

**\$2.23**  
+ HST =  
**\$2.50**

# The East Shore Mainstreet

## KOOTENAY LAKE BC

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

[www.mainstreet.eshore.ca](http://www.mainstreet.eshore.ca)

**INSIDE:**  
News, Views,  
Reviews,  
Hot Topics,  
Current Events,  
Letters & Ideas

**\*MS ONLINE**

[www.mainstreet.eshore.ca](http://www.mainstreet.eshore.ca)

**\*A Gala Affair: 2**

**\*Critical Point for  
KLEECA: 4**

**\*Is Milk Bad?: 6**

**\*Goalball Gold: 7**

**\*Mentorship: 9**

**\*Japanese Exiles: 16**



### An Aerial Formation Photograph Fundraiser for Tipi Camp

On March 26, 500 members of the West and Central Kootenay communities, including several from the East Shore, gathered at Lakeside Park in Nelson and transformed into a free flowing river and towering mountain ranges. Benjamin Jordan's aerial photo of this event reminds us of our shared love for the land, the importance of passing the fundamentals of environmental stewardship on to our younger generations and the incredible power we hold when we bond together as community. The photo is being sold in select location in Nelson (Otter Books and Sacred Journey) as well as at the Crawford Bay Store in Crawford Bay. All proceeds from the sales go toward Tipi Camp and sending lower income children to camp.

*For more on this story, see page 5.*

**THE GREEN MACHINE**  
 ADOLF SCHMIDT SEPTIC SYSTEMS (RDW/P)  
 Riondel BC WATERLINES  
 (250) 225-3485 LANDSCAPING  
 BUILDING  
 SITES, ETC.

**NewKey's Place**  
 250.227.6911

**Win a \$100 gift certificate!**

Watch for Newkey's ads in this issue & identify the lines of 3 songs. Name the songs & original artists & then enter at Newkey's for a chance to win a \$100 gift certificate.

*One entry per person.*

**ESIS** East Shore Internet Society  
 ESIS 2006 INCUBATED SOCIETY

**High-Speed Internet**

250-505-4089  
 info@esis.theeastshore.ca  
 esis.theeastshore.ca

Central Kootenay Lake's community non-profit ISP

**strawberry social!**  
 June 25th 1-4pm

**Yasodhara Ashram**  
 www.yasodhara.org  
 227-8224

Return undeliverable items to:  
**The East Shore Mainstreet**  
 Box 140, Crawford Bay, BC, V0B 1E0  
**Agreement #: 40718537**



# MS Issues

by Ingrid Baetzel,  
Editor

Our poor one-year-old cat has been sleeping in a dark corner under my daughter's bed for a few days now, drinking nothing, eating nothing and vomiting incessantly. As soon as he started vomiting, I had a strong suspicion as to what was wrong. Just the day before, a neighbour had told me about her cat being quite dramatically ill – vomiting, listless, feverish – and what she had learned about it.

Did you know that we're experiencing a high rate of salmonella infection in our returning song birds? Did you know that approximately 1,000,000 (one million) birds are killed by domestic cats in British Columbia alone each year?

I suppose a sick kitty here or there doesn't throw the world on its ear when so many of our domestic animals prey are dropping by the millions at the ends of their claws. Of course, we bring these feline killers into our homes and love them and cuddle them and some of us do what we can to discourage the endless slaughter of our winged neighbours. It's hard to see something you love so unwell, but our Lou will be okay.

Lou carries a message though, as does Hawkeye and the many other furry family members who are deeply regretting biting into that siskin who was distracted by yummy, seemingly baited bird seed. That bird, like so many others, was carrying salmonella and now our cats are carrying the same disease. It is treatable and it is also preventable, but requires cooperation.

The story is this: bird food/seed gets stuck in the cracks (particularly in wooden feeders) and begins to mould and rot. The birds continue to pick at the contaminated food. The perching birds eat and defecate onto the spilled seeds on the ground below, the ground feeders go at that food, mixed with bird poop from sick birds and the illness spreads and spreads.

What this lesson has done for me is convinced me that I will no longer use bird feeders, particularly since I have a hunting cat. I never had much in the way of feeders around the house since it always felt a bit like a bait and switch on the birds to attract them with food and then not be vigilant about the dangers that lie in wait in the form of our lovely Lou. No more feeders here, but, if care is taken and the birds are thought about, all the rest of you happy avian lovers

can continue to enjoy your visitors.

Some suggestions from Wildcare, a Californian animal rehabilitation centre, are as follows: ([http://www.wildcarebayarea.org/site/PageServer?pagename=TakeAction\\_Salmonella\\_Outbreak#prevent](http://www.wildcarebayarea.org/site/PageServer?pagename=TakeAction_Salmonella_Outbreak#prevent)):

**Bird feeders should be disinfected every two weeks regardless of disease outbreaks.**

**Bird baths should be emptied and cleaned daily regardless of disease outbreaks.**

**For feeders: Do not use wooden feeders. Immerse feeders in bleach solution (9 parts water to 1 part bleach.) Soak 10 minutes, scrub, rinse thoroughly and allow to dry fully before refilling (a dry feeder will deter mold growth on seeds).**

**For baths: You can make a 9:1 bleach solution in a jug to bring outside. Scrub with a hard brush, cover with board while soaking to prevent birds bathing in bleach, rinse very thoroughly, allow to dry before refilling.**

**For hummingbird feeders: NO BLEACH! Change food often. Clean and fill with only enough to last 1-2 days (sooner if gets cloudy/moldy). Use vinegar and water in a 9:1 solution. Rinse thoroughly!**

**Wash hands thoroughly with soap and water after handling feeders or baths.**

**If you have dead or sick birds in your yard:**

**Immediately REMOVE bird feeders and bird-baths.**

**Disinfect with bleach solution (9 parts water to 1 part bleach.)**

**Scrub well and allow to soak 10 - 20 minutes.**

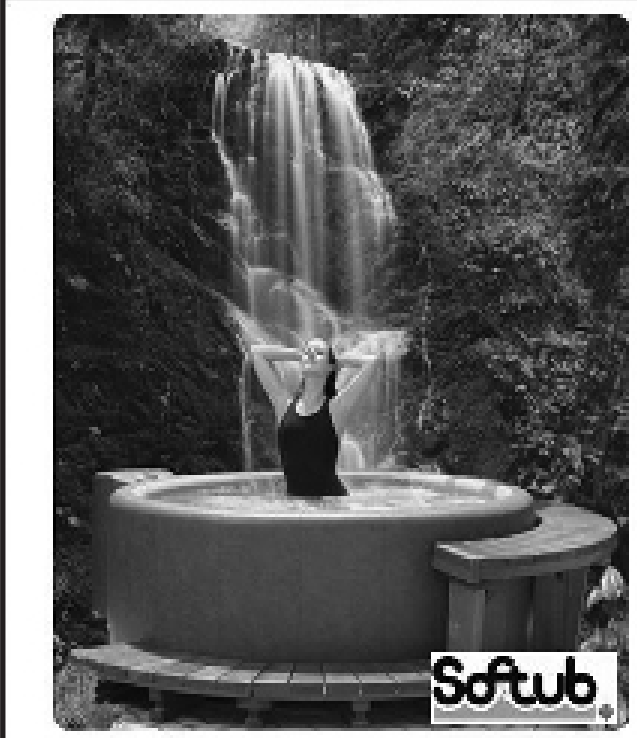
**Rinse very well and allow to dry.**

**Do not re-hang feeders or bird baths for at least one month after the last sick or dead bird is seen in your yard.**

**Re-sterilize and allow to dry before re-hanging.**

**Wash hands thoroughly with soap and water after handling feeders or baths.**

**Next Deadline:  
FRIDAY,  
May 20/11  
Note Friday  
Deadline!**



## Kootenay Springs Softub

new & used-softubs & chemicals

home shopping, free delivery & set up

250-354-8557

e-mail:portable

spa@msn.com



for more info go to: [www.softubcanada.com](http://www.softubcanada.com)



## OFFICE DESK

Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)

Retail Distribution, Subscriptions, Advertising, Layout:

Ingrid Zaiss Baetzel

(Subscriptions: \$40/year within Canada, \$50 to the US, and \$75 Internationally)

Phone: 250.227.9246

Email: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

Assistance: Doreen Zaiss

Writers: Community

Article? Letter? Etc? Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0 or Best Yet, Email to: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

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

Copies every issue: 1000

The East Shore Mainstreet is a monthly publication for the benefit of residents of the East Shore of Kootenay Lake, written by community volunteers. Send in June 2011 issue items by:

**Next Deadline:  
FRIDAY May 20, 2011**

### CBESS Hot Lunch Program Presents

## Gala Dinner Fundraiser

Our hot lunch staff and volunteers are hosting an exclusive, full service, 7 course dinner and will feature one of B.C.'s Premier Jazz Ensembles. Dress is formal and tickets are limited!

