft down. Those who record five victories become Aces – a legend that started in World War I in the early days of flying when pilots armed themselves with pistols and rifles before machine guns were mounted.

One most interesting Ace was Clarence Sutherland, of Toronto who was at first refused as a recruit because he had monocular vision which meant that he only saw from one eye. But he was able to convince the recruiting officer in Halifax that he could shoot all the sparrows off the barn roof. Evidently his mono vision was really an asset as he was one of the very few Avro Lancaster bomber pilots to actually down more than five enemy aircraft. He first flew as a tail gunner when he shot down his first Junkers 88. He later became the mid upper gunner with the same crew in their Lancaster M where he became the bomber Ace who shot down more enemy planes than any other, as bomber gunners didn't have the opportunities that fighter pilots did.

This book chronicles the air-to-air successes of fourteen Canadians, giving us much fascinating detail. A few were killed in action but most survived to return to Canada.



On one occasion, though, he brought home something quite different. I had choir practice after school, and didn't get home until late. There was Peter at the door, waiting for me, a long dish beside him on the stoop.

At first I thought my mother had put the dish outside for some reason. But the delighted gleam in Peter's eyes, the tail-wagging and tongue-lolling smile gave the game away.

"What is it this time, boy?" I groaned as I walked up. I could just hear the neighbours laughing now. Peter's adventures had become legendary. If anyone missed a shoe these days, they didn't waste time looking for it. They called us.

His tail wagged harder, and he yipped. He was very proud of himself this time.

It was a wide, shallow dish of rice pudding. Untouched, and still warm. Someone must have put it out on their porch to cool off.

I rubbed his head. "How did you do that, Peter?" I asked. It wasn't a light dish—in fact, it was as long as he was, and the pudding was heavy. He must have somehow dragged it along the street or back alley. It was amazing that no one had seen him. I carried it into the house, a very happy dog prancing in at my side.

We called everyone nearby. No one was missing a rice pudding. We never did find out who it belonged to; no one had seen a small dog dragging an enormous dish around.

So waste not, want not. It was delicious, almost as good as Mum's own. "A little heavy on the cinnamon," my father announced, but cleaned up his share anyway.

Peter hadn't eaten any of it himself, and ignored the spoonful we plopped into his dish. He'd brought the treat home for us. But he was satisfied that we ate it, sticking his little chest out as far as it could go, and virtually bouncing as he trotted around the house that night. Finally, he'd brought something home we liked.

Project Adventure Appreciates This Community

Submitted by Jennifer Irving

Kootenay Project Adventure for the Visually Impaired would like thank Denise, Jillian and Sarah at the Junction Creek Hub for hosting our very successful Pizza and Beverage event on January 30. And Crawford Bay Market for thier donation of pop for the evening.

The artisans that contributed to the raffle items were as follows:

Dog Patch Pottery, Kootenay Forge, Afreakan Beads, Flickering Goddess, North Woven Brooms, Fireworks Copper & Glass, Moonrakings Clay Art, LaGala Jewelry, Shprixieland, Crawford Bay Art Gallery Ambrosia Chocolates, Ink Rebels, Mojos, Celtic Fire Designs, Black Salt Café, Iridira Jewelry and Barefoot Weaving.

To our last minute, unexpected but greatly appreciated, donations from Alana and Glen (a truck load of firewood), Jacqueline and Kevin (2 dozen fresh eggs and 2 pounds of bacon), Janet Wallace for even more weaving items and Felix for agreeing to let us auction off some of his time to do manual labour.

Ries Fowler did and awesome job keeping the evening going smoothly and managed to get everyone laughing. Having some of our students come and sing and show us there musical talent was great too.

And to everyone who generously put some money into our donation jar! WOW!

For me, seeing our community come out to support Jessica, and her friends they have never met, truly warmed my heart. I feel blessed to have gotten to know so many of you over the past seven years.

Our community ROCKS! Thank you from Jessica Rideout and Jennifer Irving and all the Kootenay Project Adventure members.

Riondel Community Library

by Muriel Crowe

Late February and the snow is gone in Riondel but we are still pondering the question, "Are there six more weeks of winter or are there six more weeks until spring?" I think that instead of counting on those eastern ground hogs to predict we should train some local creatures to let us in on the big decision. Perhaps our library could have a contest with a suitable prize to the person who can find and train a creature to perform like Wiarton Willie with a west coast twist. Please declare your interest in this contest idea at the library and we will try to proceed.

We are very grateful for the large donation of DVD's made recently. This is a considerable expansion to our collection and also means we will be clearing out the rest of our books on cassettes. If anyone out there wants those please speak up. This is traditionally a slow time for new books from printing houses but we do continue looking and are perhaps a little more responsive to patron requests. Please consider when you are requesting a book if it will be of interest to more than one person. We do get requests for books that are then never borrowed so perhaps could have been requested as an interlibrary loan.

