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The East Shore Mainstreet

KOOTENAY LAKE BC

Serving the East Shore communities of Boswell, Gray Creek, Crawford Bay, Kootenay Bay and Riindel

INSIDE:

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

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On April 24, nearly twenty community volunteers gathered at the Crawford Bay School to install the last four or five items for the playground. A group of five volunteers has been fundraising and working tirelessly for years to see this equipment installed and, although there are still a few more things to do (the swing set was missing pieces, so will be installed in early May), the brunt of the labour is over and the playground is nearly ready for the kids to enjoy. Groundcover and landscaping details are coming in May as well. The PAC Playground Committee would like to thank those volunteers who gave so willingly of their time and energy. Pictured above are many of the volunteers from installation day: Dan Rude, Will Hulland, Larry Keraiff, Rob Marcheterre, Erin Cristofoli, Dano Cheverie, Christi Peel, Dave Ring, Ingrid Baetzel, Amanda Hulland, Dan Harding, Dana Gallinger, Garry Sly, Juergen Baetzel, Serge Darchen, Kevin McBride and Stephanie Sempf. (Sign holders are Iyra Cristofoli-Couling, Colben Hulland, Thea Rude, Elliot Rude and Olivia Darchen.) See the ad in this issue for the full list of contributors and volunteers.



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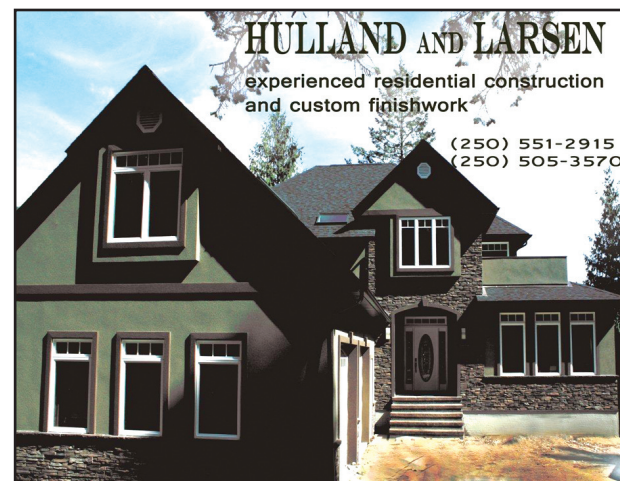


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MS Issues

by Ingrid Baetzel, Editor

At a recent community meeting at which we discussed options for how to organize community service organizations along the East Shore, one of the tasks was for participants to name their community hero and what that person had done to make our area a better place to live. What follows is most of the examples of this exercise.

Not every nomination is printed below. Above and beyond what you see here, there were even two more nominations for Peter Duryea, a nod to John and Marg Kehler of Riondel, Alanda Green of Kootenay Bay, Fiona McLaren of Riondel, another to Eric Gale, and finally a vote for John Oliver of Gray Creek. The rest are printed below.

Christina de Pape won the door prize with her nomination of Laverne Booth.

Who is Your Community Hero?

What have they done to make this community a better place to live?

Leona Keraiff for hamper distribution, fitness and school facilities and Heart and Stroke Foundation.

-Glen Kinder

Peter Duryea for his contributions in several social ventures that have benefited the community.

-Johanne Bedard

Peter Duryea for initiating many community environmental action groups on the East Shore.

-Frances Roback

Peter Duryea who has enabled young adults and old to enjoy nature at Tipi camp, KLEECA, Starbelly and many, many other endeavors.

-Wai Yin Fung

Peter Duryea, the co-creator of GHRS and other community organizations, to provide opportunity for gathering, healing, supporting, playing and evolving within an integral sense of community spirit.

-Christina de Pape

Peter Duryea, founder of Guiding hands, pioneer of Gray Creek, and heck, he was on Star Trek! (Also, the best jolly man in red of all time!)

-Ingrid Baetzel

Wai Yin Fung for all the unsung personal help she has given to individuals.

-Anon

Robert Agnew who got small bits of funding (from School District and Regional District) and put together Co-Design workshops where community members designed what they wanted for the new school in Crawford Bay.

-Laverne Booth

Sandra Bernier who is youthful and wise, a bridge between us all, someone who holds a lot of integrity in community spirit.

-Christina de Pape

Sandra Bernier, who started Youth Group, works endlessly for Tipi Camp and its betterment. A "YES" person with boundless, patient energy.

-Ingrid Baetzel

Jacqueline Wedge who invests huge amounts of time to give opportunities to youth and adults alike, i.e.: language, art, music, After-School and outside of school classes. She enriches many lives.

-Ingrid Baetzel

Dan Rude who's vision for the future of our school, young families and community is refreshing.

-Ingrid Baetzel

Garry Jackman for lake stewardship.

-Janet Wallace

Merilyn Arms, Fabric Artist who started the quilt guild, provides instruction and encourages participation, personal growth and artistic talents.

-Darlene Masuak

Tom Lybery for paving the way, or opening the space for community to happen.

-Christina de Pape

Tom Lybery as the elder of our community and our archival keeper.

-Wai-Yin Fung

Tom Lybery is a community hero.

-Garry Jackman

Tom Lybery is THE community hero.

-Muriel Crowe

Eric Gale who gave of himself for a health centre for the East Shore.

-Verna Mayers-McKenzie

Janet Wallace with her endless smiles and enthusiasm with each day.

-Jamie Cox

Peggy Tugwell who loves this place, gives a lot and is a nice chick!

-Jacqueline Wedge

Lea Belcourt for involving local people in international work and for keeping up laughter as a practice.

-Laverne Booth

Laverne Booth for courageously planting new seeds in old soil.

-Christina de Pape

Well, as we all know, this is just a sampling of the amazing volunteers and community heroes who live amongst us. Each of us, in our way, leads to the betterment of community and neighbourhood.

Here's a thought (in the amended words of Timothy Leary: tune in, turn on, but please, don't drop out.

LETTERS TO THE EDITOR

EMPLOYEE/EMPLOYER RELATIONS

Dear Editor:

I applaud Jessi Hobson in her letter last month for taking a stand over unfair working practices. In a small community it can be sometimes difficult to protest local injustices and Jessi displayed courage and verve for wanting a company to buck up to their responsibility as an employer and a community entity. It saddens me however that this particular company is still treating their employees with utter disregard and disrespect. I worked for this same company 10 years ago and witnessed countless co-workers walk out and quit in complete frustration wanting to save what little dignity they had left from a management who treats their employees as disposable.

This letter is not only to criticize this business but to make a plea for this company to start to shed old ways of operating and begin to incorporate a more respectful, mentoring manner of employee/employer relations. I realize that many of our youth undertake their first jobs in this community and I would want my children to experience a place of work that sees them as human beings worthy of trust and fairness and not simply people to take advantage of because of their age and inexperience. I thoroughly agree with Jessi when she asks what kind of businesses do we want to support and work for in this community. Do we want our children and other people in and out of this community treated unfairly and feeling they have no recourse when they are? I believe I feel so adamantly about this now because I wish I would've spoken up so many years before but didn't have the courage to do so because I didn't want to ruffle any feathers. That said, I want to thank Jessi for coming forward publicly on this matter because it gave me strength to write this.

I will be sending this letter to this business in our community in hopes they truly examine their managerial flaws and begin to engage with their employees in a diplomatic and humane manner. This community is too precious to have workers within it feel unworthy and underappreciated. There are many truly conscious

business owners in our community to model good employer/employee relations after and it is beyond time for this particular community business to do so.

Sincerely,

Nicole Plouffe, Kootenay Bay

THANK YOU FOR THE SUPPORT

To the residents of the East Shore, friends and neighbours:

Eric and I have indeed been privileged to live in an area like the East Shore, where people not only care about their neighbour, but are very quick to put that caring into action. I think the rugged beauty of this countryside inspires them to look after one another.

I would like to thank all of the friends and neighbours who have helped me through the difficult days since Eric's passing. They have phoned, visited, given me hugs, sent cards, messages, and food. Thank you to the men in the community who have offered practical assistance with heavy odd jobs.

A special thanks to all the people who offered prayers for Eric, to Dave and Damon who came and split the rest of my wood while I was in Calgary, to Mike who arrived one day to repair my broken window, to Emelda who would not let me stay alone after the family first left, and to Mel and Roxanne for letting me lean on them.

To the people who have suggested that the medical centre be named after him, I thank you. He was a humble man, and he would have been honoured and deeply touched by the suggestion alone, and I am grateful to the individuals who have appreciated the countless hours he spent on the project.

Eric loved this area and we have brought his ashes home to remain in this place. I will be arranging a memorial service and a celebration of his life in late August when our many children and grandchildren can all attend. I would like to invite all of his friends in our community to please attend and say good bye to him.

Marie Gale, Crawford Bay

The East Shore Mainstreet
KOOTENAY LAKE BC

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or Best Yet, Email to: mainstreet@theeastshore.net

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

Copies every issue: 1000
The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in June 2010 issue items by:

Next Deadline:
Wednesday May 26, 2010



RDCK Area "A" Update

by Garry Jackman,
Director, Area "A"

April showers bring May flowers. It seems we pretty well missed out on the April showers. Average snow packs across the Kootenays are about 75% of normal and levels in the US remain even lower. The combined seasonal runoff forecast for the entire Columbia basin (Canada and US combined) is 65% of normal (January through July 2010) according to BC Hydro's recently released figures. Due to low runoffs the refill at Kookanusa reservoir is expected to come in at 30 feet below full pool. Many reservoirs did not meet refill targets over the past winter, so it looks as though some of the effects can be compounding. For more detail you can attend one of BC Hydro's operational update meetings, including Creston on May 18th, Castlegar on June 15th or Meadow Creek on June 16.

The Columbia Basin Trust hosted an informal discussion on water issues at our local government conference in Castlegar in mid April. Their updates included some insight into the preliminary discussions on whether the Columbia Basin Treaty might be renewed, revised or discontinued in the longer term. The early end date for the treaty is 2024 and the early notification date to formally change the treaty is coming up in 2014. Given the complexity of the issues, a three year time frame is not long. The local government reps from across the Kootenays agreed to form a working group to get closer to the issues and what effects they may have on our area. The Province also just announced their approval to proceed with the next stage of the Site C project on the Peace River which, if

it passes the next environmental review, can have large impacts on forecasts of power pricing and availability. This has long been an area of interest for me and I will continue to remain informed as best I can. On a similar vein, the CBT has a workshop available to present to communities on climate change adaptation. I am working with the CBT to confirm a date for an Area A presentation.

One of our local Conservation Officers (C.O.'s), James Barber, gave an informative presentation at the Wynndel Hall on April 20 on the topics of the Bear Aware program and the open burning regulation. The pointers on bears were pretty much common sense but perhaps some people who have recently moved to our area do not appreciate how quickly bears can be habituated to human waste and how often that results in the destruction of the bear. James had a lot of good tips along with some interesting statistics on the local bear population and numbers of bears destroyed over the past years. I note that there are a few groups in the area, specifically towards Wynndel and Creston, who can assist with picking unwanted fruit to help alleviate bear issues plus to make some use of the food.

On the topic of open burning, James re-iterated what I believe we all know. The burning of mixed trash, and especially plastics, has been contrary to environmental regulations for a long time in our society. James outlined the cases where warnings, fines or court actions are merited. None of the fines are small. Even though our instincts cause us to withdraw from the pungent scent of burning garbage or plastics many still burn this material right where they live. The emphasis in the talk was on education but given a specific complaint from a neighbour the C.O.'s will respond with their ticket book at the ready. James will be available to give another talk in Area A, probably at the Boswell Hall so that he can fit it in with his daily routines. Look for notices in the coming weeks.

New federal regulations for waste water discharge quality have been proposed. My initial understand-

ing of the impact is that municipalities and private developers may have to raise the bar on their treatment facilities from what is considered secondary treatment to "high quality" secondary treatment. This is a good news, bad news scenario. First, we should all benefit eventually from cleaner water. I state again that I cannot understand why we spend billions of dollars as a society cleaning up water so we can drink it instead of spending that money on not contaminating the water in the first place. The "bad news" will come in the form of short term taxes or development costs to upgrade treatment plants. I just hope we get the actual scoop on the balance of costs as the debate over the new regulations proceeds.

Meetings to review applications for the Columbia Basin Trust community initiatives funding were held throughout the Regional District in April. The Area A meeting was held at the Gray Creek Hall on April 12 and was well attended by a few dozen members of the public in addition to the reviewing committee. The total of the applications was three times the dollar amount available but I believe the group was able to come up with a balanced set of recommendations for disbursements. I will try to get a complete list in the next Mainstreet. Otherwise, if you do not know the results please contact me or Karen Armstrong at 250-352-8170.

Applications for Rec 9 grants are being sought this month. Look for the notice in this issue.

As I indicated at length in last month's submission, the review of a proposed zoning bylaw for portions of the east shore is well underway. Recent comments have arisen regarding proposed boundaries for the bylaw. I encourage you to attend one of the APC meetings on the first Wednesday of each month. Contact the APC Chair, Ron Mondor, at ronmondor@theeastshore.net if you need more information or check the web listing below.

As always, e-mail me at gjackman@kootenay.com or call 250-223-8463. Look for the RDCK website for information on meetings and initiatives at rdck.bc.ca.



CRAWFORD BAY TRANSFER STATION SUMMER OPERATING HOURS

May 1, 2010 to October 31, 2010

9:00 am to 3:00 pm Sunday, Tuesday and Thursday

CLOSED on ALL Statutory Holidays

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

Employment Opportunity Vegetarian Sous Chef at Yasodhara Ashram

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- 5 years of professional experience cooking for vegetarians and vegans
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For more information about Yasodhara Ashram go to www.yasodhara.org
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Rick Scott is Coming...

...to Crawford Bay School for an Evening Community Performance
On Friday, May 14 @ 7:00
Tickets are \$10 at the door.
Snacks for sale through our PAC.
All proceeds to our incredible school lunch program.



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HOT LUNCH A Local Program Worth Supporting

by Garry Sly

Over the past six years, the Parents' Advisory Council for the Crawford Bay School has been operating a lunch program for the students that provides a hot, healthy, delicious meal at a minimal cost. The program was established to provide healthy meals and to promote healthy eating habits among the students. The program is vegetarian and has allowed students to experience different foods and given them the opportunity to try new things.

It has been a success from the very beginning and teachers immediately noticed a change in the school as a result. Teachers felt that students were able to focus more on their classes and the overall atmosphere was calmer. The program's policy is that no child is turned away, whether the family can pay or not, to ensure that all children in Crawford Bay School have an opportunity to eat a healthy meal that will send them back to the classroom energized for an active afternoon of learning. We would like to thank the many volunteers who come in every day to assist the main cook with lunch program. Their assistance is

invaluable and greatly appreciated.

The program has continually evolved and improved over the years and the new school has provided a much improved facility as well as some very modern equipment thanks to a Farms to School grant that allowed the program to purchase a large salad bar serving station as well as a hot buffet station.

The Parents' Advisory Council is continually fundraising in order to keep the program operating and we would like to thank everyone who has supported us



On April 22, nearly forty Edmonton band students performed at Crawford Bay School and took part in the school's wonderful hot lunch program. Comments overheard at the salad bar were: "This is the most amazing food I've ever seen served in a school," and "You guys are so lucky - we don't eat food this good at our school," and "You eat this EVERYDAY? This is so cool! You guys are lucky!"

Photo: Ingrid Zaiss Baetzel

for the past six years, cooking fabulous food for the students and constantly fund-raising to keep the program strong. Terry will be leaving her position as the lunch program co-ordinator as of May 1 and she will

over the years. We now have a charitable tax donation number and can issue tax receipts to any individual or group that might wish to make a financial contribution. Contributions can be made out to the Crawford Bay Elementary Secondary School Parents' Advisory Council Lunch Program and can be dropped off at the school. A minimum donation of \$25 is required for a tax receipt. If you need any more information, please call Garry Sly at 250-227-6824.

The key coordinator and visionary of the program since its inception has been Terry Fiddick. She has worked tirelessly

be greatly missed by all the students, school staff and parents. Her dedication and talents in the kitchen have been exemplary. We wish to thank her for all her dedication, hard work, fantastic food and her belief in the importance of the program. Words can barely express how much appreciation there is in this community for the huge amount of effort and energy you have put forth towards making our community healthier. Good luck to you in your future endeavours!

The current lunch program runs from Monday through Thursday and includes a very extensive salad bar, soup, bread, and a hot entrée. The lunches are available to students, staff and parents as well as to the general public. Lunch is served from 11:50 am to 12:30 pm. We invite everyone to come in and enjoy the exceptional lunch program that is offered.