### Featured Menu

*Bruschetta*

*Garlic Butter Polenta with Roasted Pepper*

*Tapenade stuffed Mushroom Caps*

*Cream of Leek & Potato Soup*

*Glazed Walnut, Pear and Goat Cheese Salad*

**Optional Entrée paired with Shimmerhorn Wines**

**Chicken Marbella with Wild Rainbow Rice & Roasted Vegetables**

Or

**Stuffed Cannelloni, Roasted Vegetables & Spring Salad**

*\$60 per person including two glasses wine*

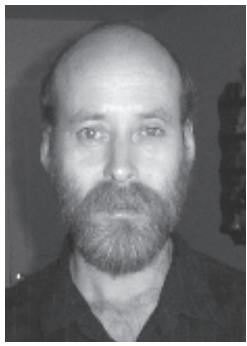
## The Gray Creek Hall

Saturday May 28 6pm

**Information & Tickets (NOT available at door):**

**250 227 6833 or 250 227 9175**

**Please drink responsibly—Plan ahead—Don't drink & drive  
NO MINORS**



## RDCK Area "A" Update

by Garry Jackman,  
Director, Area "A"

Spring ahead, fall back - or not

It must be an election year. A few weeks ago I was approached by a member of the Creston Council with a proposal on how to 'fix' the problem that some people have with our established time zone. The proposal was to add an opinion poll question to the federal ballot asking a single yes/no question on whether to go to mountain daylight savings time. No consideration as to whether year round pacific time would work better for some. In my opinion, little background investigation or homework was done on the possible negative aspects of changing what we have now.

Don't get me wrong, I am a great one to take up the challenge to solve problems, a side effect of years of engineering and project management. But in this case, my first reaction was to ask for evidence that anything was broken. Out came the sensible argument that some people like to golf late into the evening, along with the simplicity angle. I asked if the process leading up to an opinion poll would include public input, town hall meetings, discussions with business and the chambers of commerce, consulting the school district on the impact on the buses which meet at Hall Road, etc. The reply was there was not time, and that this was just an opinion poll, a simple democratic initiative.

So let's think about that. First, there are many views on what constitutes a democratic process for any given population. Ask a Quebec separatist if it would be democratic to have the population of Canada vote on their separatist referenda. Ask a resident of another province the same question. Ask a resident of Riondel if Nelson residents should have a vote on what happens to their water system (oddly enough, in a roundabout way, this is partly the case). The

time zone question would be framed for a population extending from Yahk to Riondel, roughly 14,000 people. It is easy to see how local voices could be lost. At a meeting of the Creston Valley Services Committee I asked the proponents of the time zone poll what their goal was and what they would do with the poll results. One of the delegation reps indicated that if the opinion poll indicated interest by 1/3 of the population the question could go to a binding referendum in the fall or possibly just go to the provincial cabinet for an order in council to make a change.

In the following week, it became apparent that the feds would not allow an opinion poll question on the federal voting day. I expect that some are now looking for another means of holding the poll. In the interim, I ask each of you to give this question some thought. Do we have a time problem? Does it need fixing? I will bias the discussion with my personal opinion that, given the weighing of pros and cons about ten years ago, we should leave it alone. However, as your elected rep I will help facilitate any discussions. I believe there are three options, not two. These are status quo, year round matching Cranbrook or year round matching Nelson. I am embarking on my own "homework" project as to possible ramifications of being in-sync or out of sync with the majority of Fortis customers. With the approval of "smart meters" by the BC Utilities Commission there may be a cost advantage to being out of sync with peak demand loads, since we will begin to see the cost of power being varied according to the demand and time of day. I will also revisit my files/notes on the impact on tourism, schools, social connections (with Nelson or Creston), etc. I ask that you do the same in the event that the opinion poll is suddenly a reality. After all, it is an election year.

### Fire service governance

Over the past months I have touched on this topic now and again. This is an issue which also has impacts from Yahk to Riondel. Currently, there are four regional district fire services, one municipal service and one independent society covering some of the above noted territory. The Creston municipal service covers within the town boundaries but also provides relatively cost effective service to portions of the rural

### STUDENT SUMMER JOB available at the GRAY CREEK STORE

We are looking for a summer student to work a minimum of 30 hours per week, minimum of 6 weeks to a maximum of 8 weeks. Earliest start date is June 24, 2011 and the latest end date is September 24, 2011.

#### IF YOU ARE:

- A FULL TIME STUDENT IN SCHOOL PRIOR TO STARTING WORK AND RETURNING TO SCHOOL IN THE FALL OF 2011
  - LEGALLY ENTITLED TO WORK IN CANADA
  - 15 YEARS OR OLDER PRIOR TO START DATE
- ...then...

Please submit application to the Gray Creek Store. If you have any questions, please call Debbie at 250-227-9315.

areas surrounding Creston. Creston also provides road rescue service in Area A up to Akokli Creek under a separate service. From the perspective of the RDCK rural services, the long term costs for training and equipment replacement along with periodic challenges to maintaining adequate numbers of volunteers are very real concerns.

Over the past year we have had public input, reviews of governance options and spread sheets developed on service area and budgeting options. A common theme is that the long term sustainability for all parties may benefit from closer cooperation between services, potentially leading to a combination of services with the option to expand to areas currently not served. I plan to bring these numbers and options to you in the next couple of months once the options are laid out more clearly. I see a high potential for changes in the Creston area in the near term (one to two years). With change there is often opportunity so I want you to have a chance to consider those opportunities and make choices for your communities.

As always, contact me by calling 250-223-8463 or at gjackman@kootenay.com.

## Special Thanks For Contributions

The Crawford Bay School Parents Advisory Council, Hot Lunch Subcommittee, staff and students of Crawford Bay Elementary-Secondary School and community at large would like to extend grateful thanks to the following contributors for their financial donations to the CBESS Hot Lunch Program:

### "Bronze Sponsors"

(donations between \$350 and \$499)

- Sue & Stuart Corry of Riondel

Due to generous donations by supporters like the Corrys, our valuable lunch program, offering healthy, nutritious midday meals to our students as they enter an afternoon of learning, is able to continue. Thank you very much.

## ARTY/SPORTY SUMMER DAY CAMP 2011

...will be happening on the East Shore, from July 18 to July 29, 2011. That's 2 fun-filled weeks with two wacky Jackie's! (But one of them must not be called 'Jackie' - you know it!). We'll be playing hockey, tennis, soccer, dodge ball, basketball, Frisbee/ultimate, rope-skipping, water sports, ... doing treasure hunts, obstacle courses, theatre sports, story-telling, creative-writing, yoga, fashion-shows, beading, a riddle market, face-painting, papier maché, ... making paintings, drawings, mobiles, mandalas, bird-feeders, gardens, ... and a whole lotta constructive creative marvelous mayhem! This 10am - 3pm Monday to Friday event costs just \$20 per day (subsidy inquiries welcome), including all of your materials and equipment, and a few snacks too. Bring a lunch, water/sun-gear, and a thirst for summertime hilarity. We have been given many awesome donations to make this year's day camp a huge success (but we can always use more!), and we welcome all kids from the age of 4 to 12+ to attend (we are hiring an extra helper to attend to the special needs of our littler friends, so that everyone is having a blast). The time to register is upon us: call Jacki @ 505-8143 or Jacqueline @ 227-6803.

### DESTINY BAY RESORT

ON THE EAST SHORE OF  
BEAUTIFUL KOOTENAY LAKE

11935 Highway 3A DESTINY BAY BC

Come & join us during our 2011 season

May 12 to September 19th

We will be open for our

Special Mothers' Day Dinner Sunday May 8th

Make your reservation early as seating is limited.

Open fire dinner each evening throughout the season by advance reservation only.



250-223-8234 or 1-800-818-6633

For nightly or weekly accommodation

information check out our website:

[www.destinybay.com](http://www.destinybay.com)



Western Pacific Marine Ltd  
Kootenay Lake Ferry Office

OSPREY 2000 FERRY

OUT OF SERVICE

May 2nd - May 12th, 2011

Western Pacific Marine Ltd. advises travelers that the Osprey 2000 will be out of service May 2nd through May 12th, 2011, 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.



**South Koot. Lake Community Services Society**

by Shandi Miller

**Things Are Happening, People!**

(an update from your Community Services Society)

We seem to be nicely in tune with the season of emergence, after a darker quieter season behind the scenes. Marking our first six months of operations, and as an exciting kick off to spring activities, we held our first AGM recently – thanks to everyone who joined us for an informative, social, and musical afternoon.