Whatever your plans are for this year I am sure we have a book that would be useful to you. We are planning our spring open house for April 21 in conjunction with the Historical Society and their anniversary. Look for some special events that evening and in the meantime treat yourself with some borrowed books or DVD's

Tom Sez

by Tom Lymbery

Please look for the spring 2016 issue of *BC History Magazine* as it has a feature article on Gray Creek Hall.

The Los Llanitos large freighter that was wrecked Oct 23 in the Hurricane Patricia is lodged high on the rocks just outside the bay at Barra de Navidad, Mexico. The extreme winds must have tossed her up so high. A helicopter goes back and forth regularly but we don't know what is being done.

I was talking to a lady who lives 30 miles north of The Pas, Manitoba. She told me that her father and his brother were both born deaf so were sent to a school to learn to lip read – and there her father got to dance with Helen Keller. When her daughter told her teacher this, the teacher wouldn't believe it.

We are so fortunate that most of the movie reviews Gerald Panio covers in *Mainstreet* do not include the shoot em up kill em off shows that are too common.

The 2016 Yukon Quest is the the world's toughest sled race from Fairbanks to Whitehorse (the direction alternates each year). Hugh Neff of Tok, Alaska won with the time of nine days, one hour and twenty-five minutes. It was the closest finish ever with Neff and his nine dogs only thirty seconds ahead of second place Allen Moore.

Burning brush piles or grass in March or April can be very dangerous as gusty winds can change direction so quickly. Please make sure you have a garden hose at the ready.

We have 6-inch long cable staples for wire rope or chain, peaveys, galvanized ardox nails and more for your dock construction or repair during the lake's low level from March 31 to April 15.

SOL brand beer has English and French on the label when I buy it at the Lakeview but in Mexico the same bottle has Spanish and Arabic, as apparently it is also exported to Qatar, a Muslim state, where, we are told, that people don't drink alcohol.

In reading a book about the Duke and Duchess of Windsor I found that Wallis Simpson divorced two husbands before marrying Edward. These two husbands between them had eight wives. No wonder the anti-divorce churches despised Wallis so much.

Only the rich can afford cheap things. I don't know where this quote comes from but it certainly applies to hardware. You need to be able afford to throw away the cheap tools after only one use.

Since Trump has tackled the Pope, we are sure he has lost hope of winning the Presidency. How do some of these trumpbrains get nominated in the US?

Canada's Women's Soccer has qualified for the Summer Olympics in Rio with a 3 – 1 win over Costa Rica. Star Christine Sinclair scored two goals, the second of which she kicked the ball behind her back and it struck the crossbar into the net. Canada took second place in these qualifying games. Their only loss was the final game with the US 2 - Canada 0

Shall we expect a late opening of the Gray Creek Pass this season with such heavy snowfalls at the 6800-foot summit? Has the Cheetah survived the winter, eating many deer?

Ruthie's to the Rescue Recipes

by Ruthie Cummings

So you want to make nice meal but you live with your parents and they shop at Costco. In real life, I'm a chef and I specialize in wild game. So my first thought is to dig out the venison shoulder or goose picked up on my last hunting foray. However, all that's available is the 100 pounds of pre-portioned pork, 50 pounds of ground beef, some frozen fish which was luckily butterflied (which means it's de-scaled with head attached, cleaned and opened in the center).

My parents are 85 and 84 respectively, which means they've earned the right to check in on your dinner making progress every five minutes to make sure it's being done. Typically, I've discovered they only eat about five ounces of protein mixed with massively over cooked vegetables. As my dad says, "They're perfect when the colour seeps out of them," which means about 30 minutes under boil.

So, I've met my match as a chef. What do I do? I decided to use their ingredients and follow their food policies BUT make them fantastic easy meals. Something anyone can do. So with that said, here's my first easy tasty meal:

Coconut Spiced Poached Frozen Costco Fish

Preheat your oven to 350 degrees. You'll need one casserole dish with tin foil to cover. This recipe makes enough for 6 filets or 3 whole butterflied fish (any type of fish can be used).

- 1 can of coconut milk
- 1 tablespoon salt
- 3 thinly sliced rounds of limes
- 1 bunch fresh basil (dried basil can used instead if fresh not available)
- 1 small hot pepper minced (optional)
- 1 clove garlic minced
- 1 bottle of wine

First take the butterflied fish and stuff with the sliced limes, whole basil leaves (or just chuck half the dried leaves you have inside said fish), hot pepper (split between all the fish - this depends on how much heat you like), the minced garlic clove split between the fish. All of this goes inside the fish if it's butterflied or put on top of the fish as a rub if they're filets.

Drink some wine for stress relief. Place in casserole dish. Pour can of coconut milk on top, cover with tin foil and cook for 30 minutes.

Pour another glass of wine. After pulling the dish out of the oven, drain extra liquid into sauce pan. Leave fish recovered on top of stove or inside oven that is turned off. 1 tablespoon of cornstarch is now to be mixed into the coconut sauce from pan that has been transferred to sauce pan on medium heat. Use whisk at high acceleration until coconut milk is thick as a gravy. Make sure not to spill wine during this task.