KLEECA's 2010

Annual General Meeting

will be held on Saturday, June 5 in the new Crawford Bay School from 2 - 4pm
Refreshments will be served
(please bring your own coffee mug)
Everyone welcome
Information: 250-227-9387



We're So Excited!

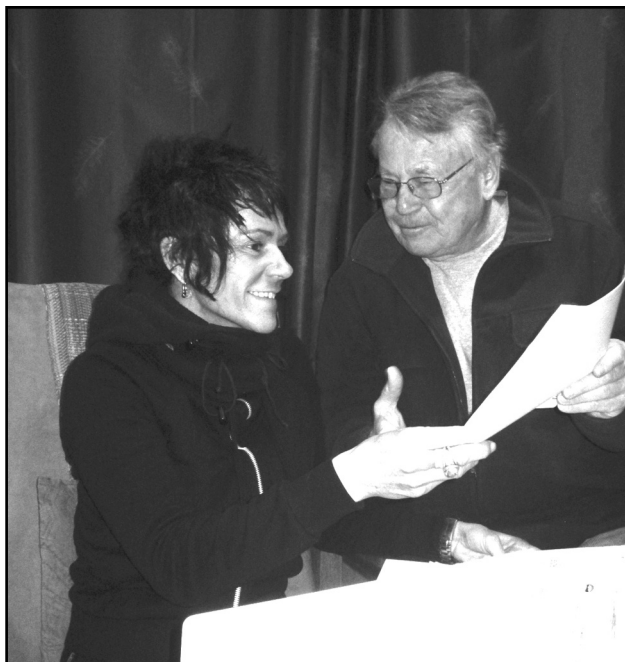
Nancy Galloway

And we just can't hide it! The PLA (the proposed plan for the seniors' community) has gone in to the RDCK and other relevant authorities, so we'll start getting their feedback in about 2-4 months. WOW! What a hurdle to overcome in this long saga. The reality of a supportive seniors' community here on the East Shore – the Best Shore – just keeps getting closer and closer.

Any prospective residents, or families wanting to bring their 55+ parents here – now's the time to step up! We need YOU to make it work.

KLEECA is preparing for this year's AGM, to be held 2 pm, Saturday, June 5 at the Crawford Bay School. If you would like to step forward and participate as a director, send us a nomination, signed by two members in good standing. Or nominate someone whom you think would be a terrific asset to this very active board.

All nominations need to be to us by May 5. They can be given to any board member: Peter Duryea, Alanda Greene, Susan Hulland, Dave Hough, Robert Agnew or Nancy Galloway.



Project Manager, Johanne Bedard, and chair, Peter Duryea put the finishing touches on the Preliminary Layout Application (PLA) that KLEECA submitted to the Ministry of Transportation in late April.

If that's too much for you, we can always use volunteers to do such things as local fundraising.

In that vein, KLEECA would like to thank the many volunteers who have recently helped us: Brenda Panio of Riondel for help with the 2009 Raffle; Mike Rowland of Gray Creek and Claude-Michel Prevost of Crawford Bay for assistance with promotion and sales; Christine Ross of Boswell for her astute thoughts on our development plans; Alison Diakiw of Kootenay Bay for proof-reading; and Yasodhara Ashram for photocopying.

Credit Union Board Ratifies "Memorandum of Agreement"

press release by NDCU

April 12, 2010, Nelson - The Board of Directors of Nelson & District Credit Union held a special board meeting to review the Memorandum of Agreement which forms the basis for a new collective agreement. The Board of Directors voted unanimously to approve the agreement.

The next step in the process was for the two parties to put in place a Return to Work agreement. This agreement was completed and the employees were asked to return to work starting Thursday, April 15.

The Credit Union understands the impact this labour disruption has had on its membership. Many members have started to use competitor's Automated Teller Machines (ATM) and been "dinged" a service fee. The Credit Union will refund all members' service fees, charged by a competitor, for using their ATM during the labour disruption. In addition, the Credit Union will waive chequing account service fees for one month.

We do acknowledge the time and trouble that the labour disruption has caused many of our members, and on behalf of NDCU, we are pledging to return to our normal stellar service as quickly as possible.

The Board and Management team look forward to the Credit Union returning to normal hours of operations in all three branches – Rossland, Nelson and on the East Shore.

One Year of the Fitness Place

by Leona Keraiff on behalf of the East Shore Facilities Committee

The first anniversary of the opening of our fabulous fitness facility will occur on Sunday, May 9. It has been a year of growth, with many lessons learned.

We are so grateful to all of you who have chosen to take advantage of this great space and are taking care of yourselves.

Everyone is invited to visit during the week of May 10 to 14 (usual hours) with NO DROP-IN FEE. It is a chance for first timers to "work-out" at no charge. Perhaps you will decide to become a regular member...

At the end of the week we will draw names and award some monthly memberships. All of you who are paid members are invited to put your names into a hat each time you visit during this "birthday week." Draws will be made for multiple month memberships at week's end.

We look forward to seeing many of you.

Kootenay Co-op Radio: Membership Recognition Month, Celebrating You!

by Leah Wilson

• **May 28: Two great events on the East Shore!**

• 1-3pm: Live on Location Broadcast from Crawford Bay School

• 7pm Start: "The Deep Woods Dance Hall Boogie" Fundraiser Celebration at Gray Creek Hall.

This month Kootenay Co-op Radio needs to raise \$15,000 in membership dues to keep essential, local, independent radio alive.

That's the job of this Membership Drive. We change up the programming to offer extra-special events and programs on the radio, while inspiring members to join or to renew their dues.

Spring Membership Drive is May 23 - 29, but we're going beyond that and celebrating the community our station builds and serves. May is Membership Recognition Month. Celebrating the members of this radio station (that means community parties, hosting special events & happenings), while sharing what membership to this station means, and what you get from being an active part of your station (besides great and varied radio!).

Even in these challenging times we're strongly dedicated using this independent little radio station as a tool to bring culture, fun, information, local dialogue and contact to our communities from downtown Nelson to the farms of New Denver, to the remote houses that pepper the mountains on the shores of Kootenay Lake.

Rah! Rah! Rah! Now, here's what's happening on May 28.

In the afternoon (1pm to 3pm), we're recreating last year's awesome Live on Location broadcast experience from Crawford Bay School!

Hosted by those fun loving radio personalities from The What Ever Show (Lise & Deb) and from Powerlines (Howlin Dan & Leah), on the microphones and out of the studio.

Everyone's welcome to come check it out and be part of the broadcast.

This year's lineup is stellar so far, with local youth talent from Crawford Bay School, as well as the school's principal, Dan Rude (who by the way is a very talented songwriter and performer). The Pursuits:

(the Armstrong family band). The Arcane Garden: (Will and Michelle are recording a new album, and Michelle Moss' singing is so breathtaking and beautiful). The Simply Brass Band: classical great groove and they've recently beefed up their "bones"! Howlin' Dan: East Shore blues poet also with new songs to share).

At night, we all go to Gray Creek Hall: The Deep Woods Dance Hall Boogie, starting at 7 pm for you civilized types, going till well into the night for you dancers!

Get this, there's a silent art auction, live music, yummy treats, and community dance. An old school Gray Creek Hall party! Shake the floor, donations at the door! This is a Kootenay Cooperative Radio fundraiser, so join the fun & bring everyone.

The night's entertainment starts with showcases of East Shore talent including Howlin' Dan & His Band of Amigos, The Arcane Garden (Will & Michelle) and many more TBA.


At 9 pm get down, dance and boogie with Kootenay Coop Talent: DJ Rhapsody (the funkmaster responsible for Break The Stereo), DJ Papa Roots (the considerable heart and soul behind the world music show Earth Vibes), and more to be announced. Look for the posters - they will tell all.

To find out about upcoming events, volunteer opportunities, information about memberships, radio station news, the current operational budget, new season schedules, and more visit www.kootenaycoopradio.com. You can also call 250-352-9600. This is your community radio station, 96.5 fm on the East Shore from Pilot Point, and streaming live on the net.

This is yours!

The new Spring Programming Season starts April 26. Look for the new schedules, new radio shows, and special Debuts and Encores.

Open Saturday & Sunday in May



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**Next Deadline:
WEDS, May 26/10**



opening may long weekend

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Students from the Grade 4/5/6 class on the road on the Highway Clean Up Day - Earth Day 2010

Photo submitted by Lorna Robin



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Riondel Fire and Ambulance Auxiliary Social and AGM

by Fran O'Rourke

The Riondel Fire and Ambulance Auxiliary will hold a social on Tuesday, May 11 starting at 6:00 pm in Room 2 (the seniors room) of the Riondel Community Centre. Everyone is invited to chat, to view the ambulance and the Fire Department's new rescue truck, and to enjoy coffee and goodies. We hope you will stay for the AGM. The main focus will be finding ways to encourage and keep Emergency Medical Responders so the ambulance can continue to function, so come with your ideas.

**Next Deadline:
WEDS, May 26/10**

TOM SEZ

by Tom Lymbery

Where else but Kootenay Lake do apple cores and cherry pits grow into fruiting trees alongside the highway? Johnny Oliver reports on young walnut trees growing on the power line – planted by squirrels.

Take your coffee mug with you. More and more coffee outlets are charging 25 cents if they have to supply a container. Help keep those horrible no-deposit things off our roadsides!

The International Zinc Association (based in Brussels) will be holding its biennial meeting in Trail this May. Fee is \$3000 or more for members to attend, and at least 100 have registered.

ACCESS BC is a relatively new organization to promote responsible use of de-activated logging roads. Are they up on the roads that Teck – Cominco is closing between Gray Creek and Kimberley? There is hope that the bridges they take out can have fords possible for ATVs, or hikers.

The website, www.fighthst.com has a list of sites where you can sign the petition against the Harmonized Sales Tax, but I don't see any in the Kootenays as yet.

Is there any hope for our birch trees? As the leaves have just opened the worms that eat them will be active again – and because there are up to four hatches a season that is devastating.

BC Forest service plans to re-open some fire look-outs. This is more economic than flying, and there is a shortage of available planes. Light snow levels are expected to give a bad forest fire season.

The spring edition of BC History has the classic photo of the Nasookin landing at Gray Creek on the front cover, the same as appears on our store sign.

Gray Creek Pass Report

by Tom Lymbery

Since 2010 is the 20th anniversary of the opening of the main road, can we have a sweepstake on the opening day this year?

Perchance Teck / COMINCO may do some plowing of that last patch of snow just this side of the summit, so that they can get on with their line removal project.

6 Mainstreet MAY 2010

Riondel Fire and Ambulance Auxiliary Helps Maintain Ambulance Service on East Shore

by Cindy Bonnell, Unit Chief

Despite the many drawbacks of a low volume station, Riondel ambulance remains staffed and available over 75% of the time. The remaining time ambulances are sent from Creston or Nelson which means longer waits for patients. Naturally we would prefer 100% availability, but with the current crew of one Primary Care Paramedic, two Emergency Medical Responders (EMRs) and one driver – soon to be an EMR, that is not possible. When you factor in crew members working full time jobs, personal and family obligations – at home and sometimes far away – sickness, and out of town training commitments, 75% availability demonstrates an admirable commitment.

Emergency Medical Responders on a call will be making under \$20 an hour, a driver makes under \$15 an hour. All employees on duty are paid \$2 an hour pager pay. Benefits are paid only after six years and enough time on call each eligible year. In low call volume stations, employees can make themselves available for many shifts each week but not get a call for weeks or even months. Yet while on the pager – for \$2 an hour – they must be ready to abandon whatever they are doing at a moment's notice. They must be prepared one step ahead in case the pager goes off. Employees with children have to have child care constantly available; even preparing dinner requires foresight. When the call comes, it makes no allow-

ance for personal life, limiting activities, interrupting family time, disrupting sleep. Employees must be prepared for driving and working in severe weather and road conditions, heavy and often awkward lifting, violent patients, traumatic calls, contact with contagious disease, and many other stressful situations. Small wonder remote stations with low call volume, such as Riondel, generally have a difficult time recruiting new crew members and retaining them. Riondel has definitely seen our share of personnel come and go – many of them to a higher call volume station where they can make a more liveable pay check.

The Riondel Fire and Ambulance Auxiliary has been supporting the BC Ambulance Service in Riondel for decades. It has helped with major purchases such as the automatic external defibrillator, a vital signs monitor and electronic thermometer. More importantly, the Auxiliary has provided funding for training courses which are not paid for by BC Ambulance Service but are required to maintain certification. They also help with expenses incurred while away from home on courses. Because personnel issues are the most serious threat to the service, assistance from the Auxiliary in maintaining a trained and experienced crew is becoming vital. Please support the Riondel Fire and Ambulance Auxiliary in its efforts to maintain the best possible service we can provide to the East Shore.

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**Get Ready!
The 2010 Crawford Bay Sunday Markets Start Soon**

by Liz Donnison, CB Sunday Market

After a great first season under new organizers, the market returns for another highly anticipated and successful run.

Join us every SUNDAY from 10am - 2pm in the beautiful and scenic Crawford Bay Park Pavilion (now with a brand new roof - Thanks Mark Johnston and crew!).

This season, the markets will be running all July (not during Starbelly Jam), August AND the September 5 long weekend.

Missed last year's markets? Don't make that mistake again! Come check out all the amazing products from the local area and beyond.

There is still room for some local producers to sell their wares or demonstrate their skills, maybe that's YOU!

Call or email for more information or to reserve your spot.

To those who came out last year, thank you. We look forward to seeing you again. The market needs your support; please help us keep this great event alive. Spread the word; tell everyone the Sunday Market is the place to be!

The Crawford Bay Sunday Market... a great way to spend the day!

cbsundaymarket@live.ca
Liz 227-6806 Kathy 227-9205

kis Kootenay Insurance Services Ltd.

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

Travel Safe - So You Can Create Memorable Moments

Tickets? Check. Sunscreen? Check. Passport? Check. It can be exciting and stressful planning and packing for a trip. With a long list of things to get done before you leave, don't forget the most important item of all... your travel insurance.

There can be many reasons we don't buy travel insurance. Commonly, many Canadians simply forget to buy it. Others think it's too expensive. I'm only going for one or two nights, others may say. Or, I never get sick... it won't happen to me. Whatever your reason, it's definitely not worth traveling unprotected.

Why? The cost of out-of-country, or even out-of-province, medical expenses can be financially crippling. With rising healthcare costs, medical bills can add up quickly. Did you know it can cost on average \$10,000 a day in US hospitals? Plus, your provincial healthcare plan only covers a very small portion.

Plus, travel insurance can protect more than just your health. Trip Cancellation/Trip Interruption Insurance is there if you're forced to cancel or interrupt your trip. It even covers job loss, missed connections, delayed flights, government travel advisory warnings, and more!

Best of all, travel insurance isn't expensive. For as little as \$1 or \$2 a day, you and your family can travel protected.

Call or visit your insurance professional at Kootenay Insurance Services or purchase online at www.kootenayinsurance.ca before your next big travel adventure!

Our Hours:

Tuesday - Friday 9 am - 5 pm (closed 1 - 2 pm)

Saturday 8:30 - 12:30

LOCAL INTEREST

Three Oceans Tipi Camp Fundraiser Kootenay Adventure Photographer/Author in Crawford Bay, May 17

press release by Guiding Hands Recreation Society

Kimberley-based wildlife biologist, wilderness guide, author, and adventure photographer Dave Quinn has spent over fifteen years exploring and advocating for the last wild reaches of the Kootenays and beyond. His work explores and celebrates the connections between humanity and wilderness. His writing and photography has appeared in BCM Magazine, Explore, Westworld, Backcountry, Adventure Kayak, as well as in Patagonia and MEC catalogs, and his talks have packed rooms across Western Canada.

Join Dave on May 17 at Crawford Bay School for Three Oceans, an evening of captivating images and gripping tales from over a decade of sea kayaking some of the world's most remote, rugged, and wild coastlines.

In Three Oceans, Quinn takes viewers on a rollicking journey. From the frigid, iceberg-choked Arctic waters, to the pounding, relentless surf of our wild Pacific Coast, and finally to the marine biologist's dream: sharing the waves with sea lions, elephant seals, penguins, and whales along the Patagonian Atlantic Coast of Argentina.

Rub shoulders with the world's third largest creatures, southern right whales; crane your neck to take in Greenland's towering fjords and kilometres of tide-water glaciers; and experience the mystique of Haida Gwaii, the Hakai, and our own Great Bear Raincoast – all from the cockpit of a sea kayak, and all without even leaving Crawford Bay.