I've since heard no fewer than three different people say something like, "I've never been involved in community before, but I want to start." This kind of empowerment and interest in community building is not to be taken lightly, folks. This is what it's all about! And it's a symptom and demonstration of the very exciting momentum we are building together: "Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." -- Margaret Mead

For those of you who couldn't join us, we learned a lot from our guest speakers. George Penfold of Selkirk College warned us of the many pressures of globalisation on rural areas, and pointed to local and regional collaboration as the way forward. And Doug Hurst of Selkirk Power gave the audience a primer in power production and consumption systems in terms

of independent power production, stimulating much curiosity and dialogue.

We presented a snapshot of the strong foundation we've laid as an organisation since September. But I won't bore you with details of the necessary administrative and organisational systems that are now in place. You're likely more interested to know that we have attracted over \$20 000 to the area in this short period of time, which will go towards supporting local projects like construction of the Crawford Bay school-community greenhouse. (More details on our activities and funds are available at any time – just get in touch!)

We've also helped more than 12 groups or individuals across Area A to access funds, either through providing information about grants available (from the Boswell Quilters group interested in grants to bring an expert quilter to the area for a workshop, to a hall society researching infrastructure funds), developing applications with or for you, or administering funds on behalf of groups who wouldn't otherwise qualify. We literally had some shiny 'proof' of the benefits of this type of umbrella grant partnership, and the kind of community champions this society can support in that way, as over \$2000 worth of samba drums received from RDCK through this society were tested out after the AGM with members of the community samba group led by Ben Johnson.

The AGM was also an opportunity to publicly recognize the community members who have been instrumental to this progress so far – Wayne Dunbar (Wynndel), Johanne Bedard (Grey Creek), Jamie Cox (Kootenay Bay), Robert Agnew (Crawford Bay), Verna Mayers- Mackenzie (Boswell), Janet Wallace



George Penfold of Selkirk College speaking to about 40 community members about the pressures of globalization on rural areas.

(Riondel), and Muriel Crowe (Riondel). Thank you for your contributions to the dreaming, conversations and actions which have made this Society a reality. Johanne and Robert will move on to other projects, and we are very happy to welcome three new board members to the mix – Ingrid Baetzel (Gray Creek), Galadriel Rael (Riondel Road), and Dana Gallinger (Crawford Bay). There are still technically more available spots on the board, and we are committed to maintaining representation from all communities across Area A, so don't hesitate to get in touch if you want to know more about how our meetings work or what a board member does.

We've made it to an important transition as an organisation. We've got a solid foundation and some exciting activities planned for the coming months. But a third of our limited staff time to date has been dedicated to bringing in grants so far, and we're having to spend the equivalent of \$20-\$30 (to apply for and implement) every \$100 we bring in. As many of you know, this is a tiring effort, and means we constantly have a funding 'cliff' or drop off point a few months ahead of us. We are committed to finding ways to sustain the organisation, but we sincerely cannot do it without your skills, time, and ideas as local champions. There is an ongoing, open invitation for you to participate in whatever way is meaningful for you. Let's ensure that we've collectively made the best possible effort to make this organisation thrive, so that we can keep supporting and strengthening efforts so many of you are involved in to better our communities.

skootenaylakecss@gmail.com  
250-227-9218 x5505

**WANT TO KNOW HOW YOU CAN HELP?**

Here are a few ways to get involved in the next couple of months:

1. Crawford Bay School will build their greenhouse in May. Do you have construction skills or greenhouse knowledge to share? Get in touch with Dan or Lori at the school 250-227-9218.
2. Have ideas about how to create revenue streams with websites, or about developing a rideshare forum? We'll be developing our website in collaboration with the Chamber and Mainstreet to deliver community services online. Get in touch with Ingrid @ mainstreet@theeastshore.net (250.227.9246) or Shandi (number above).
3. Experience with community gardens? Interested in local food production, food security? We'll be organizing some conversations about how to harvest our agricultural wealth and local expertise. Let Jacqueline (moonrakings@theeastshore.net) or Shandi know if you want to join in.

**Tip of the Day:** Never ask a child an open-ended question, such as, "Do you want to go to bed now?" You won't want to hear the answer. Try, "Do you want me to carry you upstairs or do you want to walk upstairs to bed?" That way, you get the outcome you want and they feel empowered.  
Works with adults too.  
"Country roads, take me home."

**New Key's Place**  
250.227.6911  
Home of the Banck, DJ's and Karaoke Bar!



**KLEECA at Critical Decision Point at AGM**

by Susan Hulland

After eight years of thorough work the board of directors of the Kootenay Lake Eastshore Eldercare Co-operative Association (KLEECA) is ready to make recommendations to their membership regarding the development of an elder community on the Kinder property in Crawford Bay. This will occur at the group's annual general meeting which will be held on June 11, 2011 at 2:00 pm at the Crawford Bay School.

**Needs & Demand Survey:**

Information has been compiled from KLEECA's Needs and Demands Survey which was done throughout the Eastshore in February and March, 2010. It was a broader survey than the one undertaken in 2005 and showed that while many young families need affordable housing, a significant number of our community elders still don't anticipate the need for themselves for another five years."

Complete survey information will be posted on the KLEECA website, www.kleeca.coop or The Mainstreet's website at www.eshore.ca by the end of April.

**Preliminary Layout Assessment:**

KLEECA received their approved Preliminary Layout Assessment (PLA) back from the Ministry of Transportation in September 2010. Further information about this and the estimated costs associated with the development will be available at the AGM. A vote will be held at the AGM on the financial feasibility and organizational viability of the project.

**Board of Directors:**

Elections will be held at the AGM as two of our longtime officers are no longer eligible for office under our bylaws, having served two, three year terms. Candidates must be nominated by two members and nominations must be in by May 10, 2011. For more information about this please contact Robert Agnew at 227-9552 or at meadowman@theeastshore.net.

It's time for our co-operative to make some critical decisions. Please plan to attend our AGM and be part of this process.

**Ayurvedic Consultations with Zora C. Doval**

Dietary & lifestyle recommendations.

Mondays @ Barefoot Handweaving Studio.



To book an appointment, call (250) 227-9434

Cover Story

# Together in Celebration of This Land We Call Home

press release by Benjamin Gordon and Tipi Camp

On March 26, 500 members of the West and Central Kootenay communities, from the Slocan Valley to the East Shore, gathered at Lakeside Park in Nelson and transformed into a free flowing river and towering mountain ranges. Benjamin Jordan's aerial photo of this event reminds us of our shared love for the land, the importance of passing the fundamentals of environmental stewardship on to our younger generations and the incredible power we hold when we bond together as community.

Originally concerned that the weather would be poor and that there wouldn't be enough people to fill the formation, Jordan recalls the sun breaking through the clouds just five minutes before launch and hearing a volunteer's voice over the radio, "Uh oh.. The lines are packed and people keep coming from everywhere!" All of his fear transformed into excitement. He skirted low over the mall and was astounded at the sight; no less than 500 people packed so tightly onto the lines some rows had become three bodies wide! Though this was clearly the largest formation he'd ever done Jordan could feel a different type of energy rising up off the soccer field. It dawned on him that this was the first time he had done this outside of the school or summer camp context and that all of these people had independently been inspired, ultimately making the choice to be there! This unprecedented level of enthusiasm can clearly be seen in the big smiles, raised arms and precise body alignment in this stunning community portrait.

One hundred per cent of the proceeds from the sale of this photograph will be used to send children from low-income West Kootenay homes to Tipi Camp, a remote access youth camp on the east shore which focuses on wilderness immersion for self esteem. (www.tipicamp.bc.ca)

Prints are available in two sizes and priced quite affordably. Find yours at Otter Books and Sacred Journey in Nelson and the Crawford Bay Store on the East Shore.

## Kootenay Lake Chamber Of Commerce Minding Your Business

by Gina Medhurst, KLCC Secretary

The Chamber has decided to go ahead with printing the NEW BROCHURE, 5,000 will be printed which will be enough to last us a year. You will notice that the older brochures will be still around with the TAG sticker on the front; these will be put into circulation until the new one is printed. So for those of you who have been waiting to pay your memberships due to the confusion and you want to be part of the new and improved brochure mail your membership forms in, or drop them off at Barefoot Handweaving, Attn: Janet Wallace.

**WEBCAM:** Here is an interesting number, the Osprey had 628,000 people ride her last year, and we will be able to view how busy the ferries are soon! The Kootenay Bay ferry landing web-cam will be live and online within the next week. This is perfect timing to be able to find out how busy the ferry is when

the Osprey is out for servicing, which this year will be May 2 – 12. Local web sites (watch for notices) will have the web-cam shots available as soon as it is up. The photos will be taken in 1 – 5 minute increments. We would like to thank ESIS for the work and the EDC for the funding of this project!