Make some rice (Google that recipe).

Make some veg or a salad (Google that too).

Put your fish on the rice. Throw some coconut gravy on top with a lime wedge and fresh basil.

This recipe takes 40 minutes to make and 30 minutes of them is free time to socialize and ruminate on just how fabulous you are with limited ingredients, things frozen and wine.

Next Deadline:

March 23, 2016



Tom's Corner

by Tom Lymbery

Woodstoves and Plumbing

Before long-burn woodstoves appeared in the 1950s many people had great difficulty preventing the pipes inside their houses from freezing - older cookstoves and wood heaters needed refuelling every two hours or so. Who wanted to stay up all night just to keep the stove going? We added some coal to our cookstove, but this only served to keep the stove a little warmer - not the room.

It was common practice to leave a tap running slightly just to keep the pipe open, as moving water is more frost resistant. The major problem could then be that the drain would freeze. Before long you had ice all over the floor - or the stairs, as my mother found when she first came from England to visit with Major Sherlock and Anne Gooch. But that was partly because Mrs. Gooch insisted on leaving the front door open a little for the dog's benefit! (The Goochs' home in Crawford Bay, Benacre, was built the same time as Wedgwood Manor.)

In the early 1930s when my dad built the house under the store (after the store had been pulled there from its original site with a stump puller,) he had Max Benthien design a valve and pipe which bypassed the trap and went into the drain below the frost level. In this way, if the outside temperature appeared to be dropping below 10 degrees F, my dad would open this valve just enough to keep the water flowing. This worked, and when a trap did freeze you could hopefully thaw it by pouring hot water into it.

One of the first long - burn stoves was the Ashley, followed soon after by the Valley Comfort. However Boyd Lindsay (Lindsay-Helmer Hardware in Bonners Ferry) suggested that the Warm Morning brand built in Kansas City would serve us well. We found that if we ordered a minimum of 3 units they would prepay these to the border. This model took 24" wood, and had a brown baked enamel finish that was much more attractive than other brands. In fact when our niece Janet Bruce was just starting to talk, she would say "T T" while pointing to the Warm Morning, as she thought it looked like a TV.

We found a steady market for these. The one in Gray Creek Hall served for many years, and I used to light it an hour or so before the Lions Club or whatever event was happening there. George Oliver came to the store each morning for his mail, and one October day he was in no hurry to return home. He explained that it was cold enough for the first fall fire in his Warm Morning, but had forgotten to move some wax flowers off the stove first, and his wife Mary was most upset to find them melted.

Having 24 hours of warmth in your home didn't entirely solve the frozen pipes problem, but it helped

a great deal. Once insulation and electric heat became affordable there were fewer problems yet. However those early controlled combustion stoves all had a major problem with creosote building up in the pipes and chimney. Using fibreglass gasketing, they only allowed oxygen to supply the fire through a type of carburettor that could be shut down for long - burning. But this made combustion incomplete, and the by-product was much more creosote which settled thickly onto cooler pipes and tile liners.

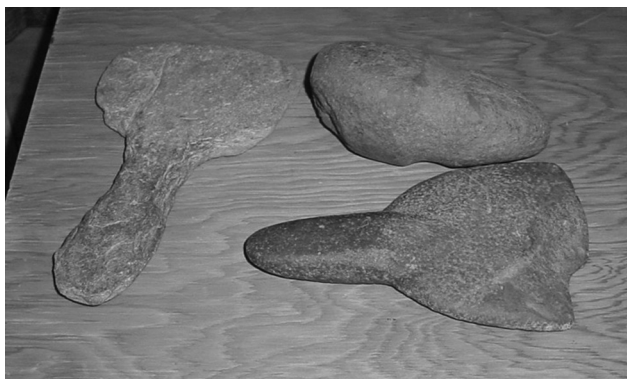
It wasn't until about 1991 that the design of stoves was changed to allow complete combustion, using either a catalytic system, or one with an insulated baffle which keeps the fire burning at 1000 degrees F. Both these systems have been improved more each year because they have two benefits - almost no creosote, and greater efficiency as the heat is retained in the building instead of being wasted up the chimney. But because there is less draft, it also requires a warmer chimney, so the old brick chimneys are on the way out as they dispel heat, not retain it.

We were still using an outhouse until 1939, when dad got Max Benthien to set up a septic system. This was a real chore as 4" sewer pipe was cast iron, and to cut it you had to score it all around with a hacksaw and then hammer it. The lower end had a hub that had to be filled with melted lead to seal the next piece into this hub, supporting the pipes while this was in progress. Melting and pouring the lead were skilled jobs. Max used a septic tank plan from Alberta so the

entire system was deeper than necessary for our mild climate. The drain field consisted of 12" long pieces of tile pipe which were supposed to dissipate the outflow. Because it was deep I had problems extending the field and used rock pits for this.