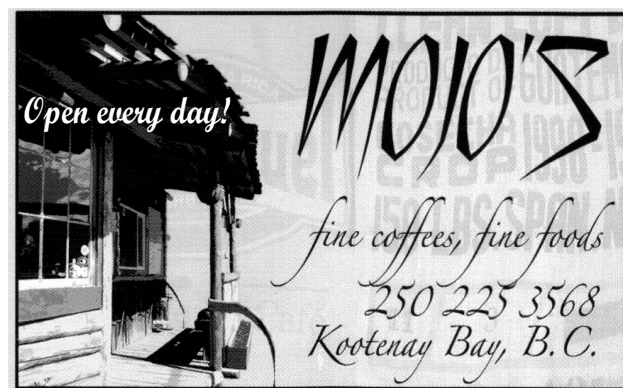


Photo of the far west tipi at Tipi Camp by Dave Quinn

This event is a benefit for Tipi Camp and the Guiding Hands Recreation Society. Admission is by donation. Monday May 17, 7:00pm, Crawford Bay School.



Farley Curzonz in the Tipi Camp kitchen



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Guiding Hands Recreation Society's Tipi Camp on Kootenay Lake Summer 2010 Event Calendar

- May 16 Tipi Camp Volunteer and Staff Sign Up**
Interested in volunteering? Join us at the Gray Creek Hall from 10am to 1pm. Bring potluck finger food for snacking.
- June 21 - 23 Crawford Bay School**
For the 16th year local children come to celebrate the year's end.
- June 27 Open Tipis, Social Potluck and AGM**
Everyone is invited for a day of play, celebration and potluck lunch. Please join us!
- June 29 - July 8 Young Adult Program**
Guiding Hands is pleased to offer a new WISE Program for young adults, ages 17-21. This 10 day mountain adventure is a blend of First Nation traditions and modern culture.
- July 2 - 4 Family Nature Weekend**
Families of all ages join storytellers and circle leaders to appreciate the magical web of nature in the Kootenays through imaginative stories, riddles, fireside chats and hands on nature crafts.
- July 10 - 16 WISE Teen Camp 1**
Youth 13-16 years old join experienced guides for a trek into nearby mountains. Self discovery, cooperation, and nature awareness highlight the program.
- July 12 - 14 Nelson Friendship Outreach Clubhouse**
Each year people who experience mental illness come together at Tipi Camp to take a reprieve from their challenging lives. They meet in friendship to vision, deepen relationships and relax in the nurturing arms of Mother Nature.
- July 18 - 23 WISE Children's Camp 1**
Children 9-12 years old learn and play in a program designed to build self-esteem, respect for each other, and appreciation of nature.
- July 26 - 29 SelfDesign High PeaceCamp**
Participants are provided with activity based experiential learning centred around the themes of peace. For children ages 9-13.
- July 30 - Aug 5 WISE Teen's Camp 2**
Youth 13-16 years old join experienced guides for a trek into nearby mountains. Self discovery, cooperation, and nature awareness highlight the program.
- Aug 6 - 12 Heart Yoga with Karuna and Paul**
Let go, relax, breath, open your heart and return home to the joy of your true nature. Heart Yoga is a loving and gentle practice that is strengthening, energetic and awakening.
- Aug 14 - 18 Integrity of the Heart with Shayla**
Through contemplation, yoga and inquiry we learn to live from the Integrity of the Heart. Together, seeing what is and is not working in our lives we work towards being comfortable with ourselves and to truly participate in our own evolution.
- Aug 20 - 25 WISE Children's Camp 2**
Children 9-12 years old learn and play in a program designed to build self-esteem, respect each other, and appreciation of nature.
- Aug 26 - 29 The Earth is My Witness with Paul and Duncan**
Witness the power of Native American and Tibetan Buddhist traditions of ceremony, teachings and practices to bring clarity and connect us to the wisdom of the earth in the current time of change and uncertainty.
- Aug 30 - Sept 2 SelfDesign High PeaceCamp**
Participants are provided with activity based experiential learning centred around the themes of peace. For youth ages 14-19.

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Astrology Talk

by Susan Snead

The times they are a changing. Life is progressing at an accelerated pace and it doesn't seem to be operating under the same set of rules that we have grown accustomed to. What's fairly evident is that 2009 and 2010 seem to have heralded a shift not only in the social and economic structure of the world but also within the shifting structure of the Earth itself.

In last month's *Mainstreet* I wrote about my passion for astrology and how and why I took on this life's study. I also mentioned that I would like to follow up this month with my insights as to what each sun sign might be going through these days.

I've never really done this type of report before as it is very generic as opposed to reading a person's astrology chart drawn up for an exact date, time and place. But here goes.

I might also add that this is a time of letting go for pretty much everyone. Letting go of the way things used to be and allowing a new vision to unfold.

Be aware of your thoughts now because there is a truth in the saying "Thought Creates". The last stage of the Mayan calendar, the stage we are in or entering into, depicts a time of us being co-creators with the universal source energy or God. This is a time of great manifestation. Dare to dream big. Think only positive thoughts. Visualize what you really want for this earth, for its inhabitants and especially for yourself.



Aries sun /Aries ascendant

As always the Aries born is a leader and way shower as they move ahead of the pack and break new ground. These days the area of your public image and professional life is going through a transformation and you may be asked to take on a more intense role as the drama unfolds. Over the past two years you may have been involved in a community group working or taking on a political role of sorts. Your own health may have suffered. Or you may have seen the friends you love going through some sort of wounding and healing which affected you personally. Now a spiritual shift may be turning you towards an even higher ideal. You may find that the children in your life appear more willful now as they show their independence, while this month creativity is flowing and the power of attraction is strong. A new lover, a creative project or a stronger sense of self may emerge. Your closest partnerships like those with a spouse will need more attention and effort in the next couple of years as issues may come up. Some relationships will not make it but others will grow in strength. Many will decide to re-commit and work through difficulties while others will not. Aries may also decide to marry and make a commitment.



Taurus sun /Taurus ascendants

The past year has brought a lot of attention to the area of your public image especially if you were working as a healer or spiritual counselor. You may have traveled with your work or been seen as a teacher in your field. A sensitivity or wound may have surfaced that is only now being healed. There is a call to journey deeper into your community or community groups while new friends and associates fill your life with a more expanded vision of what is possible to create together. The past couple of years have tested your children and challenged theirs and your ability to love and truly feel creative. Some may have taken on a stronger parenting role in their lives while others may have withdrawn from the task. Shortly, within the next couple of months the area of work and service will demand your attention. You may be asked to design a project or to commit to a daily practice that will enhance your health. Pay attention to your health by watching your intake of sweets. Balance is the key. Within the area of home there is now more energy available to get new projects going. You may decide to study a new subject or feel the pull toward a spiritual/religious or philosophical transformation.



Gemini sun/ Gemini ascendant

The area of relationships has been pretty intense over the past few years yet now there is a deepening of bonds as you understand and appreciate the values of others. This is a good time for you to use the resources and money of others. It is certainly a time of empowerment. Your empathy grows as issues of death and rebirth claim your attention. Travel has been healing salve for you as well as bringing up old wounds. On the home front the time of difficult restructuring is leaving. Home improvements and/or inner problems are passing away now or being transformed. A new sense of self is emerging within your ability to be creative or loving. Push through your fears in this area and be aware that now is the time to make a deeper commitment to your creative focus and to your loved ones. A lover who is older or wiser may enter your life while those with children may need to offer more structured parenting or guidance over next few years. Your public/work image is showing improvement, as you break free into a more independent and confident persona. Travel for work is now possible or becoming the teacher. You will soon be shining in your public life as a new spiritual self emerges and draws attention to your expanding image.



Cancer sun/Cancer ascendant

On the home front it's time for house repairs and improvements. That's the outer work. The inner work is to strengthen your foundation and to confront any unconscious patterns that are holding you back from achieving your goals. You may still be struggling with life and death issues yet healing is available and transformation is assured. You may have received an inheritance over the past couple of years or sought out powerful teachers whose resources were of value. You are becoming the healer and wise counsel now and are ready to take on more of a teaching role. Now is the time to heal your inner emotional wounds if you haven't already. Getting psychological help or counseling may be the ticket. Don't wait. Your most intimate relationships are and will be going through a transformation as well. Things could get intense or dramatic. New relationships may enter your sphere now; ones that have a fated quality. Travel, publishing, learning a new language or subject or going back to school is a prominent theme for this year. Pull out your resources and express what you value in life. You have a lot to offer yet be aware of forcing your values on others...at least for the next month or so.



Leo sun/Leo ascendant

Your persona or personality has been going through a lot of change in the last few months. First life is rushing madly along taking you with it and then there were the hold ups that caused you to stop in your tracks and re-evaluate what is really important in life. Even though your energy is returning and there is forward action you are still in a phase of introspection and synthesis with regard to your direction. You have a very a strong will these days and are learning what you want or need for yourself. Give yourself until May 16 before really taking off. Perhaps for some it has been a time of learning patience and taking care of your health. It is important to give yourself what you need to support your physical structure right now. Building strong bones though nutrition and exercise is important. Bone up on calcium or start a wellness routine that supports the strength and structure of your body. Massage, stretching and movement are important now. This may be a time of inheritance or of benefiting through someone else's resources. Perhaps a sudden windfall or a rekindling of the sexual fires is in store in the next month or two. You may find that over the next two years communication may seem more challenged and you may notice a change in your

connection with your community or acquaintances. Moving through communication blocks by writing or making a commitment to your community can offer much growth. A form of study may prove beneficial. Be kind to your partner. They may be going through a healing of old wounds right now.



Virgo sun/Virgo ascendant

The past couple of years have seen you inwardly having a primary relationship with yourself, working on your own health and habits and developing a more realistic relationship with yourself. At the same time new friendships were being formed that contained an element of intimacy yet allowed for the sense of freedom that you needed in order to work on your own boundaries and health issues. During this phase an old wound was/is being healed. Let go of old hurts and pain from the past. Forgive and begin again. Now is the time to really expand into the area of intimate relations with your partner/spouse or if you are not in partnership then someone new may enter this year. You may be attracted to those who have a vision that you can share in together. A vision you can expand in together. You are discovering your personal resources and what you really value in life while learning how to tighten the belt strings and become more frugal. The area of love, creativity and children is deepening and becoming more intense now. Your children may seem harder to handle yet what is needed is a closer involvement. You are being called to be more available and to open your heart to that which wants to be created through you.



Libra sun/Libra ascendant

While home life continues to be intense and needing some sort of transformation your persona or personality is in need of taking some time out in order to develop a relationship primarily with yourself again. Making a commitment to your self is called for over the next few years. A renewal is essential for your inner growth. Developing boundaries and feeling more introverted is something that you may be feeling already. Since Libra is the sign of partnership you may not withdraw from your family or close friends yet you may feel the need to withdraw from your involvement within your community or group network. This spring has been a time of movement within your community though. Perhaps you were involved with a group or network that had a element of forceful purpose. First there were forward movements followed by hold ups. Now the movement is forward again as it covers old ground. Friends may seem more direct or forceful right now too. A physical exercise program will gain you more energy and many Librans may find themselves enjoying work that has an element of fun and experimentation to it. Routines may change as a newly found freedom develops in the area of work or service. Perhaps re-structuring your home life will help with the changes that need to happen. A move might help to give you a sense of direction. Don't forget to turn your responsibility toward your own needs in the coming months.



Scorpio sun/Scorpio ascendant

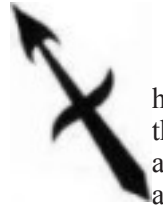
Much inner healing and contemplation has kept you home bound for many months needing to take the time and space to re-evaluate your life and heal old wounds...yet again. Having said that, many have moved in search of a new home or have expanded within the home environment. While the healing and letting go phase continues life now offers some wonderful new possibilities in the area of love, romance, and creativity as your changing self-image now gains confidence and courage to be uniquely yourself. Open to love and freedom now. Use the tool of creative visualization to ask for what you want to happen. Your friendships may have gone

Astrology Talk

by Susan Snead

through a trying period over the past few years. Some were strengthened and some just didn't make it. You may have shied away from group involvement too or at least learned how to be present within a group without actually leading or controlling it. Remember that your friends and community do need you and now is the time to show up again. If you have something important to say speak up. Your words and thoughts may be helpful in these changing times. People are starting to take notice.

Sagittarius sun/Sagittarius ascendant



Your profession and public image have played a big part in your life over the past few years. People are seeing you and taking note of your ability to serve and lead within your chosen field. You may have received a promotion of some kind or some recognition. Or this area may have been challenging and a disappointment in some regard. At the same time your value system has been opened up for inspection. Now is the time to uncover your true values, talents, and delve deeper to find your hidden resources. Your enthusiasm for teaching or communicating may have brought up some inner wound that surfaced last year and that you are still working through. On the home front improvements and expansions are possible as you may move into a larger space or decide to study at home or be more creative or joyful. Your community or public life may appear challenging over the next couple of years and you may want to retreat from involvement. Likewise friendships will require more attention or fall away. You may begin to feel shy in groups. On the other hand you may become an important member of a group doing good work that requires a lot of your attention. Learning how to facilitate more and leading less is the balance required.

Capricorn sun/Capricorn ascendant



There is an emerging force now erupting into your persona or personal identity. It's a deep force of a transforming nature. Passion seems to be igniting and you may appear more intense these days. You are getting a glimpse of what your true purpose in life is and are moving towards it. Relationships that feel fated may enter your life. Yet it seems to be a time of turning more to yourself for the answers. Your public life takes on a new feeling. Challenges may surface. It could be a time of recognition and honor. Or it could be fraught with indecision and struggle. In any case there is focus on the professional area or public image and a need to approach it with integrity and responsibility. You may find yourself taking more short trips over the next year. Also social networking and education takes on a different and rather expanded new role. Writing or teaching becomes easier and more fun. For some automatic writing or channeling is possible. Spring brings a renewed interest in sex and a deepening of love with a partner. Some Capricorns are experiencing a breakdown of electronic or mechanical devices. This, more than likely, signifies the breakdown of old structures that are not needed or important in your life both literally and metaphorically. Certainly for Capricorn there is lots happening this year. Stay grounded, eat lots of green foods and dance, dance, dance your passion.

Aquarius sun/Aquarius ascendant



One would think that as we are entering the Age of Aquarius that Aquarians would be on the leading edge of change. Certainly it's been an accelerated time of growth for this sun sign and many have stopped asking the question "why" replacing it with "why not"?

The shedding of past wounds affects all of us right now but Aquarius is uncovering, feeling, and trans-

forming that which is getting in the way of truly being FREE. The need to deal with addictive behavior patterns can move the Aquarian from victim to healer over night. You have talents that you didn't know you could access until now. A renewed sense of abundance is possible this year not to mention unexpected wind-falls. Visualize what you value and want to happen. Some may need or want to go back to school over the next few years in preparation for a new mode of professional expression. Power struggles within your closest relationships could be happening this spring. There is a strong sexual pull yet it is important to acknowledge and give loving attention to the object of your desire, otherwise things could lead to anger or frustration. Let the love shine through. A deepening of your spiritual side may be happening and some may want to return back to the religion of their childhood. Others may begin a path of spiritually seeking out something that deeply calls them even if it is the unknown.



Pisces sun/Pisces ascendant

Pisces born have been doing a juggling act over the past few years between the need to express their changing persona that wants to be unique, independent and free, versus being available and committed to their most intimate relationships who may have needed more attention than before. The relationship area has probably suffered the most if resentment toward the partner built up for some reason and was left unexpressed. Learning to work through the issues while maintaining a changing persona and feeling free to evolve would be ideal. You might find that you are more forceful and direct at work or impatient with workers or the job itself. Fears of death may surface now. Grief over loved ones or past losses may claim your attention. This is a time to begin an inward healing journey that could last a few years. The saying "we don't call the underworld, the underworld calls us" may apply to this time period. A deepening of relationships as well as a deepening of your true self is possible. If any emotional blocks stand in your way of truly being free then this is the time to release them. Going for counseling, shamanism or finding a way to really express your self is helpful. An exercise program to "let off steam" would be helpful. Friendships may become more intense. Also your psychic abilities are growing along with your powers of manifestation. Dream big. All of the signs are learning that "intention" is the key to creating what we want. But Pisces are on the leading edge if they focus their imagination towards a goal. You have flashes of genius now that can affect future generations. Write down your ideas.