**INDUSTRY NIGHT:** Thank you to Pam & Gerry Newcomen and NewKeys Pub for hosting our first business after hours social, with yummy platters of snacks. There were great conversations and questions asked. This was the first one, and it showed quickly that there are business questions that we all have and they can get answered by fellow business people here in community. Another one will happen this month, so keep your eyes open for posters. If you have any business questions, want to talk about a new idea or anything related to business you will want to be there!

If you would like to contact the Chamber of Commerce please contact: Jamie Cox, President, by phone (250)505-8286 or email @ jcox@theeastshore.net or Gina Medhurst, by phone (250)227-9466 or email @ kootenayforge@theeastshore.net

**NEXT MEETING:** The next Chamber meeting is at the school Meeting Room on May 17 at 7:00 pm.



- May 15 Tipi Camp Volunteer and Staff Sign Up**  
Interested in contributing to the ongoing growth and development of the Tipi Camp? Please join us at the Gray Creek Hall from 10:30am to 1pm. Bring potluck finger food for cracking.
- May 20 - 31 Camp Set Up**  
Every year dedicated volunteers come out to lay the foundations for another season at Tipi Camp.
- June 21 - 23 Crawford Bay School**  
For the 17th year local children come to celebrate the year's end.
- June 26 Open Tipis, Social Potluck and AGM**  
Everyone is invited for a day of play, celebration and potluck lunch. Please join us!
- July 4 - 7 Priestesses of the Lake, We call You!**  
Melody Greger invites young women age 14+ to explore tools for positive change, leadership and empowerment through a shared wilderness experience of togetherness, dialogue and play.
- July 9 - 15 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 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 24 - 27 SelfDesign High PeaceCamp**  
Participants are provided with activity based experiential learning centered around the themes of peace. For children ages 9-13.
- July 29 - 31 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 cedar weaving and other nature crafts.
- August 4 - 9 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. - Note: this program is full, but you can get on the wait list.
- August 11 - 17 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.
- August 22 - 28 Karma Yoga Camp**  
Let go, relax, breathe, 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 29 - Sep 8 The YA! Program**  
A transformative experience for young adults, ages 17-21, this 11 day mountain adventure blends First Nation traditions and modern culture to focus on leadership skills and self development.

**100TH ANNUAL Kootenay Lake FALL FAIR**  
Saturday September 10, 2011  
10 am - 5 pm

Take in of entries will be on Thurs Sept 8, with judging on Sept 9.

Look for booklets coming out soon and start planning your entries now. Lots of entertainment is being organized so mark your calendar and come out to celebrate this historic event.

**Need help with your business? Have a business idea to explore?**

Community Futures is your small business expert.

We offer business loans, business management workshops, business library & more. Unemployed? Ask about the self-employment program.

Call Erika at 250-254-1967 to book a free appointment in Crawford Bay...  
www.futures.bc.ca

Community Futures *and more*  
Growing communities one idea at a time.



for additional information or to register please visit [www.tipicamp.ca](http://www.tipicamp.ca) or contact us at [tipicamp@theeastshore.net](mailto:tipicamp@theeastshore.net) or 250-505-3173



## Thought For Food

by Farley Curzons

There is a serious problem with today's dairying methods in that high-protein soybean meal is being fed to milk cows. This stimulates them to produce large quantities of milk but contributes to a high rate of mastitis

and other problems that lead to sterility, liver problems and shorter lives. Little research has been done to determine how these soy feeds affect the quality of protein in cow's milk. Could it be possible that the current high rate of milk protein allergies is due to this use of inappropriate feed in our dairy herds? The proper food for cows is green plants, especially the rapidly growing green grasses in the early spring and fall. Milk from properly fed cows will contain a rich supply of vitamins, minerals and special enzyme activators that assist in their absorption; unfortunately under the current system farmers have little incentive to pasture feed their herds or to follow other practices that result in high quality milk.

Several years ago the FDA approved a genetically engineered growth hormone for cows. These hormones are identical to those produced by the pituitary gland in today's high production cows. This action simply adds to the high level of bovine growth hormones that have been present in our milk for decades. Excessive pituitary hormones are associated with tumor formation, and some studies link milk consumption with cancer. **The freak pituitary cow is prone to many diseases.** She almost always secretes pus into her milk and needs frequent doses of antibiotics.

Another factor contributing to the degradation of today's milk is pasteurization. We are taught that Pasteurization is beneficial, a method of protecting our selves against infectious disease, but closer examination reveals that its merits have been highly exaggerated. The modern milking machine and stainless steel tank, along with efficient packaging and distribution, make pasteurization totally unnecessary for the purpose of sanitation. And pasteurization is no guarantee of cleanliness. All outbreaks of salmonella from contaminated milk in recent decades (and there have been many) have occurred in pasteurized milk. Raw milk contains lactic-acid-producing bacteria that protects against pathogens. Pasteurization destroys these helpful organisms, leaving the finished product devoid of any protective mechanism should undesirable bacteria inadvertently contaminate the supply. Raw milk in time turns pleasantly sour, while pasteurized milk, lacking beneficial bacteria, will putrefy.

But that's not all pasteurization does to milk. Heat alters milk's amino acids lysine and tyrosine, making the whole complex of proteins less available. Vitamin C loss in pasteurization usually exceeds 50% and the loss of other water-soluble vitamins can run as high as 80%. Vitamin B12, which is needed for healthy blood and a properly functioning nervous system, is totally destroyed. Pasteurization reduces the availability of milk's mineral components, such as calcium, magnesium, phosphorus, potassium, sodium and sulphur, as well as many trace minerals. There is some evidence that pasteurization alters lactose, making it more readily absorbable. This, and the fact that pasteurized milk puts an unnecessary strain on the pancreas to produce digestive enzymes, may explain why milk consumption in modern societies has been linked with diabetes.

Last but not least, pasteurization destroys all the enzymes in milk. In fact the test for successful pasteurization is absence of enzymes. These enzymes help the body assimilate all of milk's available amino acids, minerals and vitamins, including calcium. After pasteurization, chemicals may be added to suppress

odors and restore taste. Synthetic vitamin D2 or D3 is added (the former is toxic and has been linked to heart disease while the latter is difficult to absorb). The final indignity is homogenization. This is a process by which the fat particles of cream are strained through tiny pores under great pressure. The resulting fat particles are so small that they stay in suspension rather than rise to the top of the milk. This makes the fat and the cholesterol more susceptible to rancidity and oxidation, and some research indicates that homogenized fats may also contribute to heart disease.

If we as a community want access to safe, unaltered milk and milk products then we need to come to terms with the fact that commercial dairy producers are willing to do most anything to keep their business afloat in difficult economic times, even alter this wonderful whole food to this nutritionally barren by-product of toxic cows. We would be wise to source out local options for milk and all our animal protein and take more responsibility for the foods we are feeding our children. Our nutritional vitality is being hijacked by sales and marketing teams who are able to convince the public, the farmers and our elected officials that we need their latest additive or processing machine to make food better than ever. It's making us sick. We must return to the traditional agricultural practices of our ancestors who were thriving until about 80 years ago. That's when the processed food revolution swept through the developed world. The joke is on us, and the food processing giants as well as the medical/pharmaceutical community are laughing all the way to the bank.

For many people, the presence of food allergies and the necessity to restrict food choices present an unwelcome barrier to the joy of eating. Food allergies afflict a large portion of our population and can cause such diverse complaints such as sneezing, itching arthritis, nervous disorders, concentration problems, insomnia, headaches and chronic fatigue. More recently, diseases like cancer, diabetes, multiple sclerosis and schizophrenia have been linked to food allergies. Often allergy sufferers find that they are allergic to the very foods that they like the most.

Allergy tests have revealed sensitivities to every food commonly eaten, but **most prevalent are allergies to milk products and grains.** These are precisely the two foods added to our diet when we changed from hunter-gatherer life style to one of cultivation and domestication. The proteins of grain and milk, namely gluten and casein, are two of the hardest proteins for humans to digest. This is one reason why traditional cultures usually soak or sprout grains and culture their dairy products before eating them. Problems with milk also stem from the bodies inability to produce the enzyme lactase, required to break down lactose or milk sugar. The process of fermenting or culturing milk products breaks down a portion of the lactose; even so, large numbers cannot tolerate milk products in any form. Some people are sensitive to the high levels of the amino acid tyramine found in cheddar type cheeses.