However one benefit from the deeper space needed for the tank was that they dug down through the sand to an earlier gravel bank, and there they found a stone tool shaped like a ping-pong bat. It had been made of shale, too soft a stone so it had never been used. It was probably discarded hundreds of years ago by First Nations travelling the lake in a sturgeon - nosed Ktunaxa canoe. Since this odd shape is also found on the Amur River in Russia it has always been claimed as evidence of migration over the Bering Strait. However, my opinion is that it has more to do with the bark available, White Pine, in the Kootenay River system. B.C. birch bark is not feasible for canoe-building, as David Thompson found when he arrived at Boat Encampment on the Big Bend of the Columbia River.

I believe the Oliver family were encouraged to come to Gray Creek from Winnipeg in 1906 by Winnipeg promoters of fruit lands on Kootenay Lake, including Gray Creek. The Olivers were able to buy good land in Gray Creek (now on Hwy 3A just south of Anderson Road) from Sidney J. Cummings of Boswell who had won it in a card game and had no use for it. Tom Oliver Jr. (Johnny's uncle) was the one who did plumbing. I often went to him for advice when I started plumbing our cabins, and he was most helpful. He built and plumbed Kootenay Cottages for D'Arcy Bacon in 1937 and more of these in 1947 for the Harold Murrays from



Paddle - shaped implement found on the septic tank dig next to the old Gray Creek Store; (R): from Kootenay Cottages (now East Shore Properties). The grooved pounder also came from the Gray Creek area, from near the Westburys' cabin. Photo by Janet Schwieger



Warm Morning wood heater as pictured on an undated sales brochure. In its sales pitch, its electric blower spreads "a carpet of warm air over the floor and into the farthest corners of the house." Both ad and artifacts courtesy of Tom & Sharon Lymbery

Yahk. When Tom sold his home to the McNamars, (now Schutters) he sold me his plumbing equipment, which included his lead melting pot and white gas burner to heat the lead. But I never used any of this, as by then the ABS plastic drain piping was available and it's so much easier to use glue instead of lead.

What a difference black poly pipe made when it appeared about 1947. In earlier years your water line was galvanized pipe that came in straight 22 foot lengths, and had to be screwed together at each joint. Unions for joints were too expensive. So we had to rotate each length and tighten them with pipe wrenches. You had to dig a fairly straight trench, assemble several 22 foot lengths and then lower them into the trench. That way you could make some slight bends in the pipe to accommodate curves in the trench. Poly pipe overcame that and about 1975 white PVC appeared which can be glued together. You have to make sure the PVC is below the frost line as it will split if frozen, but black poly pipe doesn't. Crumble waste styrofoam to put on top of pipes you're burying where you are not sure you are deep enough. This doesn't settle and is a great indicator if you have to unearth a pipeline. Please don't forget a caution tape some inches above the pipe to give warning if a backhoe comes near.

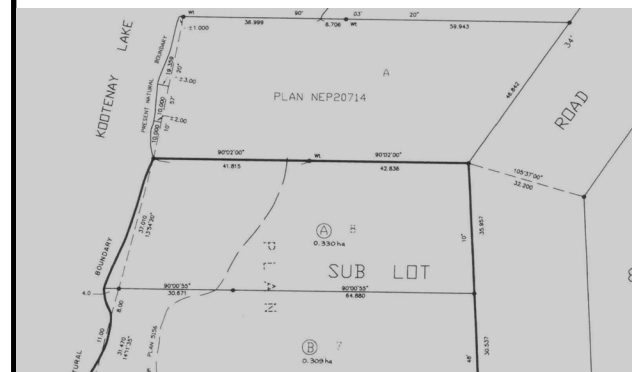
Note: If you have an older woodstove that doesn't meet today's strict emission standards you are eligible for up to \$400 if you follow the rules and replace it with a new unit (either wood, pellet or gas.) Please check with Dan for details and come and look at the 40 units we have on display.

Land Act: Notice of Intention to Apply for a Disposition of Crown Land.

Take notice that Jeffrey Stockdale and Lily Nichols of 1220 Memorial Drive NW, Calgary, AB. T2N 3E5 have applied to the Ministry of Forests, Lands and Natural Resource Operations (MFLNRO), Kootenay Region, under the Residential Program for a Crown Grant situated on Provincial Crown land (Lot A DL4595 KD Plan NEP22552) near Riondel, BC and containing 0.33 hectares more or less.

The Lands File for this application is 0311567. Direct any written comments concerning the application to FrontCounter BC, 1902 Theatre Road, Cranbrook BC. V1C 7G1 or email to: AuthorizingAgency.Cranbrook@gov.bc.ca. Comments will be received by MFLNRO until April 15, 2016. Comments received past that date may not be considered. For more info, visit: www.arfd.gov.bc.ca/ApplicationPosting/index.jsp

Note that any response to this ad will be considered part of the public record. To access the records, submit a Freedom of Information (FOI) request. For more info, visit: www.gov.bc.ca/freedomofinformation.