RDCK Recreation Commission No. 9

Call for Grant Applications

Please submit your recreation grant-in-aid applications to the Rec 9 Commission by Friday, May 28, 2010. Application forms can be downloaded from the RDCK website or obtained from the Riondel Commission Office, Room #6 at the Riondel Community Centre. The Rec #9 meeting to review applications will be scheduled for early June 2010 and will be advertised on the RDCK website and in *Mainstreet*.

Fabric Art Show

- Presented by: Boswell Nifty Needlers Quilt Guild
- Date: Saturday, May 15, 2010
- Time: 2:00 to 4:00 pm
- Place: Boswell Memorial Hall

Refreshments available
Everyone is Welcome

Thank you to "Columbia Kootenay Cultural Alliance" for their workshop funding support.

Experience a relaxing afternoon, browse and see how our group used this special grant.

Job Opportunity Eastshore Alliance Supporting the Early Years (EASEY) Coordinator

The Eastshore Alliance Supporting the Early Years (EASEY) is seeking to hire an individual to coordinate the work of and provide support to the Eastshore Family Place. The successful applicant will have a minimum of 3 years related experience; good knowledge of the Early Childhood Development sector and the communities on the East Shore, excellent communication, organizational and time management skills and strong knowledge and proficiency with computers. You should be a confident, self-motivated professional, able to follow tasks through to completion, work independently under the direction of a multi-sectoral Council. Approximately 3.5 hours/week, \$20/hour; 6 month contract. For a detailed job description contact Stephanie Fischer of Kootenay Kids Society in Nelson at 250-352-6678 ext.232.

Email resumes with cover letter
& references by May 8 to:
stephanief@kootenaykids.ca



FINANCE YOUR FUTURE

Apply for CBT's College Community Service Award

Thinking about going back to school, but need some help financially? If you're active in your community, you may qualify for a College Community Service Award.

Columbia Basin Trust is offering a \$2,000 award for up to 22 Basin residents planning to attend college full-time in a recognized undergraduate program at one of the participating colleges.

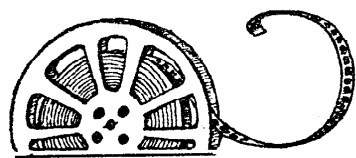
This award is based on community volunteer service, not on academic achievement. Eligibility criteria, applications and guidelines can be found at www.cbt.org/ccsa or by calling 1.800.505.8998.

Application deadline is June 30, 2010.



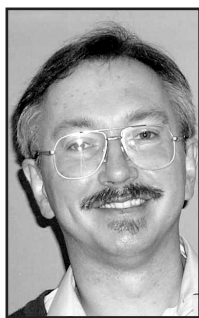
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Seldom Scene

by Gerald Panio

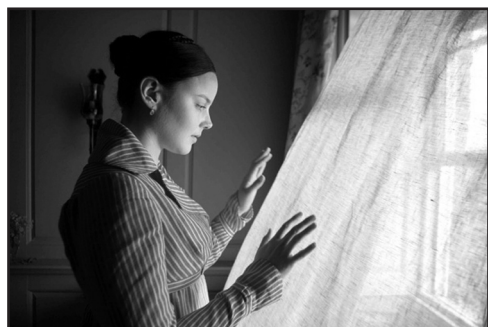
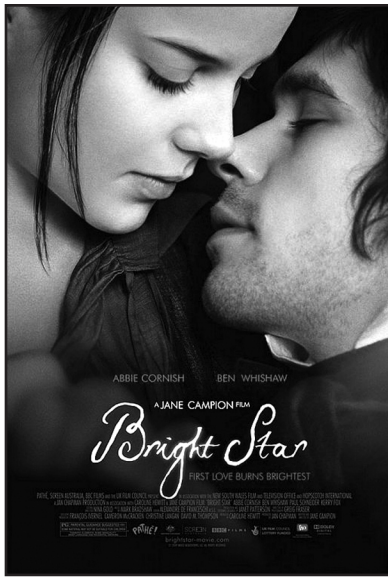


"Ask yourself my love whether you are not very cruel to have so entrammelled me, so destroyed my freedom. Will you confess this in the Letter you must write immediately, and do all you can to console me in it—make it rich as a draught of poppies to intoxicate me—write the softest words and kiss them that I may at least touch my lips where yours have been. For myself I know not how to express my devotion to so fair a form: I want a brighter word than bright, a fairer word than fair. I almost wish we were butterflies and liv'd but three summer days—three such days with you I could fill with more delight than fifty common years could ever contain."—John Keats to Fanny Brawne, July 3, 1819

For the second month in a row, I'm going with exceptions to the rule. Last month it was a "talking heads" documentary that didn't bore the pants off you; this month it's a costume drama filled with frills, flounces & furbelows that doesn't come off as a badly-staged museum piece. Jane Campion's *Bright Star* (2009) tells the story of the love affair between the struggling young poet John Keats and the to-the-manor-born Fanny Brawne. It's one of history's great, tragic romances, and it's fallen into the right hands.

Jane Campion hasn't been a prolific director, but she's made a string of remarkable films. Her second film, *An Angel at My Table* (1990), was based on three powerful autobiographical novels by New Zealand author Janet Frame. Campion followed up in 1993 with *The Piano*, a film that won her an Oscar as well as armful of other awards. Since then she's tackled the brutal elegance of *The Portrait of a Lady* (1996) and the hothouse sensuality of *Holy Smoke* (1999).

Jane Campion has an extraordinary eye for images. It's what's needed to tell *Bright Star*'s story convincingly. Because we have Keats' letters to Fanny Brawne, translating them to the screen means matching the beauty of the poet's language with the screen's power to evoke distant times, distant lives. Campion can be as obsessive about the visual quality of her shots and scenes as John Keats was with his words. The result is a film that is at moments like a Vermeer painting brought to life. Art historian Sister Wendy wrote that "whatever the ostensible subject of a Vermeer painting, its true subject always seems to be light." I'd say the same is true of much of Jane Campion's work. Ashridge Estate, on and around which she filmed *Bright Star*, seems an Eden of visual set-pieces—towering hedges, fields of bluebells & daffodils, butterfly gardens and shaded walks. Campion combines her formidable eye with that of director of photography Greig Fraser, and with the meticulous attention to detail of Janet Patterson, who in a rare tour de force is responsible for both the film's production design and its costuming.



All of this talent might have been in vain had there not also been a great story to tell. John Keats unfortunately got the wish he expressed in the letter quoted at the beginning of this review—his life was the butterfly's three days of glory, then extinction. He was dead of tuberculosis at the age of 28, but in the three brief years between 1818 and 1821 he wrote some of the most exquisite poetry in the English language and fell madly in love. Initially, his love for Fanny seemed hopeless. A livery stable-keeper's son, with no income save that from the meager sales of some largely unappreciated books of poetry, was an unlikely match for a daughter of society. Yet impossibilities have ever been the stuff of romance. The young poet seduced his lady with the beauty of his words, and won over her family by the obvious sincerity of his affections. Under

Keats's influence, Fanny grew from a pragmatic young society lady ("My stitching has more admirers than your poetry. And I make money from it."), with a perpetually-full dance card, to a devoted lover in a true-life romance as profound and tragic as that in any book Keats might have shown her. In the end it would all come down to a simple chill and a lonely death. The saddest line in the film is the simplest: "Mr. Keats has gone to London with no coat...."

Both of the lead actors in the film are superb. Ben Wishaw is John Keats, conveying the image of the poet as a young man passionately devoted to his craft and frustrated by his lack of means. While Wordsworth luxuriated in the beauties of the Lake Country, and Lord Byron globe-trotted, Keats toiled away in garrets and rented apartments. When we first meet Keats in the film, his younger brother is dying of the same illness that would later claim him. This is the first performance by Ben Wishaw I've seen, and I'd say he deserves his reputation as one of Britain's best young actors. He's played both Keith Richards and Bob Dylan onscreen, has just completed a new version of Shakespeare's *The Tempest*, and garnered a lot of praise for his portrayal of the lead character in the historical suspense film *Perfume: The Story of a Murderer* (2006).

This was also the first film I've seen with actress Abbie Cornish, who plays Fanny. Hailing from New South Wales in Australia, Ms. Cornish has been nominated for several leading actress awards, as well as being voted "Australia's Sexiest Vegetarian" in 2008. Her performance in *Bright Star* reminds me of the young Kate Winslet—more earthy than ethereal, seductive, patrician without being pompous. The first time we see her in the film she is patiently sewing, stitch by careful stitch, her own clothes. The way Ms. Cornish plays her, Fanny is a working poet's Muse.

There is a third key performance in the film. Paul Schneider plays Keats's close friend, Charles Armitage Brown. Brown, possessed of minor literary talents of his own, recognizes his friend's much greater gifts. The two work together in an intimacy that on Brown's part shades into the jealous possessiveness of a lover. Although there is nothing overtly sexual in the two friends' relationship, when Fanny enters into Keats's life Brown reacts as if she were the serpent in their private Eden. And perhaps he's not without his reasons. It might be that Keats' constitution is genuinely not up to the vicissitudes of a protracted love affair with a

seemingly unattainable object. But Brown's concern is as much a fear that his friend will find his company less indispensable if he acquires a muse; his criticisms of Fanny have an edge of cruelty born of desperation. "It is a game to her," he tells Keats, "she only knows how to flirt. There are one or two of her kind in every drawing room in this city." In the end, John Keats will have his sublime poetry and his true love, while Charles Brown has a tawdry affair with Fanny's maid and is forced by his financial straits to throw his friend out into the streets.

Ironically, the thing that is the least effective in *Bright Star* is the poetry itself. There is a gorgeous, passionate "duet" where Fanny and Keats recite "La belle dame sans merci" to one another as intimately as lovers entwined in bed, but on the whole Keats' poetry merely becomes part of the meticulously created backdrop. For a contrast, take Jean-Paul Rappeneau's *Cyrano de Bergerac*, where the poetry is the life-blood of the entire film.

I'd like to encourage Jane Campion to continue in the literary vein. I can think of another poet whose life and art deserve her talents. Emily Dickinson's poems are pure cinema, pure image and montage, and their creator an enigma. At one point in *Bright Star*, Keats tells Fanny that "If poetry does not come as naturally as leaves to a tree, it is not poetry at all." How true this rings for Emily Dickinson, as does Keats's response when Fanny tells him she sometimes struggles to understand poetry: "The point of diving into a lake is not immediately to swim to the shore, but to be in the lake, to luxuriate in the sensation of water. You do not 'work the lake out,' it is an experience beyond thought. Poetry soothes and emboldens the soul to accept mystery." To which Fanny responds, "I love mystery." So say we all.

(*Bright Star* is currently available at the Riondel Market.)



Western Pacific Marine Ltd
Kootenay Lake Ferry Office

**OSPREY 2000 FERRY
OUT OF SERVICE**

April 19th - May 7th, 2010

Western Pacific Marine Ltd. advises travelers that the Osprey 2000 will be out of service April 19th through May 7th, 2010, inclusive for maintenance. **The M.V. Balfour will be in service during this time - expect sailing delays.**

Western Pacific Marine Ltd. would like to thank you for your patience and apologizes for any inconvenience.

Next Deadline:

WEDS,

May 26/10

Why Yoga Is So Unique

by Khyati Holman

Within the study of yoga there are very subtle understandings that need to be unfolded which can take one's practice to a much deeper level. Hatha yoga is a combination of the physical postures (asanas) and breathing techniques (pranayama). When joined together in a precise technique they create a deep effect on an energetic level. In Sanskrit "ha" means sun "tha" means moon. When the two components of the word are placed together, "hatha" means "forceful", implying that powerful work must be done to purify the body. Hatha yoga is meant to join together sun (masculine, active) energy with the moon (feminine, receptive) energy, thus producing balance and greater power in an individual.

The practice of Hatha yoga is just one of the eight essential limbs of yoga. In ancient times in India, there were complete volumes of texts, scriptures, written by the saints and sages which were devoted solely to the study of these principles. Today yoga has become very popular and thus diluted to suit the modern age. It is important that at whatever level one is practicing to be reminded of the subtle depth of this study which was designed for



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For more information on the upcoming Yoga and Ayurvedic Workshops contact us at Sacred Journey (250) 227-6865, www.sacredjourney.ca. For more info on Frank and Sujatha's work in Bali go to www.amrtasiddha.com

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			Summer	Winter
		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		1:10 pm		2:00 pm
MV Balfour				
Osprey 2000		2:50 pm		3:40 pm
MV Balfour				
Osprey 2000		4:30 pm		5:20 pm
MV Balfour				
Osprey 2000		6:10 pm		7:00 pm
Osprey 2000		7:50 pm		8:40 pm
Osprey 2000		9:40 pm		10:20 pm

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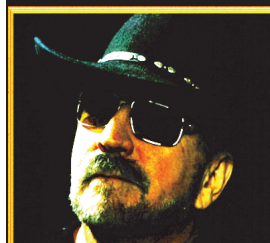
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Mister Mind

by Alison Diakiw

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You loved the ROYGBIV, red, orange, yellow, green, blue indigo, violet - the prism, the colours of the rainbow, never forgotten even today. Then you delighted in ARITHMETIC. "A red Indian thought he might eat turnips in church." That was another one filed in our enormous library on the front shelf easy to pull out when needed.

All the number stuff got harder to find but lately you must have moved them up. They make much more sense now, sprinkled with magic, enriched and matured in the keeping.

You are a funny little man with straggly hair and a very wrinkled brow. I saw you the other day sitting on a high stool at the doorway of the library. I had a test for you.

"What was the name of Julian's wife, you know, the boy who lived next door to my childhood home?"

You just sat there looking sad then slowly struggled to climb down and slink off into the dusty part of the library out of sight. I kept checking for you but you did not appear. I began to believe that this information was lost forever. Then one day the answer popped out when I wasn't thinking about it. Her name was Pauline. Yes, that was it.

These days I often find you away from your post. You seem to be moving around this temple of mine testing to see if all is in good order. I feel you tapping at my knees, the feet, the hands, stirring pain that thumps on the pipes of my arteries. When you return to my head you make it ache and I suspect you are checking around to see if all systems are go. Now I want you to get back on your tall stool at the entrance to the library and take orders.

But take your time; there really is no hurry anymore. Memories from the past, fresh as daisies have been moved up taking over the spaces for new thoughts that don't impress but fade and float away before I can grasp them. No matter. You and I have enjoyed a wonderful time together and it is okay to say you need to nap. I will wake you gently, not with shaking but with a soft nudge to your drooping shoulders.

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Tom's Corner

by Tom Lymbery
Sternwheelers on the Lake Before 1931

May we expand somewhat on the April *Mainstreet* story on Anne (Deane) Hawkes and two sisters being sent to school in England from their home at Deanshaven?

In 1925 there was no rail line east of Procter, and they would possibly have had to overnight in Procter, in order to catch the early morning Nasookin to Kootenay Landing, where they would board the train to Medicine Hat, then changing to the main line of the CPR.

Passenger access to our side of the lake from 1898 to 1931 was entirely by sternwheeler. Those arriving from the west would de-train in Nelson to overnight there, in order to board the Moyie or Kuskanook if they were coming to Kaslo or eastern shore points. Those heading to Boswell or the east would catch the SS Nasookin on her daily return trip, Nelson to Kootenay Landing, where the eastbound train would be waiting to load passengers and express. The station was built on piles where the Kootenay River enters the lake, and was only accessible by rail. The

Moyie was launched in Nelson in 1898 especially to make the daily water connection between the east and west rail lines. All railcars had to be loaded on barges pushed by tugs (and sometimes a sternwheeler) between Procter and Kootenay Landing.

The four deck SS Nasookin was launched in 1913 as traffic was increasing, and the Coquihalla Pass line, opening in 1916, now allowed through trains to the coast. That daily return trip used a full forty ton carload of coal – presumably loaded at Kootenay Landing, as the coal came from the Crowsnest. Shovels and wheelbarrows did that strenuous job, for \$30 a month and board. Don Karpowich had two uncles working on the boat, and Johnny Learmonth put in a stint there before he started his bus line.

In 1929 the CPR mainline in Rogers Pass suffered a major disruption when a bridge fell in. This resulted in all traffic being routed through the Coquihalla Pass through the Kettle Valley route to Nelson or Procter. Every available sternwheeler and tug / barge was

pressed into service, and had a struggle to keep the trans Canada traffic moving for the six weeks that it took to rebuild that bridge. This was apparently the trigger needed to persuade the company to construct the missing link – Procter to Kootenay Landing.