Along with allergies, our genetic inheritance, constitutional type, age, race, occupation, climate and overall state of health all have a bearing on what we should eat. Elderly people and invalids, whose digestive mechanisms have been compromised or are in decline, should pay special attention to getting a good supply of enzymes in their diet and should favor foods that have been pureed, prepared with meat broths or predigested, like soaked gruels and porridges. Growing children and pregnant women need plenty of fat soluble vitamins which can be found in butter, cream, fish and fish eggs, eggs, organ meats. Those living

in cold climates also need more foods rich in Vitamin A. Those who do hard physical labor may need a steady supply of animal products in the diet while those who lead a contemplative life often find over consumption of animal products (especially red meat) a hindrance. People who suffer from an under active thyroid condition often do best on a diet in which fats, especially unsaturated fats are restricted, while others, notably hypoglycemics and individuals prone to seizures, benefit from a diet that is comparatively high in fats.

The wisdom of the ancients teaches us that there are appropriate times for both feasting on rich foods and fasting on the simplest fare. In these times of global shipping and supermarket convenience it's amazing that we can enjoy tropical fruit and fresh vegetables

**OPENING**  
for another great growing season!  
**FRIDAY APRIL 22!**

Come see us for a wide selection of...

- Vegetable, herb and flower bedding out plants
- Gaia Green organic fertilizer
- Early Rise organic soil

Open daily 10:00am to 6:00pm  
4813 Lower Wyndel Rd • Phone: 250-866-5582  
[www.gardenhoefarms.com](http://www.gardenhoefarms.com)

**kis** Kootenay Insurance Services Ltd.

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

**Traveling This Year?**

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

**Our Hours:**  
Tuesday - Friday 9 am - 5 pm (closed 1 - 2 pm)  
Saturday 8:30 - 12:30



**CRAWFORD BAY TRANSFER STATION  
OPERATING HOURS  
Effective May 1 to October 31, 2011**

**9:00 am to 3:00 pm Sunday, Tuesday & 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

# Kootenay Coop Radio Pushes Through to the East Shore!

press release by CJLY

Kootenay Coop Radio gears up for its Spring Membership Drive by increasing its presence in out-lying communities. CJLY will be once again on the street in your community during the week of May 14 – 21, looking to strengthen its membership base and collect funds imperative to keep the station operational. The goal for the drive is \$18,000 but the station is looking for members to donate year round with a monthly subscription to the station starting at \$4 a month and increasing up to \$20 a month. This campaign is called the Forget Me Not Spring Drive. Extra special limited number incentives such as KCR bags, t shirts and hoodies are set up for members who step up and donate \$10 - \$20 a month.

**Booths will be set up on the East Shore at:**

**Mojo's:**

- Sat May 14th - 10 am - 2pm
- Friday May 20th - 9 am – 1pm

**Crawford Bay Credit Union:**

- Tuesday May 17th - 10 am - 2pm
- Friday May 20th 10 am – 2 pm

**Riondel Market:**

- Saturday May 21st – noon – 4pm

Please help support Kootenay Coop Radio your community radio station during our Forget Me Not Spring Drive. Stop by one of our booths and say hi, call us at the station 250 352 9600, visit us online at kootenaycoopradio.com or send us a letter at 308A Hall Street, Nelson BC V1L 1Y8

# Way To Go, Boswell! A Massive Earth Day Effort

by Jan Brooks

Boswellians rose to the call for Earth Day Cleanup, 2011 as there were more volunteers than required to clean the stretch of Highway 3A from Kuskonook Boat Ramp to Burden's Cut. Teams of two, plus some extras cleaned the 32 kilometre stretch on Wednesday, April 20 and enjoyed a barbeque at the Boswell Memorial Hall afterwards. Wednesday was chosen for two reasons. First of all, Earth Day this year is the same day as Good Friday and secondly, the Transfer Station is open in Boswell on Wednesday rather than on Friday.

The organizers were overwhelmed with this year's response and believe that the turnout was due in part to the sense of community that was evidenced earlier in the year when many members united to work on the Flooring Project and Hall refurbishing. Earth Day has become a yearly opportunity to not only clean up 3A, but to enjoy good fellowship at the barbeque afterwards. Perhaps the promise of Earth Day cake convinced some that this would be a worthwhile venture, or perhaps it was the prize offered for the most unusual item of garbage discovered during the day.

There are many reasons to become involved in your local community and as one becomes involved, friendships are cemented as work is accomplished together.

# TOM SEZ

by Tom Lymbery

The Lung Association funds most of the wood-stove changeout that gets you \$350 if you change that old smoky burning stove for a new one that meets the emission standards and burns that smoke instead of sending it into the atmosphere.

**Aklavik, NWT has a motto** "Never Say Die". For Kootenay Lake Chamber of Commerce – how about "East Shore – Best Shore"?

**Have you been frustrated** when gassing our vehicle in the US, when the machine asks for your zip code when you insert your credit card? Take the numerals from you Canadian postal code and add two zeros. Examples – Gray Creek V0B 1S0 = 01000, Riondel V0B2B0 = 02000.

**When it's minus 40**, Air Canada suspends service to Whitehorse and Yellowknife, as that temperature doors and other plane systems don't work. However Air North and Calm Air have spent the dollars needed to allow their 737s to operate in that cold, so continue flying.

**If you came from Saskatchewan** you can get info and a video on your home town on [www.stsk.ca](http://www.stsk.ca)

**Flossing your teeth regularly** can add five years to your life.

**Superior Propane has a PINK** bulk propane truck to support Breast Cancer, that is intended to rotate around the province, but we haven't seen it in Gray Creek as yet.

**Please remember to take your coffee mug** with you. Save 25 cents and keep those nasty disposable cups from blowing on the roadside.

**Where has the Western Pacific Marine** office moved to from its Balfour location, or do they no longer have an office in the district?

**Gerrard Rainbow trout spawning.** This is an event not to be missed and you need to travel up Highway 31 north of Kaslo in early May to the bridge crossing at the south end of Trout Lake. Stupendous sized fish jumping right out of the water, as the males jockey for supremacy, and both males and females return to Kootenay Lake to spawn again another year.

**Eat a BC apple** a day and keep the doctor away.

**Since they are going to repave** Highway 3A in Boswell this year, can we get the Oliver Road/Anderson Road loop over the upper bridge in Gray Creek paved? We have been short shipped on paving in Gray Creek.

**That extra black phone line** being installed down the lake is Shaw Cable's fiber optic project. See December 2010 Mainstreet for the story of it being laid across the lake by the MV Balfour.

**WEBCAM AT THE FERRY LANDINGS!** Look on line at various local sites yet to be announced to see how the ferry lineups are.

**Where else can but Kootenay Lake** can you see apple and cherry trees blooming by the roads, grown from pits and seeds thrown away?

*The East Shore Mainstreet*  
*Creativity. Community. Conscience*

# Local Girl Takes Gold Medal with Goalball Team

by Jessica Rideout



Goalball is a sport that visually impaired people play at levels as high as the Paralympics. It is played three on three with all members of the team that are on the court wearing eyeshades. The eyeshades are to ensure all players are at the same visual ability. The ball is slightly bigger than a basketball but much harder and has a bell inside. To score a goal you must roll the ball and try to get it past the players on the opposing team into a net that is the width of a volleyball court. To block a ball you must dive on your sides to cover as much court as possible. One game is split into two 12 minute halves.

Although I have been playing Goalball for 1 1/2 years at Hume Elementary School in Nelson coached by Ken Spencer, the year of 2011 was my first year participating in the Junior National Goalball Tournament. The B.C. Junior Girls team consists of players from Penticton, Nelson, Kootenay Bay, Surrey, and one from Montreal, Quebec. There were three other teams competing; Alberta, Ontario, and New Brunswick.

I travelled to Brantford, Ontario chaperoned by Sofeya Devji, my vision teacher. We flew into Toronto on Thursday and took a shuttle bus into Brantford. We spent all day Friday and Saturday playing Goalball. We played six games total with four wins and two ties.

On Sunday we defeated New Brunswick in the semi-finals. In the finals we played against Alberta. At halftime there was no score. Then, in the second half, B.C. scored the only goal of the game.

**WE WON GOLD!**



B.C. Waste Management Facilities  
**VICTORIA DAY**  
HOURS OF OPERATION

**All Waste Facilities will be CLOSED on Monday May 24, 2011**

For more information or to schedule  
Recycling Council of BC Helpline at 1 800 987 4321  
or the B.C. K at 1-800-668-7326

the east shore bistro

250.227.9598

BLACK · SALT · CAFÉ

## Growing Older, Living Fully

by Wai Yin Fung

"Old age is not for the faint-hearted," my friend of over forty years said when we spoke with each other in Kelowna.