**Next Deadline:
March 23, 2016**

mainstreet@eshore.ca/www.eshore.ca

*Creativity, Community,
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Health & Happiness: Stress & Fat Part I

by Sid Kettner, MD, Gray Creek

Two of the four headlight bulbs on my Rav4 just burned out. My septic tank filled clear to the lid due to a blocked outflow to the septic field, and the ground is still frozen so my shovel doesn't work well. Now I can't button up the waist of my jeans.

It just could be that the last scenario is a result of the first two. Stress apparently can make us fat. Researchers now believe that what is eating us could be controlling what we are eating! How?

- Cortisol, a potent stress hormone, contributes to the fat storage around our organs. So our waistlines bulge and our jeans won't fit.

- Sudden stress from perceived danger, like almost hitting a deer while driving into Creston, causes a flight or fight response. Our heart, lungs and nervous system are immediately revved up for action and require more fuel. We crave fast energy so we turn to food.

- Chronic stress can provoke this unhealthy response constantly. We feel hungry all the time and so we snack.

- Depression from chronic stress is associated with a lack of serotonin, which triggers a craving for carbohydrates. We self-medicate with pasta or pizza but that unnecessary grazing or gorging turns to fat.

- Depression also numbs our inhibitions. The diseases caused by excess fat are forgotten. We feel the need to be comforted in our sorrow and to feel good again. We try to be extra nice to ourselves by downing some comfort foods (usually junk foods) like potato chips, cookies or pizza.

- Loneliness, depression or anxiety can lead to emptiness in our lives. But we cannot fill up that hurting hole with a can of nuts or a pint of ice cream.

What then shall we do? Enjoy some answers in next month's column.

Notice of Passing

Edward Robert Godberson
April 5, 1938 ~ January 25, 2016

Forward by Tom Lymbery: Edward Godberson had not yet moved into his new home in Boswell when a slide started moving from high above the highway on Easter weekend, 1997. It had been a heavy snow-fall winter with no frost in the ground and the slide closed the highway and it appeared possible that the new home below the highway could slide to the lake. Boswellites rallied round to do what they could and persuaded Highways that the Godberson house could be saved. Edward and his wife Lorraine were amazed and forever grateful for help they didn't expect.

Edward Robert Godberson, a resident of Boswell, B.C. passed away unexpectedly at the age of 77 years.

Edward was born on April 5, 1938 in the northern frontier town of High Prairie, Alberta. He married his sweetheart Lorraine Fournier on July 27, 1960 in Calgary, Alberta. Edward served as a naval cadet in the Canadian Navy and sailed on the H.M.C.S. Ontario, touring Hawaii, Hong Kong, and other far east ports. On returning, Edward enrolled at SAIT for Radio Operating Technology. With graduation, Edward and Lorraine moved to Ottawa for further training with the Dept. of Transport (Airports). The first posting was in Fort Smith NWT, and was followed by a growing family living in Teslin YT, Cambridge Bay NWT, Yellowknife NWT, Thunder Bay Ontario, Prince Rupert BC and finally in St. Albert, Alberta. Edward's frequent promotions and experience allowed him to successfully apply for a coveted job at ICAO (International Civil Aviation Organization) in Montreal. This job at the United Nations organization was very special to Edward, and he was always proud of the accomplishment and was thankful for the many friendships he made with his peers from all over the world.

The first visit to Kootenay Lake cast a spell on Edward and Lorraine, and was followed by many more summer vacations to the Kootenays. A house was built and the couple fulfilled their dream and started their retirement at the lake in 1997. Edwards favorite pastimes were wine and beer making, gardening and finishing multiple projects on the property.

Edward was an active member of the Boswell Vintners, and he reveled in the camaraderie of crushing grapes, testing wine and exchanging skills with other members.

Edward was an accomplished hunter and loved to fish, explore and learn about each location the family lived. For anyone that knew Edward, he was always a great storyteller and loved to get animated and worked up as he relayed the story to his audience! Edward always had a zest for life, kindness for all, and was an exceptional husband, father and friend to many. He was an inspiration to us all.

Edward is survived by his wife Lorraine; son Gary; daughters Celine and Michelle; brother Charles and grandchildren Chantal, Saige, Ava-Jean, Rhys and Luke. A service celebrating Edward's life was held on Saturday, January 30 at 1 p.m. at Boswell Community Hall. Memorial contributions may be made to Boswell Community Hall, 12374 Boswell Rd, Boswell, BC V0B 1A4.

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Notice of Passing

Dorothy (Dolly) Frances Oliver

August 10, 1931 - February 2, 2016

Dolly was born in Fernie, BC and moved to Crawford Bay, BC as a young child and went to school in Crawford Bay. She went back to Eastern Canada to serve in the air force.

Dorothy married Floyd Oliver on November 23, 1955 and together they raised two children, Barry and Debbie Oliver. They lived in Crawford Bay until Dolly and Floyd moved to Prince George around 2006. Floyd passed away in 2008. Dolly lived on her own at LaCheatue, Asher Place and Gateway Lodge.