Had plans and surveys been in storage from 1898? In any case, work started almost immediately, with contracts being let to battle the granite bluffs. Contractors let sub contracts, some for only hundreds of feet. Individual camps were set up along the line, supplied by boat, tug and barge. Clearing fires burned most of the hillsides above the right of way - Boswell Beginnings reports on fires that were started on our side by embers

being blown across. Two of the workers on the line that I knew, Joe Karpowich and John Kastren, both reported that it was a tough job. But it was a job, for the 1920s were not an easy time to find employment. The Creston Museum has a “Dinky”, a small construction steam locomotive.

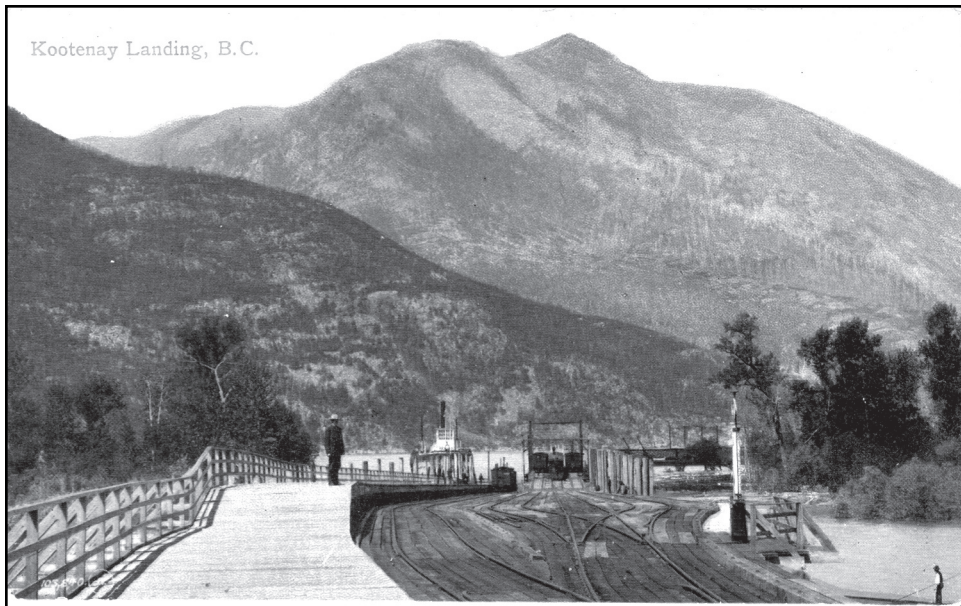
For years we saw it sitting forlorn on the beach at Procter, until Watt appropriated it for his museum at Yahk before it was moved to Creston.

Reverend George Kinney visited the camps to provide religious services, and left us some valuable moving picture records of the almost continuous rock work that became the twistiest 30 miles of CPR line in Canada. From his base at the United Church in Procter, he used a launch, the Broadcaster, to get to the work camps. (The correct spelling is ‘Procter’ even though the CPR used

‘Procter’ for timetables and the name of one tug).

The new route was formally opened on January 1, 1931, finally completing the company’s “southern main line”. The Nelson Daily News had more articles than the front page of this big event. (In those years the paper published every day except Sundays, and that included printing on holidays.)

The Nasookin and most of the tugs were tied up at Procter, as the only service remaining on the lake was to Kaslo, Lardeau and way landings. Thus the Nasookin was available for ferry service when the highway reached Gray Creek in April of 1931.



Kootenay Landing, B.C.

An early undated photo of Kootenay Landing, showing waiting train cars and passengers, the rail lines and switching yard, and a sternwheeler at the dock in the background. Photo: Steve White postcard collection



Picnickers were in their Sunday best on a day's excursion to Procter and the grounds of the Outlet Hotel. This postcard, which used the old spelling “Procter”, is postmarked 1911. Photo: Steve White postcard collection.



Photos from playground installation day at CBESS, April 24. Top: Serge Darchen, Kevin McBride, Dano Cheverie and Sal Couling lift the first platform of the fort structure. Middle: the auger digs holes for the swing set. Bottom: Dana Gallinger, Dave Ring and Juergen Baetzel assemble the slide. Photos Ingrid Baetzel



CRAWFORD BAY TRANSFER STATION SUMMER OPERATING HOURS

May 1, 2010 to October 31, 2010

9:00 am to 3:00 pm Sunday, Tuesday and Thursday

CLOSED on ALL Statutory Holidays

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

From the Principal's Desk

by Dan Rude

More than anything this month, I'd like to recognize the spirit of volunteerism. As I write this, I just got off the phone with Lorna Robin, who, once again, has organized a team of people to help with our Earth Day Community Cleanup.

Sitting across the living room from me is my wife (Dana), who is smiling about the upcoming Saturday volunteer project of installing more of the new school playground. Thank you to Erin Cristofoli, Christi Peel, Ingrid Baetzel, Amanda Hulland, and Dana Gallinger for all of your commitment to this project!

At the end of April, Terry Fiddick will have stepped aside from her role as chef of our incredible lunch program, which has included countless extra hours of her care.

Last Friday, a multi-aged group enjoyed the opportunity to stargaze with telescopes, thanks to the organizing of Ali George and the generous sharing of time, expertise, and equipment from Dennis & Diane Larcombe of Kaslo.

Our secondary students were involved this month at the Kootenay Lake Hospital for the P.A.R.T.Y. Program, which is led by a group of volunteers concerned about preventing youth from serious injuries due to risky behaviours.

Another Rock Climbing Club expedition was led by Jessie King to Gravity Climbing Centre in Nelson.

Gerald Panio continues to share his love of second (and third) languages with keen students outside of the regular timetable.

Each week, dedicated parents and community members give of their time in our classrooms and for

our lunch program, while others can be counted upon for fundraising and supervision on outings.

Fitness enthusiasts continue to benefit from the volunteer efforts of our energetic supervisors.

Last weekend, a group of involved citizens came together at the Gray Creek Hall to work through a process aimed at coordinating the various social supports available on the Eastshore.

Secondary students have been in conversations with our academic counselor, Lori O'Neill, as well as with their parents, in developing 'Personal Learning Plans'. These will be used to creatively develop programming and course selection, aimed at meeting our local educational needs, while also involving our students in meaningful projects outside of our school's walls.

Elementary teachers are working on plans for spring and year-end outings, which this year include Focus on Youth, the Creston Valley Wildlife Centre, and Tipi Camp. Elementary students will also have the pleasure of joining our preschoolers for a morning Rick Scott music concert, which will be followed in the evening by another Rick Scott show for community members.

Here's to working hard in – and enjoying – the final two months of this school year...

Honour Roll

by Crawford Bay School

Congratulations to the following students for their Outstanding achievement at Crawford Bay Elementary-Secondary School for third term!

ACHIEVEMENT HONOUR ROLL

Grade 7	Marlo Armstrong Sunny Gardner James Miller
Grade 8	Connor Armstrong Irie Belcourt-Marcheterre Drew Rideout
Grade 9	Brenden Heinrich Danyell Rosenbaum
Grade 10	Katya Elris
Grade 12	Mathew Bonell Aricia Haywood Alessandra LeGault-Elias

MERIT HONOUR ROLL

Grade 7	Tae Hyun Yun
Grade 8	Jamie Sheridan
Grade 9	Sky Gardner
Grade 11	Tess Koch Cameron Scott
Grade 12	Nick Green Holly Kernohan

EFFORT HONOUR ROLL

Grade 7	Marlo Armstrong Sunny Gardner James Miller
Grade 8	Connor Armstrong Irie Belcourt-Marcheterre
Grade 12	Aricia Haywood

Next
Deadline:
May 26/10

mainstreet@theeastshore.net

Giant, Colourful, Kid-Friendly THANKS!

Thank you to the following individuals for their time and energy in installing Crawford Bay School's new playground:

- Erin Cristofoli, Christi Peel, Dana Gallinger, Amanda Hulland and Ingrid Baetzel of the PAC Playground Subcommittee for making it happen.
- Sal Couling, Dave Ring, Juergen Baetzel, Will Hulland, Serge Darchen, Stephanie Sempf, Garry Sly, Dano Cheverie, Dan Rude, Kevin McBride, Rob Marcheterre, Gina Medhurst, Larry Keraiff and Irie Belcourt-Marcheterre for all their energy on installation day.
- Dave Loepky, Alvin Dunic and Glen Kinder for help with moving equipment.
- Jennifer Irving, Stephanie Sempf and Erin Cristofoli for baking.

We would also like to extend warm thanks to the following businesses and organizations for their in-kind donations of time, labour and products:

- Big thanks to Jake Dulmage of Landworks Landscaping for the machine time and vision, tree-transplanting and insights.
- Dan's Ground Disturbances (a division of BDMCI corp) for moving play equipment from the old school.
- Crawford Bay Store and Treehouse Bakery for food donations.
- YRB for volunteering hours to move ground cover for us.
- Kokanee Springs for loaning us the snow fencing
- School Board Office, specifically Bruce McLean (Manager of Operations), Bill Stockdale (Carpentry/Maintenance) and Larry Brown (Director of Operations).

CBESS Student of the Month Sunny Gardner



Crawford Bay School's Student of the Month for May is Sunny Gardner. Sunny is described as a well-prepared student, who is always committed to trying. He is known for his attention to detail and for having a positive attitude, while engaging in a variety of activities. Sunny demonstrates a strong interest in academics, athletics and the arts, and was involved in both theatre productions this year. We appreciate Sunny's hard work, enthusiasm for being active, and demonstration of fair play.

How Literate Are We?

by Laverne Booth, local facilitator for Col. Basin Alliance for Literacy

Literacy used to mean reading and writing and arithmetic. The question then was- how many people have access to these basic skills? Today's definitions of literacy include early learning, workplace literacy, cultural literacy, organizational literacy, computer, internet and social media literacy, family literacy, story-telling, musical and artistic literacy among others. The question now is- how do we share what we know?

Last year, the Eastshore Literacy planning process asked residents to tell us what they wanted to know or learn and what skills they would be willing to teach or share. We found a diverse and amazing number of skills in our residents with many people willing to share what they know. The learning interests of Eastshore residents were also varied and fervent. Based on discussions around how to make learning accessible and relevant on the East Shore, the Eastshore Literacy Action Plan identified five goals:

- Form an advisory council for Early Learning,
- Create a steering committee for community education with coordination function
- Increase access to education and training opportunities for all residents
- Develop a community response to low enrollment at Crawford Bay School
- Review the literacy plan annually

How are we doing? What kinds of literacy would we like to foster on the Eastshore? How should we best use the three hours/week of funding from the Columbia Basin Alliance for Literacy (CBAL)?

All organizations and residents interested in this discussion are invited to tea on Monday, May 24 from 3:30 to 5:00 pm. at the new Crawford Bay School library.

EASEY News for Parents

by Laverne Booth

Congratulations to Jessi Hobson who won the big basket of love on Valentine's Day. Apparently, the timing of the love basket was superb! Thanks to Nicole Plouffe and all the Eastshore businesses who contributed to the basket which will support the new play area at the Eastshore Family Place.

Parent volunteers of the Eastshore Alliance Supporting the Early Years (EASEY) have been busy creating a design for the outdoor space at the Eastshore Family Place. They have also been working to secure funding to implement the design and are hoping to start construction later this spring.

At our last EASEY meeting on April 8, we had great news that Strong Start and Kootenay Kids will contribute financially to the development of the play area at the Eastshore Family Place. At the next EASEY meeting on May 20, 3:45 to 5:00 at the Crawford Bay School we will discuss priorities for funding.

The coordinator position of EASEY will be changed to work out of the Family Place to help register, coordinate transportation and other supports so that parents can enjoy the great programs at the centre. See ad in this issue for the job posting.

Rick Scott will visit the school on Friday, May 14 as part of our Ready Set Learn program for children aged three to five. Keep an eye out for posters. The morning show will be for preschool children through to grade 6. An evening performance will be for community members.

April Showers Bring May Crop of Non-Fiction East Shore Community Library/Reading Centre News

by David George

There are loads of new non-fiction books in your library. Here are just a few highlights to help you browse.

Renovating your home this year? All sorts of renovation ideas are in the new non-fiction section from garages to bathrooms to simple solutions with paint.

Buying a new or used car or truck this year? Take a look at the 2010 Lemon-Aid guide to new cars and trucks, or one of our Lemon-Aid guides to used vehicles. If you have never looked at one of these no-punches-pulled guides, it will be a real eye opener. With Detroit automakers self-destructing and Toyota losing its glitter, these guides are mandatory reading to ensure satisfaction with a new or used car purchase.

Biography is big this month. Looking at five new books, we have, in order by Dewey decimal system number:

- 1) NF 294.34 LAM
His Holiness the Dalai Lama;
The Art of Happiness in a Troubled World
- 2) NF 355.00 HIL
General Rick Hillier;
A Soldier First: Bullets, Bureaucrats and the Politics of War
- 3) NF 636.8092 MYR
Vicki Myron;
Dewey: The Small-Town Library Cat Who Touched the World
- 4) NF 920 PHI
(Laura) Mackenzie Phillips (daughter of John Phillips-Mamas&Papas)
High on Arrival
- 5) NF 920.17 MAN
Peter Mansbridge
One on One

That's about it for this month, except to remind everyone that we have many new books, and are open from 12-3 Tuesdays and Saturdays and 7-9PM Thursdays.

Riondel Community Library

by Muriel Crowe

By the time you read this our roof will have been patched and leakproof again. The leak had all of our volunteers and RDCK employees Grant Christensen and Bill Nelson mopping and scrounging for buckets to keep the hall and room as dry as possible. Thank you to all of the aforementioned and anyone else who pitched in. A huge thank you to Bill Nelson who put plastic sheeting up to help keep the books dry.

Recently I have heard our centre and the Crawford Bay Reading Centre referred to as reading rooms. That, in my eyes is like comparing a mobile home to a tent trailer, in that they are both spaces and they both have reading material. A reading room is just that, a place to go and read whatever they have for you to read while a reading centre encourages you to borrow reading material to enjoy at your leisure. Officially we are reading centres but we really are the same as libraries with the exception that we do not employ a trained and paid professional librarian and we are not sponsored by a municipality or corporation. We are sponsored by RDCK and all of you who live in this area and we thank you for that support.

For those of you who would like to improve your computer skills there will be a FREE adult beginner computer course in Riondel in May. This is sponsored by Columbia Basin Alliance for Literacy and the BC Ministry of Advanced Education. There are only ten spots available and computers are supplied. Watch for the posters or drop into the Riondel Library for more information. You must preregister.

There are once again some new books on the shelves including some Junie B Jones books for the young readers, a couple of new gardening books for the green or black thumbs as well as some general fiction.

There are three new CD books as well. Come say hello, borrow a book or use the computer. Check out our web site where you can find write ups about the new books. You might even find a new message on it if I can remember how to do that. I'm taking that computer course!

The Mainstreet - Creativity, Community, Conscience

Phone: 250.227.9246

Email: mainstreet@theeastshore.net

Book Reviews

by Tom Lymbery

WAKE - UP CALL - Tales from a Frontier Doctor, by Sterling Haynes, publisher Caitlin Press, 160 pages, \$19.95.

This is Sterling's second book and it is a change from the previous *Bloody Practice*. As he says at the age of seventy a left hemisphere stroke rearranged his brain. This has improved his writing so I find this a more entertaining and humorous work.

Brought up in Edmonton, he tells us of a doctor who provided a caring example, and encouraged him to become a physician. Sterling worked in Nigeria as a colonial officer for three years before returning to Edmonton, having decided to take up medicine.

This is a series of stories of different places, from the Chilcotin, California, even Alabama where he and his wife moved to run a clinic and practice medicine. What a different world from Canada, including different ailments to treat. Alexis Creek, Williams Lake, Kamloops, Vancouver are some of the places where he worked and remembered the unusual and amazing events that make the book so readable.

ONE MORE TIME - the Dal Richards Story, by Dal Richards and Jim Taylor, Harbour Publishing, hard cover, 288 pages, \$32.95

As a teenager Dal was a member of Arthur Delamont's Kitsilano Boys Band which won the band contest at the Chicago World's Fair in 1933, and went on to travel to England the next year. Dal and a friend found an ingenious way of gaining access to big band events wherever they went.

From the Big Band sound of the 1940's Dal has hung in there, still going strong in his 90s. When I had a crystal radio set in 1940s Vancouver, I would tune in to Dal Richards at the Panorama Roof of the Hotel Vancouver. He and his band played that prestigious room for an amazing total of twenty five years. Sharon and I did get there once, and can remember the excitement of the evening.