My husband, Johannes and I had gone down there last weekend in search of a stressless armchair for him. It was an expensive proposition but it might be worth the money if it delivers its promise of providing the sitter with support and comfort because it takes into account the weight, height and shape of the person buying one of its many variations of the design.

This undertaking made me once more aware of the changes in priorities that aging brings to the equation. How one sits and where one sits becomes a matter of careful consideration, for as we get older, we spend more of our waking hours sitting than we have ever done before.

Growing older requires a continuous reassessment of the changes we need to make in order to continue living fully. I find myself asking what it is I need to keep constant and what adjustments I need to make to live an active and full life. I have noticed as I age, my habits get more ingrained. I am more assured, can stand my ground with more confidence and am more ready to express my opinion. I am pleased that I now live in the world more on my own terms. I declare often with a big smile to others that "What you see is what you get!"

But there is a catch to this predilection to having things go my way. I need to be aware that I can be too opinionated and become too stuck in my habits. I agree with Anais Nin when she wrote that "one has to learn to discard", "to change skins, evolve into new cycles." I need to continue to learn, to let go of what no

longer serves my well-being. I am learning to become more discriminating about how I use my day, when to rest and when to be active. I pick and choose my causes and when and how I can get involved. And more importantly, not to take myself too seriously.

Laugh and the world laughs with me. I have found humour and laughter to be the best medicine. I try to remember not to despair when the news continuously reports catastrophic events, natural and man-made. I try not to be too cynical about politics and politicians. If I believe that war and peace begin with me, then I need to practice my beliefs. I try and often I fail in my aspirations but hey, one less harsh word from me to Johannes is better than one more. When I look at the openness and delight I see in the young children I meet, I am once again hopeful that all will be well.

I remember once again that the world is full of wondrous miracles.



### Second Hand Store

- Tools
- Household Items
- Antiques & Collectibles
- Appliances
- Toys
- New clothes, jackets, t-shirts (for kids & adults)

**Location:**  
Downtown Crawford Bay,  
previously Crawford Bay Video  
**Hours: noon-3pm, Thurs-Sat**  
**250-551-2820**

### Medicine Wheel with Duncan Grady

- Saturday May 7, 2011
- Gray Creek Hall
- 1:00 pm - 4:30 pm
- Tuition \$40

**Inquires/registration: 250-227 9015.**

## The Medicine Wheel: A Path to Wholeness

submitted by Christina de Pape

On Saturday May 7, Blackfoot elder Duncan Grady will be coming to the Gray Creek Hall from 1:00 pm - 4:30 pm to offer us Medicine Wheel Teachings of the Siksika/Sauk tradition. Tuition \$40. Inquires and registration @ 250-227 9015.

During these windy times of transition in our community and on the planet, these teachings offer us profound ways to a deepen our sense of connection with self, others and our environment in a sacred, light hearted and wholesome way.

The teachings will explore the use of the Medicine Wheel for health, balance, healing and wholeness. The teaching and practices Duncan will share come from his elders and follow traditions of the Siksika/Sauk. Additionally, stories of the medicine wheel will be told.

Duncan Grady, PhD, has studied and experienced Native ceremony for many years. He has a doctorate degree in Divinity specific to Creation Spirituality. He was raised in the Siksika/Sauk Blackfoot tradition. He uses various ceremonies/rituals taught by his people to bring concepts into direct experience. He has taught spiritual practices at UCS/Naropa University and has taught throughout North America and Europe.

He currently teaches at a college in British Columbia, Canada and works as a psychotherapist and hospice trainer using western and non-western approaches to health, well-being and dying.

*The East Shore Mainstreet  
Creativity, Community, Conscience*

### COME VISIT US!



The working studios along Artisan Way, in downtown Crawford Bay, offer a wonderfully diverse collection of craftspeople.

Park at any one of our studios and take the walking tour. Take home a piece of the Kootenays, stop for lunch and visit all the other shops along Artisan Way.

Enjoy your day here!

**CRAWFORD BAY - ARTISTIC BY NATURE!**

[www.artisansofcrawfordbay.com](http://www.artisansofcrawfordbay.com)

- Barefoot Handweaving 227.9655
- North Woven Broom 227.9245
- FireWorks Copper & Glass 227.9467
- Breathless Glass 227.9598
- Deer Ridge Pottery and Quilt Studio 227.9077

- Dog Patch Pottery 227.6886
- Kootenay Forge 227.9467
- La Gala Jewelry 227.6828
- The Purple Door 227.6995

**Did You Know:** The word "forensic" comes from the Latin "forensis," which means "before the forum." In Roman times, a criminal charge was presented in front of a public group in the forum. The accused and the victim would give testimony, and the one who had the best argument would win.

*"It's a pain I can live without."*

**NewKey's Place**  
250.227.6911

Home of the Jagerbamb!

### HATHA YOGA



...where the science of life meets the poetry of being.

5 Tuesdays  
5pm - 6:45pm  
May 3, 10, 17, 24, 31  
\$10 - \$15 sliding scale  
Crawford Bay School  
All levels welcome.  
Registration or info,  
contact Christina at:  
250-227-9015.



## From the Principal's Desk . . .

by Dan Rude, Principal CBESS

*"Projects that connect young people productively with other youth and adults are now seen to be the foundations upon which healthy communities can be built."*

J. Kretzmann & J. McKnight

Our official school goals this year are "to engage our students in their learning" and "to engage our community in our school." You may have noticed the emphasis we have been placing on creating structures and developing learning experiences that get our students involved in community learning projects within (and beyond) our community. I have always valued these types of 'outside the classroom' learning experiences for their potential in connecting students to authentic learning, introducing young people to adults who may pass on some of their passions, understanding local and worldly issues, and challenging each of us to experience the world more clearly and fully. More and more, however, I am coming to appreciate the importance of these learning experiences in developing healthy communities. While our students are involved with mentors, guides, teachers, parents, and other volunteers and experts, they are developing a sense of care (who cares for them and what is worth caring for) that, although perhaps hidden for now, may influence them more than the specifics of what they are learning.

With this in mind, please know that I see one of my roles as that of a 'connector' - continually looking for opportunities to connect our students to great learning - and to connect our community members to each other. I am encouraged by all of the initiatives being undertaken by caring and concerned people on the East Shore in the name of developing a healthy community.

Watch for the development of our Secondary 'May Project Week,' in which our regular timetable is put on hold for a week while students are involved in immersive learning projects. This time around we will have a group going to the Summerland Shakespeare Festival, led by Mrs. O'Neill and Mr. Panio; as well as an 'Outdoor Building Projects' crew that will be constructing a greenhouse on school grounds, along with various other projects. This will be led by Mr. Dunic, Mr. Keraiff, and a local greenhouse building expert, with special thanks to Dana Gallinger for her contributions in researching and organizing, and to Shandi Miller and Mrs. O'Neill for their work on grant-writing. We have also recently connected with the Starbelly Jam crew to discuss the possibility of some students being involved in a project to create decorations for the festival grounds and large puppets for the parade.

## Mentorship Update

by Crawford Bay School

What happens when 13 enthusiastic adult community members and 29 energetic students get together? Magic! The first mentorship session ran for five weeks through March and April of 2011, with activities ranging from the artistic through the athletic to the technical.

Cameron and Irie Belcourt-Marcheterre were being encouraged by Jacqueline to 'step outside of their teenage boxes' and risk new styles of artistic expression.

Rainbow Gardner and Jasper Tarala learned to slab and coil build and to use a potter's wheel with Johannes van der Krabben and Doreen Zaiss.



Katya Elris was totally enthralled with the felting that Ali was teaching her, while Sonni Green's workshop was busy creating stain glass masterpieces with Quinn Hielema-Masse, Jazz Brunton and Chris Bonnell.

You may have spotted Dayna Bodor learning glass blowing from Chantal Elias-Legault and Tim Elias, or perhaps Hazel Bernhardt learning from Simone Stanley in the preschool.



Theresa Lee had her crew videotaping their exploits up at Whitewater. We expect to see Gaelin Armstrong, Sunny Gardner, Felix Wedge-Darchen and Drew Rideout on the big screen soon.

Glen Kinder began with a few curling days and then moved Quinton Wastrowski, Ries Fowler, Phynn Page-Deal and Brodie Brasseur to Gerald Panio's to learn the fine points of pool.

Jayhzee Slocum was training as a cook with Farley Cursons, while Sky Gardner was receiving hands-on training in pruning from Mike Jeffery.

Will Chapman was teaching Gabby Brasseur, Meaghan Rancier, Jessica Rideout, Mikaila McKnight and Theo Artzoglou to get more out of their cameras, including writing in the dark.

Gef Tremblay was teaching Brian and Chris Artzoglou to computer program and develop websites while Seth was learning to weld from his dad.

The second session of mentorships runs from May 18 through June 15.