Dorothy was an exceptional mother, wife and friend to everyone she met. Words cannot say enough.

She will be sadly missed by Barry (Karen), Debbie, Chantel (Riku), Anya, Derek (Jessica), Emma, Connor. No services upon request. Dolly's ashes will be scattered along with Floyd's at Oliver Lake near Crawford Bay on May 22, 2016.

Eastshore Garden of Remembrance

by Wendy Scott

Springtime in February – and that's quite all right. The garden is ready to wake up and look around. And there's plenty to look at.

By the time this reaches you there should be eleven more names on eight new plaques. They will be installed by Miroslav Doval.

The Remembrance Garden Board will be numbering the benches and providing a list of names to be updated with the arrival of new plaques.

The following are the latest to be installed:

- Francesco (Frank) Salviulo
- Giuseppini (Pina) Salviulo
- Mary Melenius
- Dave Melenius
- Louis Binette
- Barb Derbyshire
- Christopher (Derby) Derbyshire
- Wallace Adkins
- Carol Scott
- Paul Terriff
- Wm Bruce Scott

Muriel Crowe – 250-225-3570

mcrowe@bluebell.ca

Wendy Scott – 250-225-3381

wmescott@gmail.com

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: The next PAC meeting is March 7 at 7pm in the school library. All parents and guardians welcome. If you have an item to discuss, please contact Ingrid at 250.227.9246 or mainstreet@eshore.ca

HOT LUNCH/HL MANAGER: Chef Tyler welcomes input and help/volunteers. If you have questions/comments for the Hot Lunch Program, you can email hot lunch manager Palma at cbeshotlunch@gmail.com.

PIZZA: Pizza is now being served on Fridays on a cash basis - \$2.50/slice. Proceeds go towards a school slush fund to help in affected areas

NOTES: Don't forget that there is now a cap of 10 meals put on the number of lunches that a student can have on credit. We appreciate your cooperation!

GROCERY GIFT CARDS: The next deadline is April 10 - order right away! Proceeds go towards Elementary Music.

EVENTS/NOTICES: Watch for the Taste of India Dinner on March 4 (Friday) at the Gray Creek Hall - an evening of Food, Dance and Music! Also, watch for parents selling tickets for our fabulous wine raffle for SEVEC fundraising. You can win 18 bottles of wine and a homemade wine rack with the purchase of a \$10 ticket (or 3/\$25). Contact Ingrid for more info: Baetzel@eshore.ca or 250.227.9246.

Tara Shanti Yoga

w/ Maggie Kavanagh

134 Riondel Road, Kootenay Bay, BC
250.777.4868 - Look us up on Facebook!

Drop-in Classes

Tues: 9:30-11am - Level 1
7 - 8:30pm - Multi Level

&

Thurs: 9:30-11am - Multi Level
7 - 8:30pm - Level 1

\$10/class (first class complimentary)

Props used in all classes to assist students of all levels. Please park at the bottom of the driveway and walk up.

March 2016 Mainstreet 13

SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

NORTHSTAR CRESTON - 1-800-551-9351 Full service 8-bay shop featuring Certified Service lube,oil and filter starting at \$22.95 plus parts & eco fees. Full line of major tire brands, GM & AC Delco parts and batteries.

BUSINESS SERVICES

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

CONSTRUCTION/CONTRACTORS/TRADES

GRAY CREEK MECHANICAL - Marine Repairs and Surveyor: Serving the Eastshore since 1994 15295 Oliver Rd. Gray Creek. 250-227-9285 - Jerry or Sharon

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/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

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.

EAST SHORE HOSPICE - Palliative care for anyone facing life threatening illness. Confidential support for individuals and their loved ones.Hospice can also provide grief and bereavement support. 250 227 9006 ext 29 - hospice@theeastshore.net. Volunteers needed - volunteer training offered once a year. Please contact for more info

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

GERALDINE ALTER - MASSAGES & WELLNESS FOR WOMEN - European deep tissue, energetic reflexology, Breuss spine-vertebras massage, relaxing massage, hot and cold stone therapeutic massage, Reiki. I am a certified professional therapist in Europe, over 15 years practice, 250-227.9890.

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

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.

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.

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, 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

SUNSET SEED COMPANY



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

NOW OPEN! We look forward to seeing you.
1628 Canyon St, Creston (right next to 7-eleven)

Creativity, Community, Conscience

mainstreet@eshore.ca

CLASSIFIED SECTION

BUSINESS ANNOUNCEMENTS

Insurance Certification requires professional chimney installation - we are the Pro's - Gray Creek Store, 250.227.9315

BUSINESS SERVICES

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

BUSINESS OPPS

Artisan Workshop, 320 sq ft plus shared retail space, \$350/month, Crawford Bay, 13,000+ visitors per year. Summer rental and/or consignment items considered. 250-225-3333, lomaro@bluebell.ca

EVENTS/NOTICES

Global Gesture Language Camp - We have rescheduled to June 3,4,5. Take a learning vacation close to home! Spanish, German, French, ESL, World-sign and possible Ktunaxa immersion classes for the whole family. Call for more info: 250-551-5827

Self Care Classes

- Start on March 10. Thursdays 10 to 11 am at the Learning Hub at the school. With Susan Snead, includes energy building movements,

self massage, inner alignments. Please bring a notebook. \$12 drop in.