Jim Taylor, the co-editor was a sports writer, but also a great music fan. The book names many of the musicians that Dal has admired and played with, including Don Clark of Boswell. Ivan Ackery the manager of the Orpheum Theatre helped when Dal was a twenty something, telling him to never forget the balcony - project to everyone.

The book is full of stories of all the celebrities that have entertained in Vancouver over the past sixty years - Bing Crosby, Ella Fitzgerald, Benny Goodman and so many more - you need most of the index to list them. Not only old-timers, for Dal has looks out and encourages the up and coming, having played a part in Michael Buble's rise to fame.

Let's Celebrate!

submitted by Harrison Memorial Church (Anglican)

When people turn ninety it's wonderful to take time to celebrate their lives. When buildings turn ninety people usually say, "Oh, let's just wait until it's one hundred."

Harrison Memorial is the kind of building that inspires artists to paint, writers and film makers to use in their stories, historians to work toward preserving, and congregations to pray. If those walls could talk, what stories would they tell about the families that sat in the pews, the brides that walked down the aisle, the babies that were christened, and the celebrations of life that were held?

This is Harrison Memorial's ninetieth year of service to the community and so we (the congregation) decided to celebrate. It's taken almost a year to arrange, but we actually have the Archbishop coming. The Most Reverend John Privett, Archbishop of British Columbia and the Yukon, will be conducting the service (mitred hat and all). The actual service will be about sixty minutes long with lots of wonderful music, followed by a light lunch. All are welcome; you don't have to an Anglican or even a regular church goer to attend. Come and be part of Kootenay's history and celebrate the anniversary of a treasured landmark building in our community.

Join us at the 90th Anniversary Celebration of Harrison Memorial Church on Crawford Creek Road, Saturday, June 26 at 11:30 am.

*Creativity
Community
Conscience*

The Fitness Place

May Hours

Mon - Fri

6:30 am - 10:30 am

Mon-Thurs Nights

6 pm - 8 pm



Please wear clean indoor shoes and bring a water bottle & towel.

\$30 for a month-long membership or \$5 drop-in fee.



Celebrating One Year!

Come into the Fitness Place during the week of May 10 - 14 and we will waive your drop-in fees. Also, put your name in the hat for draws to win free memberships - members welcome to enter.



Bible Talk

by Pastor Doug Middlebrook

Mat 7:21: "Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My Father in heaven.

Mat 7:22: Many will say to Me in that day, "Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?"

Mat 7:23: And then I will declare to them, "I never knew you; depart from Me, you who practice lawlessness!"

This month's scripture came to me as I was reading Facebook messages. A statement was made that said something to this affect "We all in part are Christians." It led me to think this, do they think that because they know Jesus that makes them a Christian. Jesus tells us that those who do the will (to do that which the Father desires) will be allowed to enter Heaven. Many people do things, and say they do it in the name of Jesus but they really are doing for self motivated reasons. The examples He gives in vs. 22 leads me to believe it does not matter how great the work is, if it is not done according to the will of and for the glory of God, Jesus says He will say He never new them. Jesus gives us an example in the book of Revelation. He is writing to the church in Laodicea.

Rev 3:16: So then, because you are lukewarm, and neither cold nor hot, I will vomit you out of My mouth.

The Laodiceans, I think were under this influence. They felt because they were a wealthy church, they had need of nothing. They were doing some good works and looking good for doing it. This is not enough Jesus tells them. He wishes they were either Hot or Cold.

The three terms Christ uses here are important and need to be understood in context. Cold water was not only rare at this time in Laodicea but it is defined as a refreshing drink, able to quench your thirst. Hot water was also useful, in that it was often used for medical purpose. There was a medical school in Laodicea. Lukewarm water had no real value. In the language of the day Jesus was telling them that they were not refreshing or useable. Their self-satisfying ways, made Jesus want to vomit them out of His mouth. Now that's pretty strong language. But Jesus needed them to understand how serious their thinking was. Jesus was saying He rejects the half hearted efforts of such Christians. Maybe they believed they were Christians simply because they were wealthy. Jesus warns us here that He will not accept that.

It is not enough to say I know Jesus. To know Jesus is to want to do the will of the Father. **vs.21.** To believe in Him and to do what He taught. You can not be a half hearted Christian. You have to be all in. You cannot hold to some of what He says and then add what you think is good. To be a Christian means to be little Christs or followers of Jesus.

Let us walk in this truth and not be deceived by those who would pervert the Word and make us lukewarm. God's blessing be with each one. Happy Mother's Day to all you moms. May He pour out an extra blessing on you.

Next Deadline:

May 26, 2010

mainstreet@theeastshore.net

The PAC Box

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

Come By For Lunch: Drop into the school Mon-Thurs between noon and 12:20 for lunch! \$10/adults, \$5/kids & parents of school kids. Hot entrée, soup & a fully stocked salad bar every time!

Youth Fitness: The PAC will pay for students to use the Fitness Centre facilities outside of school hours. Must be over 12 years old. Call 227-8959 for more info or just show up and we'll take care of it.

Come To A Meeting: Our next two PAC meetings are May 3 and June 7 at 7 pm in the school library. If you have a child in school, please join us, or call Gina at 250.227.6896 to be put on the agenda.

Thank You's! We would like to thank all the amazing volunteers who came out to help us install the playground at the school. Your energy and willingness to lend a hand keep us motivated!

Check out the school's new website with more information on your PAC.
www2.sd8.bc.ca/schools/crawfordbay.

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**YOUR AREA "A" EDC
Economic Development
Commission**

\$17,500 available for 2010:

There is \$17,500 now available for grants or projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. You do not need to be a society to apply. Examples of recent funding approved include: high-speed internet; community signage; pilot peninsula walking trails; a course on social networking for business promotion. Bring your ideas!

**Application deadlines: June 7, 2010 -
October 7, 2010 - February 7, 2011**
Approval/funding lag time 6 to 8 weeks

An application form can be printed from the RDCK website following this path:
<http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html>

Email <lornarobin@bluebell.ca> for meeting dates, times, and locations.
250.223.3333

East Shore Hospice

submitted by Ali George

"Our deaths are as unique as our fingerprints. Dying people can teach us how to live well, to see what is important and genuine. It is in times of loss, that the innate underlying structure of who we are may emerge most clearly."

Rachel Naomi Remem, M.D.

My mum died when I was twenty-six, after a two year struggle with breast cancer. She spent the last four months of her life in the hospital, and during that time, my already fragile family fell apart. My dad was unable to cope with my mum's imminent death, and decided to take his own life. My brother retreated into himself, protecting himself with slouched shoulders, arms crossed over his chest, and silence. My mother wouldn't or couldn't talk about what was happening to her, and chose to lie silently in her bed. I think that this was the hardest thing for me to bear. I needed to talk about death, my dad's death, my mum's death, perhaps even my own death, and no one was talking.

One day, a woman came up to me in the hall outside my mum's room and said that she was the hospice coordinator at the hospital, and explained that hospice was an organization of volunteers and paid staff who offered support and services to people who are dealing with death, dying, and bereavement. My initial reaction was a firm "NO THANKS!", because at that particular time, to accept support from this nice woman was to accept that my dad was dead, and that my mum was dying. Even though I knew in my head that this was a reality, my heart was very reluctant to admit it. She kindly acknowledged this, and went on to tell me that one thing that she thought I may be interested in was securing a space for my mum in the local hospice

house, or palliative care home. My mum could have her own bright room, which we could decorate with her own belongings, sleep in a regular bed, take part in creative programs if she wished, have pets visit to keep her company, all while being cared for by palliative care professionals and volunteers who could care for her when my brother and I couldn't be there. Basically, she could die in a place that was as close to being 'home' as possible. I couldn't believe that such a place existed, and could hardly wait to tell my mum about it. This hospice house, this place of loving light and support, seemed like the perfect place for my mum to die.

Well, my mum didn't think so. She wanted to stay where she was, in the hospital, where she was familiar with the staff and her surroundings. At first, I was angry at her response. How could she say 'no' to this incredible opportunity?! Why would she want to die here, in a dim hospital room, by herself?! When I told the hospice coordinator that my mum didn't want to move, she was very understanding. She acknowledged my anger, and my desire for my mum to have a "good death". She also acknowledged my mum's desire to make her own decisions and to feel that she had some control over something that she had no control over. It was at this point that I realized that none of this was about me. This was about my mum. This was my mum's death, and my job as someone who loved her was simply to be with her, to listen to her and really hear what she was telling me, even when she wasn't saying anything. She would let me know how she wanted to die. My mum died shortly after this realization of mine, and although I didn't request any further help from the hospice coordinator, I will always be grateful to her for helping me to put things in perspective. I was able to find peace and acceptance during the last few weeks of my mum's life, and to truly appreciate our remaining time together.

It is now eighteen years later, and I am a volunteer for East Shore Hospice. Why? Because there is a lot to learn from those who are coming to the end of their journey. Because I believe that it's never too late to make a new friend. And because I want to take what I learned from my mum and spread it around.

"It is in suffering that we are withdrawn from the bright superficial film of existence, from the sway of time and mere things, and find ourselves in the presence of a profounder truth."

Yves M. Congar
God, Man and the Universe

If you would like to learn more about East Shore Hospice, their services, becoming a volunteer, or their resource library, please contact Alexis Phillips, East Shore Hospice Coordinator, at 250-227-9006, ext. 29.

Next Deadline:

May 26/10

Box 140,
Crawford Bay, BC
VOB 1E0

mainstreet@theeastshore.net

250.227.9246

Creativity, Community, Conscience

How Do You Say Good Bye?

by Verna Mayers-Mckenzie

My husband and I had been away and only got the news of Eric Gale's passing when I opened The Mainstreet and saw the article about him. I was in the midst of a meeting and for the next two hours fought from breaking into tears. He was a true friend to me and the East Shore Community.

How do you say good bye to a friend who has stood by your side when things looked hopeless in getting a Health Center? How do you say thank you to someone who was an advocate for a facility when there was such concern over the placement of that facility? How do you say I will miss your strong belief that things will come together?

Many people did not realize that unless we got a facility and in a location that the IHA wanted, we could have lost the funding for the doctors. The IHA were looking for an excuse not to fund a facility or doctors but to get someone in private practice. With the shortage of doctors, our chances were slim.

Eric helped me take the bull by the horns and fight through to the end. When the Hospital Board decided funding the Centre was not in their mandate, Eric came to the meeting (even though he was ill) and fought for the funding. It is the only Health Care Facility funded by the Hospital Board. It was Eric who sold the society's property, bought the land and supervised the design and placement of the Center. Without Eric there would not be Health Services on the East Shore, unless a private practice decided to locate here.

How do you say thank you to someone who gave so generously of his time, money and passion for his community's well being?

Eric was truly the most caring, giving, generous person I have had the honour to work with. I learned

a lot from Eric and was very thankful that I had the opportunity to know and work with him. I am sorry that I did not get the Health Foundation going as I know that this was a wish of his.

Thank you and good bye, Eric - I will miss you.



BOB'S BAR & GRILL

Pub Open Daily 11am-11pm

May 2010

Restaurant Open UPON REQUEST

Good Food
Good Cheer
Good Times

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Pizza special
2 Roast Beef	3 Golfers Special	4 Wing Night	5 Seniors Day	6 Ladies Night	7 Fish & chips	8 Pizza Special
9 Roast Beef <i>Mother's Day Celebration</i>	10 Golfers Special	11 Wing night	12 Seniors Day	13 Ladies Night	14 Fish & Chips	15 Pizza Special
16 Roast Beef	17 Golfers Special	18 Wing night	19 Seniors Day	20 <i>Many Bays Band</i>	21 Fish & Chips	22 Pizza Special <i>Kootenay Jack</i>
23 Roast Beef	24 Golfers Special	25 Wing night	26 Seniors Day	27 Ladies Night	28 Fish & Chips	29 Pizza Special
30 Roast Beef	31 Golfers special					

Remembrance Garden

by Wendy Scott

May 1 will mark the sixth anniversary of the dedication of the Eastshore Garden of Remembrance. It is appropriate that spring is a time of renewal, and for us a time to remember the beginnings of this garden. After Dr. Savory's death in February of 2002, we came together as a group to search for a suitable location for a memorial garden. It took us nearly a year to decide on this well used pathway through the woods, and then another year to raise funds, plan and prepare this peaceful spot in the middle of town where anyone could place a memorial tribute. The pathway and the garden would remain open, as they always have been for those who wish to meet friends, sit for coffee and a chat, recollect names, places, friends, neighbours – or simply pass through.

Over that period of time, we have added five cedar benches with a total of 37 marble memorial plaques. The garden is being used now – as it should be, not only by the entire East Shore, but also by many who have moved away and still wish to secure their own memories of a time when their families lived in this area.

It's been a reluctant spring, but the daffodils are finally budding in the garden. There's been yellow and purple crocus, a few primulas, and clumps of bright green leaves that promise the crocuses that will not appear until fall. Green is also showing on all the trees and shrubs. It won't be long now before the scent of lilac will add to the springtime pleasure in this garden where memories are ready to recall.

Info:

Plaques wmescott@gmail.com 250-225-3381

Flowers and shrubs mcrowe@bluebell.ca
250-225-3570

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time - Winter Schedule in effect

Vessel Name	Balfour	Terminal	Kootenay Bay	
		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		1:10 pm		2:00 pm
MV Balfour				
Osprey 2000		2:50 pm		3:40 pm
MV Balfour				
Osprey 2000		4:30 pm		5:20 pm
MV Balfour				
Osprey 2000		6:10 pm		7:00 pm
Osprey 2000		7:50 pm		8:40 pm
Osprey 2000		9:40 pm		10:20 pm

Summer schedule in effect third week of June, when MV Balfour begins runs.

Notice of Passing

Annie Marie Sillers

1925 - 2010

It is with great sorrow that the family of Annie Marie Sillers announces her passing on Monday, March 29, 2010 in Cranbrook, British Columbia at 84 years of age.

Annie was born on May 3, 1925 in Trail, British Columbia. She leaves to mourn her passing, her son Edwin (Maureen) Draper of Crawford Bay, British Columbia; her daughter Jean (Perry) Briden of Fernie, British Columbia; her son-in-law Walter Campbell of Cranbrook; her brother Lyle Sillers of Cranbrook; 12 grandchildren and 18 great grandchildren; as well as many nieces and nephews.

A private family gathering will be held in memory of Annie at a later date. Those wishing to make a memorial contribution in honour of Annie may do so to their charity of choice.

Arrangements entrusted to McPherson Funeral Service.

Condolences for the family can be offered at:
www.mcphersonfh.com

Notice of Passing

Williams, Palmyra Mary



Palmyra Mary Williams, 1937 – 2010 at Surrey Memorial Hospital after a courageous battle with cancer, Mother of Vivienne (Andre), Phillip, (Toby) and Christopher (Manuela) She was predeceased by son Wayde, Grandmother of [Micheal] (Vivienne, Andre), Tessa, Jesse (Phillip, Toby) Palmyra obtained her SRN and State Certified Midwifery in the United Kingdom, and worked in Canada, United Kingdom and USA. She studied music at the Conservatory of Music and McMaster University, Hamilton, Ontario. She was the Choir Director at St Gabriel's Church and Knox Presbyterian Church in Burlington, Ontario.

She became interested in the sport of synchronized swimming and mastered the art at the age of 50 when she was elected to judge junior meets as well as a trainer for competitive diver. Palmyra also studied architecture and carpentry, her refurbished home displayed detailed art work on furniture as well as many sculptured wildlife birds.

A published author and music composer (CBC 2) she wrote profusely on her life achievements. Palmyra drove from Burlington, Ontario to Crawford Bay in 1994, a year later she moved to White Rock and finally settled in Surrey, BC.

The East Shore MAINSTREET

Contact: Ingrid Zaiss-Baetzel

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

Box 140, Crawford Bay, B.C. V0B 1E0

E-mail: mainstreet@theeastshore.net

** ADVERTISING RATES

\$25.00 - 1^{5/8}" wide by 3" tall

\$30.00 - 3^{1/4}" wide by 1^{3/4}" high

\$35.00 - 3^{1/4}" wide by 2^{1/2}" high

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

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

\$50.00 - 3^{1/4}" wide by 4^{1/2}" high

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

\$60.00 - 3^{1/4}" wide by 6" high

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

\$80.00 - 3^{1/4}" high by 9" high

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

\$100.00 - 3^{1/4}" wide by 10^{3/8}" tall

\$125.00 (quarter page) 5^{1/4}" wide by 7^{1/2}" tall

\$150.00 (third page) - 6^{3/4}" wide by 7^{1/2}" high
or 3^{1/4}" wide by 14^{1/2}" tall or 10^{3/8}" wide by 4^{1/2}" tall

\$220.00 (half page) - 10^{3/8}" wide by 7^{1/2}" tall

\$400.00 (full page) - 10^{3/8}" wide by 14^{1/2}" tall

Sample Sizes - more sizes available.