We're planning to hold a community showcase to share this incredible and innovative program with everyone in early June.



 **RDCK  
Recreation  
Commission No. 9**

**Call for Grant  
Applications**

Please submit your Recreation grant-in-aid application to the Rec 9 commission by Friday May 20, 2011. Applications can be downloaded from the RDCK website or picked up at the Nelson & District Credit Union East Shore branch. The Rec 9 meeting to review all applications is scheduled for June 8 at 7:30 at the Crawford Bay Community Corner. Call Joan at 250.227.8085 if there are any questions.

**CBESS Hot Lunch Program Presents**

**Gala Dinner Fundraiser**

Our hot lunch staff and volunteers are hosting an exclusive, full service, 7 course dinner & will feature one of B.C.'s Premier Jazz Ensembles. Dress is formal and tickets are limited!

**The Gray Creek Hall**  
**Saturday May 28 6pm**

**Information and Tickets:**  
**250 227 6833 or 250 227 9175**

See large ad in this issue for full menu and more info.

**NO RIBBONS**



## Thoughts from a Disturbed Mind

by Harvey Valgardson

Well, the East Shore is definitely turning me green. I'll admit that, before moving here, I was never very concerned about my impact on the environment. I suppose that living in the city had something to do with my complacency towards the issue. It's easier to ignore Mother Nature when your days are spent in a setting where she has been more or less eradicated.

Conversely, it's impossible to ignore here when she's in your face every day. It would take a cold heart to remain unmoved by the beauty of this corner of paradise or not feel compelled to preserve it. Oh, I'm not fanatical about it, yet, and I don't expect to change the world but I am making a few adjustments. One of them is the removal of chemicals from my shopping list.

Between our garden, the fruit trees and a couple of pigs, a large part of our yearly grocery shopping is done within two or three hundred yards of our doorstep. It pleases me to know that what I'm eating has been raised in a healthy manner. If you don't mind working a little harder, organic farming is quite doable.

There is one hurdle however, that I've been unable to surmount. Every year our cherry trees yield a crop of plump red fruit. Just about the time I deem them ripe enough to eat, every worm on the East Shore reaches the same conclusion. We've tried a couple of wacky ideas on them but nothing seems to work.

Enter the birds. We feed them. I know some people disapprove of the practice but, being a man of prodigious appetites, I can't turn a deaf ear to their hungry cries. For a few years the feeder has hung on one of the cherry trees and a smattering of avian diners has visited it. Last fall I was leafing through a book called *Bird Watching for Dummies*. It's an entertaining read, and the author includes a recipe for something he calls basic bird meal mix. I call it crack for birds.

I mixed some up and stuffed it into one of the unusual clay suet tubes my wife makes and hung it near the feeder. The response was, to say the least, overwhelming. Birds would come in, hop all around the presentation, and after eyeing it from every angle, take a cautious peck. Boom, instant addiction.

Within a week we had a couple of hundred birds in those two trees and they still haven't left. Every morning they send the flickers down to beat on the side of our house until I come out with their daily dose. I stuff the tube and then, in order to avoid a riot, I smear the mixture onto various branches.

I never look them in the eyes. I can't bear to meet the dim, glazed reflection of the lives I'm destroying. I know I should stop and force them to resume a normal existence but instead I harden my heart and continue feeding their habits. You see, I've noticed something.

The days are getting warmer and the insects are coming out. Any bug that ventures within fifty feet of those two trees has a life expectancy of less than ten seconds. However morally wrong it may be, I think I've stumbled upon a solution to my problem.

Out of curiosity I kept the receipts for the winter's feeding. I just added them up and they come in at a touch under five hundred bucks. Now you might think that's a lot of money to spend on birds, but consider this. In another two or three months I'm going to be eating organic, worm free cherries for a mere fifty dollars a pound. It's kind of hard to tell who's stoned.

Me or the birds.

Well, anyway, I'm going to pass along the recipe for anyone else who wishes to go green and has more bucks than brains. It's used without permission but I don't care. Sue me. So what, the blasted birds already took all my money. At least, that's what I've been thinking.

### CRACK FOR BIRDS

- 1 cup peanut butter (crunchy is best)
- 1 cup vegetable shortening, melted beef suet or bacon drippings
- 4 cups cornmeal (yellow meal is best)
- 1 cup white flour

## PROPANE SAFETY

by Tom Lymbery

Barbecue season is here and you need to be reassured of how safe propane is, as long as you follow a few basic rules. We are only allowed to fill cylinders to 80% - to allow for the vapour, which is what you are burning. Tanks must be kept upright at all times because if the tank becomes warm the relief valve will open and release a small amount of vapour. If the tank is tipped over then the result will not be easily dissipated vapour, but liquid - which has an expansion factor of 270 % - enough to blow up a vehicle. This is almost undoubtedly what happened on the Osprey ferry explosion two years ago - the cylinders were loaded in a hurry and were not standing upright.

The reason propane tanks must have their valves changed every 10 years is again because of the importance of the relief valve that is part of every shut off, and this spring-loaded device deteriorates with time. These shut off valves have a safety system built in - please open that valve very slowly, or it will automatically shut off and you may think your tank is empty.

Propane has a nasty smell added to it to alert you if you have a leak. If you smell this stale cabbage or rotten egg smell, shut your system off and check with a soapy water mixture to look for bubbles. A leak very often only needs tightening firmly.

Propane is actually safer than gasoline, because the vapour dissipates so fast, where gas can take a long time to evaporate.

## BEAR AWARE

by Tom Lymbery

The bears are out. Long time Pilot Bay resident and lighthouse keeper, Jean Montreuil's claim that if you tap a bear on the nose, you can kill it, or certainly deter it, proves to be true.

An article in Yellowknife's *Up Here* magazine reports a man saving himself from a polar bear by punching it in the nose. "The bear's head was huge," says Wes Werbowy, an Arctic outfitter who now lives in Ontario. Using the advice of an Inuk elder - he hit it "with a loud smack, like hitting wet meat" and the bear fled.

Stephen Hererro, North America's premier bear attack expert confirms. The Calgary biologist studied hundreds of human-bruin encounters and says the Inuk elder was right. "It's not just hearsay: Always fight back in a bear attack. And the opinion has always been that their nose and eyes are sensitive. The nose is their primary sense organ. If I were in that circumstance, I'd try it."

The *Up Here* article continues "So it's concluded: if a polar bear comes at you, pop it in the schnoz." And if that doesn't work? Ken Knowles, an Arctic ornithologist with Nunavik-based Cruise North, has this advice, "Put your hands over your head. Put your head between your legs. And kiss your ass goodbye."

Thought For the Month: Love is fragile and we're not always the best caregivers...

"Here comes the sun."

**New Key's Place**  
250.227.6911

Home of the new Cabaneri with Totobli dip!

## Bob's Bar & Grill

**May 5: Cinco De Mayo Celebrations w/ The Many Bays Big Band**

**May 8: Mother's Day Dinner & Entertainment**

**May 20-23: Victoria Long Weekend Festivities**



**Daily Food & Drink Specials  
NOW OPEN 7 DAYS A WEEK  
11am-11pm**

See our weekly entertainment schedule at  
[www.bluebell.ca](http://www.bluebell.ca) TV local ch231 or Facebook



*Sit Long, Talk Much, Laugh Often, Eat Well*

## W.H. EXCAVATING

### SERVICES INCLUDE:

- Excavator
- Bobcat
- Dump Truck
- 6", 9", 15" Auger Bits
- Rotted Manure
- Topsoil
- Land Clearing
- Rock Hammer
- Road Building
- Site Preparation
- Logging/Subdivisions
- Basements/Demolition



402-9528 **Will**  
428-5240 **Erik**  
428-5287 **Fax**

*The East Shore Mainstreet  
Creativity, Community, Conscience*



pebbles  
by Wendy Scott  
Anticipation

*April is the cruellest month, breeding  
Lilacs out of the dead land, mixing  
Memory and desire, stirring  
Dull roots with spring rain.*

It's not exactly Eliot's Wasteland, but it's chilly – much too chilly for April, the month that should be full of birdsong and deliveries from the lumber supplies at ground level. The straw, sticks and twigs are laid out on display; moss is green and ready, there's abundant fluff from the dryer, but not even the chickadees have bothered investigating the swallow's birdhouse. By this time last year they were perfecting their brand of home invasion, but as soon as they began their construction project in swallow territory, they were kicked out by the Regulars.

The swallow families might squabble for a week or so until they decide who gets the ideal location on the back wall, but there's never been an option for sub-letting to chickadees. No sir. Let those renegade black-capped fellows take the ornamental rig on the fence post. This year? The birdhouses remain empty. Finches and little sparrows, like teenaged girls in a schoolyard, crack sunflower seeds and toss husks into piles on the ground; chickadees do their grab and fly – one seed at a time, and jays land spinning on the remains of winter's seed bell. The swallows are nowhere in sight.