Estate Planning and Wills - With Dan Miller, Tuesday, April 5 6:30 to 8:30 pm. By donation at the Learning Hub. More info: 250-227-9218 ext 5518

JOBS/EMPLOYMENT

CB Market Jobs: We're gearing up for the season and looking to employ workers from approx. April 1 to Sept. 30. Jobs include a variety of things that are involved in the operation of our store, such as cashier, receiving & stocking freight, cleaning, packaging, deli, etc. If interested, please drop off your resume at The Crawford Bay Market, or send to: The Crawford Bay Store, Box 80, Crawford Bay, B.C. V0B 1X0, e-mail cbstorebc@gmail.com, or phone: (250) 227-9322 to make an appointment with Sonja.

COOKS & BARTENDERS: It is that time. We are gearing up for the spring and looking for a full time cook and part time bartenders. Full time cook to start March 1. Please feel free to drop off a resume at Newkey's or call Pam at 250.227.6911.

NOTICES/SERVICES

INTERFACE Wildfire Prevention Strategies: Services Include: Assessment and Abatement of Wildfire Hazards, Brushing, Thinning, Limbing, Clearing and Removal, Prescribed Burning Burning, Multi-Use Trail and Access Road Clearing/Maintenance, GPS Services, Rooftop Sprinkler Systems. Farley Cursons at 250 354 8553. Certified/Insured.

Free Classifieds available online at eshore.ca,

the Mainstreet's official website!

*Next Deadline:
March 23*

2016

mainstreet @ eshore.ca

*Creativity,
Community,
Conscience*



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
6-8 pm Monday - Friday

Call during open hours: 250.227.9218, ext: 5542

*Next Deadline:
March 23, 2016
mainstreet@eshore.ca*

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.
For 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 2016

**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 1, Tues: Dr. Grymonpre

Mar 2, Weds: Dr. Moulson

Mar 3, Thurs: Dr. Grymonpre

Mar 8, Tues: Dr. Lee

Mar 9, Weds: Dr. Moulson

Mar 10, Thurs: Dr. Lee

Mar 15, Tues: Dr. ?

Mar 16, Weds: Dr. Moulson

Mar 17, Thurs: Dr. Lee

Mar 22, Tues: Dr. Sawyer

Mar 23, Weds: Dr. Moulson

Mar 24, Thurs: Dr. ?

Mar 29, Tues: Dr. Grymonpre

Mar 30, Weds: Dr. Moulson

Mar 31, Thurs: Dr. Lee

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

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: Thurs, 9:30-11:00 am. Marilyn Arms 250-223-8058

Tone & Trim Fitness: Mondays & Fridays 9am. Darlene
Knudson 250-223-8005.

Vinters: Mar 9, 7pm. Jeanne Kay Guelke: 250.402.3391

Book Club: Mar 10, 2pm. Melody Farmer: 250.223.8443

Quilters Guild: Mar 15, 1pm, Linda Brown: 223.8607

Carpet Bowling - Mar 1, 8, 15, and 22 (last day), 7-9pm.

Tom or Linda Sawyer - 250.431.8404.

Eastshore Health Society: Monday, Mar 21, 10:30-

2:30pm. Tom Wishart: 250.223.8445

SPECIAL EVENTS - BOSWELL HALL

Seafood Dinner - March 19 - Contact Linda Cassidy for
more info: 250.223.8341

Traveling This Year?



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

Our Hours:

Tuesday - Friday 9 am - 5 pm

Closed from 1 - 2 pm

Saturday 8:30 - 12:30

Kootenay Insurance Services Ltd.

#16030 Hwy 3A, Crawford Bay
Phone: 227-9698

The MAINSTREET

Contact: Ingrid Zaiss-Baetzal

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

Box 140, Crawford Bay, B.C. VOB 1E0

E-mail: mainstreet@theeastshore.net

** ADVERTISING RATES

\$35.00 - 3^{1/4}" wide by 1^{3/4}" high

\$40.00 - 3^{1/4}" wide by 2^{1/2}" high

\$45.00 - 3^{1/4}" wide by 3^{1/4}" high

\$50.00 - 3^{1/4}" wide by 4" high

\$55.00 - 3^{1/4}" wide by 4^{1/2}" high

or 6^{3/4}" wide by 2^{1/4}" high

\$65.00 - 3^{1/4}" wide by 6" high

or 6^{3/4}" wide by 3" high

\$85.00 - 3^{1/4}" high by 9" high

or 6^{3/4}" wide by 4^{1/2}" high

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Sample Sizes - more sizes available.