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

6^{3/4} inches - full width: 10^{3/8} inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

**THESE RATES ARE FOR BLACK
AND WHITE ADS ONLY –

FOR FULL COLOUR, ADD 30% TO
THE ABOVE LISTED PRICES.**

Next Deadline:

May 26/10

Box 140,

Crawford Bay, BC

V0B 1E0

mainstreet@theeastshore.net

250.227.9246

Creativity, Community, Conscience

Parting is Such Sweet Sorrow

by Colin Turner

If I may quote Lewis Carrol and say the time has come, the walrus said, to talk of many things..... After 22 years in one community it is appropriate that there are many things to talk of when one is writing a farewell note to the friends and neighbors one is leaving behind. Finding the appropriate words to send the right message is key to the exercise. A favourite song that keeps coming to mind is the one written in 1926 when I was two years old, and "Black Bird Bye Bye" is a nostalgic memory reminiscent of my childhood years and times of the Depression. Its words seem strangely appropriate now as they resonate in my mind but should not be construed in any negative way in terms of my departure. The lyrics, in part, are:

*Pack up all my care and woe, here I go singing low
Bye, Bye Blackbird,
Where somebody waits for me, sugar's sweet so is she
Bye, Bye Blackbird.
No one here can love or understand me,
Oh what hard luck stories they all hand me,
Make the bed and light the light, I'll be home late tonight.
Blackbird Bye, Bye.*

I'm not the only one who finds that song attractive in a haunting way. It has been used in no less than seven films in which the producers think it appropriate and if you would like to know the full story just Google it..

Helped by loving friends I am embarking on a grand adventure at the age of 85. Now that may seem the epitome of old age and some might even consider it ancient, but I can assure you that I am very young at heart and do not feel at all like what the society regards as an old age. Up to now I have had a very full and adventurous life or incarnation, one of many. This is not the time to go into biographical details but if you are really interested, the book written by myself and

Jeannine, *Beyond All Reasonable Doubt*, is available in Riondel Library and any further interest in my life history can be found in an article by Timothy Schafer in the *Nelson Daily News* of Wednesday, September 9, 2009.

I will say at this point that when, in 1957, serving as a detective in Scotland Yard, I informed my astounded colleagues that I was emigrating to Canada, everybody, without exception, thought I was crazy, probably because my career in the police held great promise. And now on the eve of my departure (end of May) to take up residence in Faro, Yukon Territory, many think once again that I have lost my mind and all sense of reason. I can only say in all humility that I know exactly what I am doing and am fully aware of what lies ahead in my future. Meditation and guidance from beings in the Fifth Dimension have provided me with that information but that guidance and information is available to everyone else if they choose to access it. Ask and it shall be given and Knock and the door shall be opened are key indicators for those who wish to follow my example. I shall be going to the Yukon to continue the healing work in which Jeannine is still joined with me, successfully I might add, for the results as always speak for themselves. Also to write another book explaining the way to achieve enlightenment and progression to a higher level of awareness and knowledge. To speak to those who wish to listen to the truth of Who we really are, Why we are here on planet earth and What the future holds for us, the answers to all of which I submit are based on sound evidence. Whether or not individuals choose to listen or read about such evidence is, of course, a matter of free will.

I have written about such matters on many occasions and have been favoured with publication in various tabloids by open minded editors such as Ingrid Baetzel, editor of *The East Shore Mainstreet*. Many ex-Riondelites are able to keep in touch with the activities of friends and neighbors through the articles published in *The Mainstreet*. The newspaper has grown under her tutelage and guidance into a polished profes-

sional publication which is a pleasure to read. Saying nice things about an editor never hurt any free lance writer even if they are true!

It is of vital importance to the community that we love our neighbors as ourselves and thus comply with spiritual teachings, which are not necessarily to be considered as exclusively religious, but are vital to communal well being in any context While we admonish young people to respect their parents and elders it is not difficult to understand that young people may have considerable difficulty in following such instruction when they see the very poor examples often set by those they are told to respect. It must of course be a two way traffic in such matters of respect where the elders must also respect those setting out on the path of life and ensure that societal mores do not disenfranchise the young people who represent the future of any community and, in reality, that of the whole planet. We have all been where they are now and they are indeed our future. Deal with our young people wisely and with loving care for they may well be old souls who can offer wisdom and guidance to seemingly older persons engaged on a learning curve at this difficult time on the earth plane. To paraphrase Shakespeare "There are more things in heaven and earth than are dreamed of in our philosophy".

Riondel will be the kind of community that the people who live here make it. I would urge you to live your lives without criticism of the legitimate activities of your neighbors allowing people to follow their chosen pursuits in peace and quietude. Because we are all connected not only to each other but to the Infinite Source please remember that what we do to others we are in reality doing to ourselves. It is in this way, by right action and right thinking, that we create our reality which can be one of happiness or misery. Please understand the choice is always ours. In the decisions you make as you tread your path through life I wish you the greatest happiness and wisdom in your choices. On leaving Riondel I take with me many happy memories. God Bless Everyone. We shall meet again if we so choose.



pebbles
by Wendy Scott

Capricious Wandering

There's no precise translation for the Spanish word, vacilador; John Steinbeck complained about this

when the title of his story, El Camion Vacilador, was translated as, The Wayward Bus. The bus in question did set off towards a destination, but apparently there was no urgency or necessity to turn up at that particular spot.

On those days when shopping is not important and there are no appointments to keep, the verb, vacilar, fits nicely into our Kootenay lexicon. The decision to head down the lake in search of lunch is a case in point. We got as far as Creston before hunger determined lunchtime was now. Sometime in the past six months, we had been told that the Skimmerhorn was a great place to eat. We should pass the police station, we'd been directed, and then – just follow the signs (we had no idea there were so many). After numerous right and left turns, we climbed a few steps and opened the door into the warmth of dark wood and the ambience of a countrified bar and bistro.

Marleen and Al Hoag own and run the Skimmerhorn Winery & Vineyard. Marleen greeted us from behind the bar. "We've heard the Bistro serves great meals," we told her. "We do," she said, "when the Bistro is open." So now we know that summertime would be more successful – and yes, we will call first. After admiring the collection of wines on the counter – from

deep ruby red to the clarity of fine white – we were offered a taste of each and departed with a bottle of 2008 Gewurztraminer white (yes, it compliments turkey very nicely.)

With a certain amount of reluctance we retraced our previous corners to search the town of Creston for an interesting restaurant. Not much luck – holidays are closing days for dining establishments in this town so we were left with ABC, DQ, or a roadside eatery called The Broaster House, which promised chicken & ribs or hamburgers – well, why not.

Entering The Broaster House is like stumbling upon a family gathering. A lively, pleasant woman – definitely a senior – takes orders and chats as locals of all ages collect round a long table. Two rows of booths hold clutches of clientele: a man and his wife attempt a counselling session for three, rather reluctant, teen-aged girls; an elderly woman – alone but not lonely – enjoys her luncheon get-away, refills her coffee, and savours a time away from the routine of being alone; two young people engage in a vitally serious debate, and a Mormon couple, silent and a bit morose, wait for a take-out. We eat – and enjoy – baked potato slices with fried chicken and coleslaw, along with coffee in tall, refillable mugs. As we leave, a group of several adults with a selection of children – bundles into our booth, and overflows into at least one other. Our spur-of-the-moment decision turned into a memorable lunch date.

We never pass through Creston without a visit to Erickson and the Chocolate Orchard where Bob, our favourite chocolatier, takes his raspberries, blueberries, apricots, strawberries and cherries, wraps them in rich, dark chocolate then coats the confection with the colour and taste of its own fruit. The Orchard sells

fresh fruit in season, as well as pies, artisan breads, preserves, and a tempting display of gift items, including on this Easter weekend, the chocolate magic of traditional Easter eggs. If the aroma of baked goods tempts before you reach the door, a small coffee area provides a reason to linger and chat. Bob had a surprise for us today, in August of this year, there will be yet another reason to brave the twists and turns south from Riondel to Creston – if all goes well, Bob's Chocolate Orchard will offer its own brand of fruit wines.

Hesitant sunshine warmed our return trip and touched the ruffled lake with the suggestion of a pleasant evening. The beaches, broad at this time of year, stretch pebbles and sand to the winter-low water-line, and we vow to return on another day when we take a notion to search for lunch – or coffee – or maybe a bottle of fruit wine, or perhaps, for no reason at all except that the time seems right.

The East Shore

*Mainstreet:
Creativity,
Community,
Conscience*

mainstreet

@theeastshore.net

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

CRAWFORD BAY AUTO - Full-service gas and diesel "plus" marine/off-road premium gas, automotive supplies and lubricants, organic coffee, VIDEO RENTALS. Open 6 days/week, closed Sundays. 250.227.9244
NORTHSTAR CRESTON - 1-800-551-9351. Full service 8-bay shop featuring Goodwrench Service - \$41.95, genuine GM & AC Delco parts. Full line of major tire brands featuring: BFGoodrich, Michelin, Uniroyal, Hankook, Goodyear and Firestone brands.

BUSINESS SERVICES

LIGHT MOUNTAIN PHOTOGRAPHY - custom film processing, enlargements, studio photography, quality portrait photography, artist portfolios, product photography. Call 227-8908 Gabriel Dinim.
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

CC ENTERPRISES LTD - "Sensitive Sites our Specialty." Road building, logging, land/house site development, self-loading log truck/dump truck, excavators/dozers, sand & gravel. Chris Choquette: 825-4701 or 354-9238.
MARK JOHNSTON CONSTRUCTION LTD. Ph: 250-227-9583, email: info@mrkjc.com
PROFESSIONAL PAINTER - 15 yrs experience in residential setting. Free colour consultations. Call Petra @ 250-777-1062 or 225-3250.
R&R REPAIRS: For all appliance repairs and satellite troubleshooting, sales and installations. Phone 225-3532 for messages and 354-3564 cell. We sell and install cameras and home intrusion systems for home security. Give us a call to find out more. All work guaranteed
TURLOCK ELECTRICAL CONTRACTING LTD. (See colour ad in this issue for more information.) 250-352-6745
TWS CONSTRUCTION SERVICES & CHIMNEY SWEEPS - flooring, stone tile masonry, woodstove maintenance, concrete contractor, renovations. Contractor insured. 250.866-5246.

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 227-6824.
ANIE BOUDREAU - YOGA THERAPIST. Private therapeutic yoga sessions - 250.505.6540
An ASTROLOGICAL CHART READING will give you awareness and understanding of your life and your current situation" A chart reading is useful in times of uncertainty and stress. Contact Susan at 250-227-9626
BLANCHE TANNER - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression. 227-6877
COUNSELLING: Free & confidential counselling available at East Shore Health Centre for children, youth, addiction & mental health clients. North Kootenay Lake Community Services: 353-7691 toll free line at 1-866-774-5324
FIRST CONTACT EAST SHORE MIDWIFERY - Sylke Plau-mann, registered midwife. 250-227-6846.
MASSAGE & FOOT REFLEXOLOGY- Relaxing Ayurvedic Massage: Susan Snead is now available for sessions at Barefoot Weaving and Tara Shanti. Call 250-227-9626 for appointment.
MASSAGE, SHIATSU - DEEP TISSUE - REIKI, mobile or in Crawford Bay, call James Wood, 250.227.6849 for an appointment.
MASTER HERBALIST - Maya Skalinska, M.H. Iridology, Tongue & Pulse analysis, Nutritional consultations, individualized herbal remedies, Flower Essence consultations & remedies. For appointments, pls call 250-225-3493.
PSYCHIC CLAIRVOYANT - Past lives, ancestral quandries and entity awareness. 250.225.3250.
REGISTERED ACUPUNCTURIST - Christine Peel, R.Ac. Classical Chinese Medicine treatments including Acupuncture, Moxibustion, & Cupping. Call 505-8130.
REGISTERED MASSAGE THERAPIST: Harreson Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct referral req'd. Call: 227-6877/cell: 505-6166.

RESTAURANTS

BOCCALINO RESTAURANT, MOTEL & CABINS - We are excited to open for the season on Saturday, April 3, 2010, with a delicious variety of fine food and wines. Happy Spring wishes Gisela and the Boccalino Team!
BUNKERS GRILL AT KOKANEE SPRING - Open for the season and serving breakfast, lunch and dinner. Call 227-9393 to reserve.
CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING - available for community events, wedding receptions, workshops etc. Non-smoking facilities. Call Kathy, 227-9205.
MAXX & NAMBI'S KITCHEN - Open Sundays, 9 to noon with full breakfast menu. Hwy 3A in Crawford Bay. 227-6854.
NEWKEY'S PLACE - Hwy 3A in Crawford Bay, licensed area. Open 10 am til close Monday to Sunday. Food Specials all day. 227-6911.
ROCKWOOD CAFÉ - Authentic Chinese food, great pizzas and perfect burgers. Open Tues - Sun. Hwy 3A Gray Creek. 227-6840.

YARD/LANDSCAPING/SITE PREP

ALL-RITE ROOPER/SEWAGE PUMPING SERVICES - Septic tanks pumped. Field lines cleaned. Plastic septic tank riser sales. Edwin and Elizabeth Johnson - 428-9097. ROWP. Red & White Truck.
TREE SERVICE, RESIDENTIAL - Thinning, pruning, limbing, removal, falling. Free estimates. Call James Linn at 225-3388.
STEEL WHEELS - We dig. Registered on-site wastewater practitioner. Dave Hough - 227-9646.

Next Deadline:
Weds, May 26, 2010
mainstreet@theeastshore.net

CLASSIFIED SECTION

AUTOMOTIVE/MARINE

Tires: Set of 4 Hankook AT on Pathfinder rims; 235/75R15; like new. 250 227 9335 Kootenay Bay
For Sale, 30 ft RV Skylark, 5th wheel. Winter package., lots of storage Good condition, excelent home, ready to go. Ph. 250-250-3492

BUS. ANNOUNCEMENTS

Revised Sunday Hours: Now 10 am to 6 pm - Gray Creek Store. Still 9-7 pm all other days.
Sirdar General Store - A unique place to shop on Duck Lake. 2010/11 Angling Licences and Tags, Hunting Licences, Fishing Tackle, Post Office, Groceries, Crafts, Souvenirs, Greeting Cards, Ice Cream Treats, Pop, Juice & Water, Chocolate & Energy Bars, Chips & Nuts. New in -- Wicker Fishing Creel's. 8050 Hwy 3A, 250-866-5570, Fax 250-866-6811. To all those Mother's-- Happy Mother's Day
Insurance certification requires professional chimney installation - we are the Professionals - Gray Creek Store

BUSINESS SERVICES

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

EMPLOYMENT OPPS

Require a reliable person with own lawnmower and equipment to maintain yard in Boswell, home is very near Mountain Shore. Maintenance is required approx. every 3 weeks. Reliable people only call 250-426-8899.

22 Mainstreet MAY 2010

HOME/BUILDING

Barbecues - we made a great buy on the finest quality Canadian made Vermont Castings, so are passing the savings on to our excellent customers - Gray Creek Store
Make sitting easier - bench brackets in plastic or steel - Gray Creek Store.
Toilet In A Box - insulated tank, seat, wax ring. flex supply pipe - \$89.95 (and this IS a great flusher as well) Green...uses less water - Gray Creek Store
Building Supplies you may not know we have - 9' rolls of Tyvek house wrap, Sill gaskets and more. Please ask our knowledgeable staff - Gray Creek Store
Live Animal Traps - Squirrels to Raccoons - \$24.95 to \$79.95 - Gray Creek Store
Rolls Of Burlap - 36" wide by 24 feet long at \$10.95. lots of uses for this handy material - Gray Creek Store
Hurricane Tape - Wow! This surely outdoes duct tape for tough jobs - strong enough to tow a car! Gray Creek Store
Roofers Fall Kit - roof anchor, D ring harness, 50' lifeline, rope grab and 2" shock absorbing lanyard - Reg \$207, Special \$189 - Gray Creek Store
110 volt Cement Mixer - 140 litres. Reg \$595, Special \$499. This is a \$100 less than last year's mixer - Gray Creek Store
Grip-o Log Splitter - no hydraulics to freeze or leak - 2 second cycle time, uses the effort of two flywheels. Reg \$3400, Now \$2995 - Gray Creek Store
Save Power - plug in those printers and computers to a power

bar, then one switch turns all of when not needed or when thunderstorms threaten - Gray Creek Store
Ox Head Axes From Germany. Steel you can shave with - Gray Creek Store

MISC FOR SALE

Summer is on the way - suntan lotion, sunglasses, beach mats, and new stock of Mexican hats, blanket, and hammocks - Gray Creek Store
"Dorothy's Stormy Lake" volume 4 is here - \$19.95 - complete your collection - Gray Creek Store
Recommended by your dentist - The Sulca Brush - use in addition to your regular toothbrush - this one exercises and cleans around the top of your teeth - Gray Creek Store
Lakota Joint Care capsules - let Lakota defeat your rheumatism as the Lakota defeated Custer - Gray Creek Store
Electric Toothbrushes - both battery and re-chargeable in stock. Your gums need electric - Gray Creek Store
Hydrographic chart of the Lake. boater's necessity, hard to find anywhere but Gray Creek Store

NOTICES

May 16 is Tipi Camp Volunteer and Staff Sign Up Day at Gray Creek Hall at 10 am to 1 pm. Pot luck finger food.
Convenient, clean & safe downtown parking. Park at the Nelson Parkade - Sunday \$3.00 all day. Wkdays \$1.50 for 2 hours, or \$3.75 for all day. 1/2 block off Baker on Vernon Street 354-8834.