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

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

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

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Winter Schedule in effect

All times listed in "East Shore Time"

Add one hour before March 13, 2016

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				
Osprey 2000	N/A	1:10 pm	N/A	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 2016 SCHEDULE

Mar 6: Canon Jim Hearne - 11am
Music: Marie Gale

Mar 13: Rev. Derrick Smith, 1pm
Music: Marie Gale

Mar 20: Ramona Dannhauer, 1pm
Music: Richard and Ramona

Mar 27: Easter Service at Harrison Memorial, 1pm
Please check www.riondel.ca for changes Info at 250-225-3381
Have a warm and peaceful Christmas!

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!

March 27: Easter Service, 1pm

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

Sun Mass at 2pm. 1st Sunday of 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

Creativity, Community, Conscience

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 Monday morning
at 8:30 am in the Kootenay Lake Community Church basement.
Call Myrna for more info: 227-9420

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

Next PAC Meeting:

March 7, 2016, 7pm

March 2016 Mainstreet 15

March 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 EVERY TUESDAY: Yoga w/ Melina - Comm Corner, 9:30-11am Tara Shanti Yoga, 9:30-11am & 7-8:30pm Dr. Grymonpre	2 Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS Dr. Moulson	3 EVERY THURSDAY: Yoga w/ Melina Bos Hall, 9:30-11 Tara Shanti Yoga, 9:30-11am & 7-8:30pm Dr. Grymonpre	4 Taste of India, GC Hall Tone&Trim, Bos Hall, 9am Casual Karate, CBESS, 6pm	5
6	7 PAC Meeting, CBESS Lib, 7pm Tone&Trim, Bos Hall, 9am Karate, CBESS, 5pm	8 Vet Clinic, CB Motel Lions Mtng, 7 pm Dr. Lee	9 Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS Dr. Moulson	10 Dr. Lee	11 Tone&Trim, Bos Hall, 9am Casual Karate, CBESS, 6pm	12
13	14 Tone&Trim, Bos Hall, 9am Karate, CBESS, 5pm	15 Dr. ?	16 Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS Dr. Moulson	17 Stepsister's Revenge, PCSS, Creston Dr. Lee	18 Stepsister's Revenge, PCSS, Creston Tone&Trim, Bos Hall, 9am Casual Karate, CBESS, 6pm	19 Stepsister's Revenge, PCSS, Creston
20	21 Tone&Trim, Bos Hall, 9am Karate, CBESS, 5pm	22 Lions Mtng, 7 pm Dr. Sawyer	23 Full Moon MAINSTREET DEADLINE Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS Dr. Moulson	24 Dr. ?	25 Tone&Trim, Bos Hall, 9am Casual Karate, CBESS, 6pm	26
27 Easter Sunday Service, Harrison Memorial, 1pm	28 Tone&Trim, Bos Hall, 9am Karate, CBESS, 5pm	29 Dr. Grymonpre	30 Bingo, Rio CC, 6:30pm Volleyball, 7pm CBESS Dr. Moulson	31 Dr. Lee		30

NDCU 65th AGM
Tuesday, April 19, 2016
Call to order at 7:00 PM PDT
Prestige Lakeside Resort
Nelson, BC

Conversation Café - caring for community
Nelson & District Credit Union is pleased to invite members to the 65th AGM and participate in our Conversation Café on the topic of "Caring for Community", after the formal meeting.



Nelson & District
CREDIT UNION >>> Logically. Locally.

www.nelsoncu.com
Lucas Jmieff Empire Basin

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Library Hours:
ES Reading Cntr:
Tues & Sat: 12-3
Thurs: 7-9 pm

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

Transfer Station Hours

CRAWFORD BAY:
Sunday/Tuesday
10am-4pm (9-3 from
March 13-Apr 30)

BOSWELL:
Weds/Sat 11am-3pm

THE HISTORIC GRAY CREEK STORE
EST. 1913

250-227-9315
graycreekstore.com

Mon-Sat 9-5:30 & Sun 10-5

SPRING IS IN THE AIR!
Pruners, rakes & wheelbarrows in stock.

- All your window cleaning supplies are here.
- Hoses and all of the repair parts too!
- A Telescopic Garden Bandit is what you need to till around the flowers coming up!
- Check out the lumber department for that new deck you always wanted or for materials for raised beds...
- The new shipment of Stellar Seeds is arriving. Have you ever had Dragon Carrots?
- Need new gardening gloves? We've got you covered.

PLUS: WETT inspections & Free In Home Consults





ES Health Centre ~227-9006~

Drug & Alcohol: 353-7691 Child & Youth: 353-7691 Community Nursing: 352-1433
Public Health Dental Screening/Counseling: 428-3876 Hospice: 227-9006 Baby Clinics: 428-3873
Mammography Screening: 354-6721 Physiotherapy: 227-9155 Massage Therapy: 227-6877
For more on facility, call Kathy Smith, 227-9006