OUTDOORS/REC

Our Lake level hits its low point March 31st - plan your beach and dock repair now - galvanized chain, timber washers, long nails, winches, chain saw chains, peaveys, and more - Gray Creek Store
Log Lifter with hickory handle, get your log off the ground for easier firewood cutting \$97.50 - Gray Creek Store

RENTALS/ REAL ESTATE

House for Rent. Newly renovated small private house on the Riondel Road. Government subsidized program must rent to a senior or person with a disability of modest income. \$593/mo includes all utilities, new appliances including washer/dryer 250 225 3484

YARD & GARDEN

Garden Hoses Gallore - We got a big shipment at great discounts - Gray Creek Store
Handles And Tools - How many types and shapes of garden hoe do we have? - Gray Creek Store
Corona Garden Tools - Pruners, pole pruners, shovels as well - Gray Creek Store
Smokers, Grow Your Own Tobacco - Save A Fortune In Taxes, no licenses or helicopters, tobacco seed grows easily - Gray Creek Store
Kootenay Produced Seeds from Balfour - Gray Creek Store
How about a trimmer that can drive a tree pruner, a hedge trimmer, or a garden cultivator? And we nearly forgot a rotary sweeper! Gray Creek Store.

Mantis Tillers - the lightweight that you can even cultivate raised beds with. Try our demo unit - Gray Creek Store.
Bone Meal - great long lasting organic fertilizer that the deer don't like - Gray Creek Store
Sprinklers - butterfly to oscillating with sled or higher bases, and more - Gray Creek Store
Ring Around The Tree - round mats of re-cycled rubber that let the water through, but keep the weeds down, so that your string trimmer doesn't scar the trunk - \$12.95 - Gray Creek Store
A deer fence that really works - easy to drive steel posts with a 100 foot roll of stucco wire, topped with a higher strand of berry wire - Gray Creek Store
Backyard Weather Centre - wind speed, weather vane, thermometer and rain gauge - all for \$24.75 Gray Creek Store
Garden tools and handles - new selection of wheelbarrows. Tires, tubes and parts if your old wheelbarrow is repairable, or you can upgrade to the puncture - proof tire - Gray Creek Store
36" Reach Extender \$22.95 - easily picks up from cigaret butts to full beer bottles - be ready for spring yard and highway cleanups - Gray Creek Store
Paint up - time for a fresh coat as the days get longer, Benjamin Moore paint - Please phone to make sure we have a tinting expert on shift before you come - 227-9315 - Gray Creek Store



*The East
 Shore
 Mainstreet...
 A REAL
 Community
 Paper
 Creativity,
 Community,
 Conscience*

**Next
 Deadline:
 May 26, 2010**

BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

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

PHYSICIAN COVERAGE FOR MAY 2010

May 4- Tuesday- Dr Grymonpre

May 5 -Wednesday- Dr Moulson

May 11 - Tuesday- Dr Grymonpre

May 12 - Wednesday-Dr Moulson

May 18 - Tuesday Dr Grymonpre

May 19 - Wednesday- Dr Moulson

May 25 - Tuesday Dr Grymonpre

May 26 - Wednesday Dr Moulson

**Please Note: Lab hours 7:30 - 10:30, Weds Mornings.
Call to make appointments at 227-9006 on doctor
days and Thursday morning. Tuesday, Wednes-
day and Thursday (8:30 to 12:30) New Phone: 250-
227-9006 Fax : 250-227-9017**

BOSWELL HALL GOINGS-ON

1) Boswell Vintners meeting 2nd Wed of each month, 7pm. Con-
tact Darlene Masuak 250-223-8414

2) Boswell Book Club meets 2nd Thursday of each month 1pm.
Contact Liz Michaud 250-223-8070

3) Boswell Ladies Club meets third Monday of each month at
2:15pm. Contact Jean Stewart 250-223-8089

4) Nifty Needlers Quilt Guild meets 3rd Tuesday each month at
2pm. Contact Marilyn Arms 250-223-8058

5) Yoga with Lea each Thursday at 9:30 - 11 am. Contact Marilyn
Arms 250-223-8058

6) St. Anselm's Church Services with Rev. Robin Celiz on the 1st
Sunday of the month at 1:30pm

7) May 8th - Boswell Ladies Club annual Plant Sale, Bake Sale and
Treasures Table to be held Saturday, May 8th from 10am to 1pm
at the Boswell Hall.

8) May 15th - Boswell Nifty Needlers Quilting Group will host a
"Fabric Arts Exhibit" and a Come-and-go Tea from 2-4pm at the
Boswell Hall.

9) Boswell Hikers - May 5th - Robinson Lake / Copper Falls; May
12th - Williams Falls; May 19th - Corn Creek Marsh; May 26th
- Proctor-Harrop (via Bakery). Contact person is Melody Farmer
at 250-223-8443.

10) May 29th - Steak Dinner 6pm at the Boswell Hall. Tickets in
advance at Destiny Bay Grocers, or at the door.

YOUTH GROUP

Youth Group meets on Tuesdays from 3:45 to 7pm at the Commu-
nity Corner. All youth are welcome. Dinner served...

RIONDEL SENIOR'S ASSOCIATION GOINGS-ON

Walk 3 miles on Mondays, Wednesdays and Fridays at 10:30
am. Wii bowling on Thursdays at 2:00. Yoga Thursdays at 10:30.
Turbo Jam Mondays, Wednesdays, Thursdays at 8:00 am and
Saturdays at 9:15 am. Men's pool on Mondays and Wednesdays
at 12:30 pm. These activities are all in the Senior's Room at the
Riondel Community Center. We also have Bingo on Wednesday
evenings at 6:45 pm. (Must be 19 or over join)

COMMUNITY GARAGE SALE

Riondel Community Center, May 9, 10am to 4pm. For table rental
call Sherlynnne at 225-3597 or Dianne @ 225-3355.

SOFTBALL SEASON!

Softball Sundays will be starting up in June. Stay tuned and get
your team together. Call Helder at 250 227 9686 for more info.

EARTH DAY CLEAN UP

THANK YOU to the approximately 125 people who helped with the
Earth Day clean-up this year - not just the highway, but the byways,
boat launches, and beaches. Some of you dealt with gruesome
messes, you are much appreciated! Thanks so much for the sup-
port from CBESS students and staff, YRB, and the Kootenay Lake
Chamber of Commerce. Yay, team.

CHURCH CELEBRATION

Kootenay Lake Community Church will be celebrating 30years of
service to the Lord and the East Shore. The celebration will take
place September 4th & 5th 2010. If you have, or know someone
who has attended please contact Pastor Doug @ 250-227-9444.
Former Bright Lites, Star Rays or Black & White youth we'd love
to hear from you. More Information to follow in the up coming
months.

IMPORTANT SENIORS MEETING

The Riondel Seniors' Association will be having their regular
monthly meeting (just a coffee meeting not a pot luck lunch) on
Tuesday, May 11 at 12:00 noon in the Riondel Community Centre.
The meeting will be open to anyone, not just members, because it
will be followed by a guest speaker, Randine Arnesen who wishes
to speak with people interested in the prevention of elder abuse.
Randine's organization is trying to establish an Elder Abuse Pre-
vention Resource Centre in Nelson and is beginning to identify
available resources. This is an important issue, so if you have any-
thing to contribute or just wish to listen, please attend.

BIBLIOBUS

The Francophone Association's Traveling library (Bibliobus) will be
in Gray Creek on Wednesday, May 12 at Yvon's place, 15154 Hwy
3A, from 5:30 to 8:00 P.M.(Pot Luck). Come borrow books, vidéos,
cds, visits with friends, replenish your stash of maple syrup. Wel-
come everyone! Le bibliobus sera à Gray Creek mercredi le 12 mai
2010 de 17h 30 à 20 heures, chez Yvon au 15154 HWY 3A. Venez
participer au Pot Luck, emprunter des livres, vidéos, cds et faire
le plein de sirop d'érable. Bienvenue à tous! Info: 250-352-3516.
Association des francophones des Kootenays Ouest

YOUTH THEATRE PROJECT

Starting this month, the Riondel Youth Group is sponsoring a The-
atre Project. We are not yet at the point where we can announce
a performance, but anyone 8-18 is welcome to come on Thursdays
at 7:00 pm to the Riondel Rec Centre (attached to the Curling Rink)
and join us in the fun and the work.

THANK YOU

I would like to express my gratitude for the support and encourage-
ment I have received over the past few months. Thank you for the
casseroles that appeared on my doorstep after a long day, for the
never-ending help with the care of my children and for the endless
gentle words of appreciation. I have seen kindness from strangers,
friends, neighbours and family alike. Your thoughtfulness, patience
and understanding will not be forgotten by my family or myself.
Thank you.

Susan Tesoriere, Riondel

**Would you like to write a
column? Do you have an
idea? An advice column? An
opinion editorial streak?**

Send it in!

mainstreet@theeastshore.net

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH

MAY SCHEDULE

May 2 - Pastor Doug Middlebrook, KLCC, 3 pm
Music: Fiona McLaren

May 9 - Pastor Doug Middlebrook, KLC, 3pm
Music: Cheryl Middlebrook

May 16 - Rev. Robin Ruder Celiz, Anglican, 1pm.
Music: The Woodwinds

May 23 - Majors David and Edith Dean - Salvation Army, 3pm
Music - The Brass

Join us outside at 2:30 for a warm-up concert!

May 2 30: Brenda Panio, Anglican, 3pm
Music: Fiona McLaren

**Please see website for changes: www.riondel.ca
Info at 250-225-3381**

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

For information call Christ Church Creston 428-4248

May 2: Rev. Robin Ruder Celiz, 1:30 pm

June 6: Rev Robin Ruder Celiz, 1:30pm

HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

Church Schedule:

**Church Services are held on the third
Sunday of the month.**

May 16 - Rev Robin Ruder Celiz, 1pm

**This will be a joint service with Riondel Community
Church in Riondel - Everyone Welcome.**

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

email: harrisonmemorialchurch@gmail.com

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us for a time of Praise, Worship & then the Word
Sunday Service 10am -11:30am

Youth Meetings (CBYG) weekly. Call for info.

Pastor Doug & Cheryl Middlebrook 250-227-9444/250-505-7659

TEMPLE OF DIVINE LIGHT

Dedicated to all religions. Satsang each evening 8:00 pm.

Everyone welcome - Yasodhara Ashram 227-9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Rev. Francis de la Cruz

Phone: 428-2300 Fax: 428-4811

Sunday Mass at 2 pm

1st Sunday of the month, Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

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

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 information call Jim at 227-9622 or Ken at 227-9492.

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

THE RIONDEL AA GROUP - meets every Tuesday at 8pm
in the Community Center. Call 225-3355 for more information.

PARENT ADVISORY COMMITTEE (PAC) Meetings held
at 7 pm at the Crawford Bay School library on the first available
Monday of the month.

May Meeting: May 3, 2010

Call Gina at 250.227.6896 to be put on the agenda...

MAY 2010 Mainstreet 23

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 ESU Soccer, CB Field, noon Hike for Hospice Bottle Depot, 10-2	3 PAC Meeting, CBESS 7pm Yoga w/ Lea, Com. Corner, 8:45am	4 Yoga w/ Lea, Riondel, 7 pm Youth Group, Comm Corner Dr. Grymonpre	5 16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson, Lab 7:30-10:30	6 Yoga w/ Lea, Boswell Hall, 9:30 am Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	7 Osprey back in Service Women's Soccer, CB Field, 5:30 pm Yoga w/ Jai Tara Shanti, 9 am	8 Bob Wiseman, GC Hall Sacred Journey Grand Opening
9 MOTHER'S DAY Community Garage Sale, Rio Comm. Centre ESU Soccer, CB Field, noon Bottle Depot, 10-2	10 Yoga w/ Lea, Com. Corner, 8:45am	11 Seniors Meeting, Riondel Yoga w/ Lea, Riondel, 7 pm Youth Group, Comm Corner Lions Mtng, 7 pm Dr. Grymonpre	12 16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson Lab 7:30-10:30	13 Yoga w/ Lea, Boswell Hall, 9:30 am Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	14 Kootenay Jack, Newkey's RICK SCOTT, CBESS Women's Soccer, CB Field, 5:30 pm Yoga w/ Jai Tara Shanti, 9 am	15
16 Tipi Camp Vol Sign Up and Potluck, GC Hall ESU Soccer, CB Field, noon Bottle Depot, 10-2	17 Tipi Camp Fundraiser, CBESS & GC Hall Yoga w/ Lea, Com. Corner, 8:45am	18 Yoga w/ Lea, Riondel, 7 pm Youth Group, Comm Corner Dr. Grymonpre	19 16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson, Lab 7:30-10:30	20 Many Bays, Bob's Bar Yoga w/ Lea, Boswell Hall, 9:30 am Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	21 Women's Soccer, CB Field, 5:30 pm Yoga w/ Jai Tara Shanti, 9 am	22 Kootenay Jack, Bob's Bar
23/30 ESU Soccer, CB Field, noon Bottle Depot, 10-2	24/31 Literacy Meeting, CBESS Yoga w/ Lea, Com. Corner, 8:45am	25 Yoga w/ Lea, Riondel, 7 pm Youth Group, Comm Corner Lions Mtng, 7 pm Dr. Grymonpre	26 Mainstreet Deadline 16+ Volleyball, CB Sch, 6:30 pm Dr. Moulson, Lab 7:30-10:30	27 Yoga w/ Lea, Boswell Hall, 9:30 am Bottle Depot, 10-2 TOPS, KLCC bsmnt, 8:30am	28 CBT Gran App Deadline Women's Soccer, CB Field, 5:30 pm Yoga w/ Jai Tara Shanti, 9 am	29

Gallery Opening Celebration

New shipments arriving from Bali & India

May 8th 10:30 - 5pm



Sacred Journey

May & June hours 10:30 - 5pm

Home & Garden Decor • Clothing • Exotic Imports • Crystals
Handcarved Wood & Stonework • Yoga events • Spa

May 15-17	Spa Days Pamper Yourself:	Hot stone massage, facials, pedicures, manicures and more. Gift certificates available
May 21 - 31	Daoist Yoga Workshops	with Frank Paepcke M.Sc. beginner & advanced sessions
June 18 - July 5th	Ayurvedic Courses	Treatments & Cooking Classes with Dr Sujatha

14435 Hwy 3A Gray Creek, B.C. (250) 227- 6865
12km south of Crawford Bay www.sacredjourney.ca

East Shore Health Centre

227-9006
COUNSELLORS
Drug & Alcohol: 353-7691
Child & Youth: 353-7691
Public Health Dental Screening/Counseling: 428-3876
Community Nursing: 227-9019
Hospice: 227-9006
Mammography Screening: 354-6721
Baby Clinics: 428-3873 Physiotherapy: 227-9155 Massage Therapy: 227-6877

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

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Transfer Station Hours
Crawford Bay:
Sun, Tues & Thurs:
9 am - 3 pm
Boswell:
Weds/Sat, 12-4

Library Hours:
ES Reading Centre:
Tues & Sat: 12-3
Thurs: 7-9 pm
Riondel Library:
Weds: 6-8 pm
Tues & Thurs:
10am-12pm
Sat: 10:30am - 12:30pm