April may not be the cruellest month, but as T.S. Eliot said: Winter kept us warm, covering Earth in forgetful snow. I don't entirely agree with the warm bit, but I know about the nice neat covering. It's gone now, and the remainders can no longer be ignored. It's rakes, trowels, and fingers, and what makes it a tricky problem is the reluctance of winter to let go. Crocus, snowdrops, tulip and day lily foliage – it is all strug-

gling through the mess that I haven't cleared yet. The myrtle brings a smile though. It's far enough above the ground to ignore the mess at its feet – happy with deep pink blossoms that towards fall, will be a feast of dusky indigo berries for traveling waxwings.

April is not always so; indeed this year our children and their respective partners escaped for a few springtime weeks – some to Europe, others to enjoy the wonderfully warm Mexican sunshine. We know that country well enough to be able to reconstruct a Mexican springtime and reminisce – by the fire, of course.

Springtime in Mexican orchards is an unexpected experience. Leaves fall – still green – from citrus trees, to reveal new springtime foliage already formed and unfolding. By mid-December, hillsides in the state of Jalisco are redolent with delicate yellow blossoms on the bare grey branches of the Mexican Palo Verde tree. By March, Mango trees drop their large green leaves to plop onto trailers and any vehicles parked in their shade. Farm trucks of every shape and size carry precarious loads of sugar cane and beside roads and highways veritable jungles of broom corn could swallow any person foolish enough to take two curious steps; there are no orderly rows of this stuff, just a mass of sharp, scratchy stalks. (Some of this Broom Corn will arrive in British Columbia at Crawford Bay's own Broom Factory.) In the mountains, vines with deep purple blossoms cling to Jacaranda trees. The gourd-like shapes hanging from their tangles will mature into loafahs, to sit like lazy sponges on someone's bathtub (unless you prefer the blue and white starchy net bows dangling on the end of braided nylon cords.)

In May and early June the Mexican rain unleashes the mad dance of colour that reminds me of alpine meadows on mountainsides above Kootenay Lake and many of BC's mountain meadows – even though they may not be as warm as Mexico.

But, here's another thought (with apologies to Mr. Eliot) for those who have sampled Mexico's warm winter and returned to a less than perfect Kootenay spring: In the mountains here you feel free, and go south in winter.

For the rest of us, we shall endure a few chilly springtime days and hope that the early blooms can do the same. We will look forward to Easter sunshine, and watch the thermometer rise – as we know it will. And we will trust the swallows to return – before the mosquitoes hatch.



Bible Talk

by Pastor Doug Middlebrook

As we have just finished celebrating Easter, the question that many ask is, "Why did Jesus have to die?" The day before His death He celebrated Passover with His

disciples and instituted for us what we call the Lord's Supper. It is here we get a bit of an answer.

**1Co 11:24-26 "...and when He had given thanks, He broke it and said, 'Take, eat. This is My body which is broken for you; do this in remembrance of Me.' In the same manner He also took the cup after supper, saying, 'This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me.' For as often as you eat this bread and drink this cup, you proclaim the Lord's death till He comes."**

The day that Christ was crucified was the darkest day the world has ever witnessed. On that day mankind revolted against the love of God, refused to accept Christ as God's Son, and killed him by nailing Him to a cross. The disciples later came to understand that in the death of Jesus, God had done His greatest work for man. It is at this time that questions can be asked, "Why would the sinless Son of God have to die?" To have the correct answer is to have the key to the Christian faith. To understand Christ's death is to discover the essence of Christianity. To understand His sacrificial death is to gain an understanding of God's love and mercy.

One reason Jesus Christ died on the cross was to reveal the evil nature of sin. Not only in our age, but in every age, people have been inclined to minimize and excuse sin. There are some who deny that there is any such thing as sin. There are others who joke about sin and treat it lightly. Others tolerate and coddle sin in their own hearts and lives. Jesus died on the cross because of our sin. Had humans not been sinners, it would not have been necessary for Him to die. It is the testimony of the Scripture that Christ died for our sins.

**1Co 15:3 "For I delivered to you first of all that which I also received: that Christ died for our sins according to the Scriptures."**

Our greatest sin is that we not only turned from God, but that we replaced Him with other false gods. His first commandment to us was that we should have no other gods before Him Ex.20:3.

The most important reason Jesus had to die was to redeem and save us (Mark 10:45). He was the perfect substitute. He died to ransom us from sin. He is the Good Shepherd who gave his life for his sheep. He assumed the burden of our sin and suffered in our place that we might obtain His perfect righteousness (1 Cor. 5:21). Jesus Christ died on the cross to enlist and inspire our service. Christ died for our sins, so that we should be inspired to die to sin and to devote our lives to a life of righteousness, both in relationship to God and towards our fellow humans. Next to our salvation, the privilege of service is a gift of God to mankind. Jesus came and served us, and counted it a blessing.

For me, the celebration of Easter is to remember the finished work of Jesus. This is the cornerstone or foundation rock of our faith. It is not only that Jesus died but that Jesus rose from the grave. He had to die to make the way for mankind to be born again, so we could be redeemed to God our Father.

*The East Shore Mainstreet  
Creativity, Community, Conscience*



**Boccalino**

www.boccalino.ca  
on highway 3A, just 100 meters above the  
ferry landing in Kootenay Bay

**We are open for dinner from 5-10 pm  
(Thursdays closed)**

**Fri, May 20: We serve a wine pairing  
menu featuring Skimmerhorn Winery from  
Creston. For more info: call 227-6906**

**Mother's Day Special (May 8):  
Seasonally inspired appetizer**

★

scallop and tiger prawn skewer  
with lime-tequila sauce served  
with ginger wild rice and broccoli

★

crêpe Suzette with  
homemade vanilla ice cream  
\$30 (includes HST)

*Come and try our wood-fired oven pizza  
on whole wheat dough and our seasonally  
inspired menu, homemade desserts and  
ice cream.*

*Gisela Conrad, Proprietress  
& the Boccalino Team*



**Massage Therapy**  
**Harrison Tanner, RMT**  
*Over 30 years clinical experience*



\* Knowledgeable \* Skilled \* Experienced

Tuesday - Rimoldi  
Wednesday - Rimoldi/Creston  
Thursday - Yacoubian Astrom  
Friday - Crawford Bay Medical Clinic

For appointments, call 227-6877/305-6166

**Sunnywoods Farm**  
**Your East Shore Garden Centre**  
*Great selection of garden seeds now in stock...*  
*Fresh produce market open!*

**Hours: 11-5 Daily**  
**15964 Hwy 3A, Crawford Bay**  
**250-227-9506**





**"Well Done Casual"**

Open for the season.

Come see our restaurant makeover!

Fresh new menus including some fine wine choices and local beers.  
Local residents welcome.

See ya soon!

Reservations:

**250.227.9393**

**Rockwood Cafe**

AUTHENTIC CHINESE CUISINE  
PIZZA, BURGERS & SANDWICHES  
DINE IN & TAKE OUT

Open 12 pm to 9 pm

Tuesday - Sunday

Closed Mondays

Offering Pad Thai

and other specialty Asian dishes!



HWY 3A  
GRAY CREEK, BC  
250.227.6840



[www.100milsamortgage.com](http://www.100milsamortgage.com)

Local money stays local with our 100 Mile Mortgage program.  
We take member's deposits and lend them to families and  
businesses in our communities, building profitability that we  
reinvest in community initiatives.  
Arrange a time to meet with a trusted mortgage specialist.  
**250.227.9321**

East Shore Community Branch  
NELSON & DISTRICT CREDIT UNION **>>> Logically. Locally.**  
Offer and rates subject to change without notice.

Your EDKa is long. Pack wisely.

Talk to Vivi, Mutual Fund  
Representative, on one of her regular  
visits to the East Shore and plan your  
Financial Future.



Call to book a chat: **250.387.9288**

**Allard Insurance**

AMERICAN LIFE Logically. Locally.

Allard Insurance is a subsidiary of Future-BC/Alberta Credit Union.



**Junction Creek Hub**

Lounge, Coffee Shop & DVD Rentals



11am - 12am. Every Day (Closed Thurs)  
(will stay open until 1 AM for live music or on  
regular nights if busy enough).

**\*New Addition: Big Screen TV!\***

Our kitchen is now open

OFFERING: nachos, quesadillas, lasagna, mini-burgers,  
baked onion rings, Caesar salad, spinach dip with tortilla  
chips and dill dip with veggies, as well as fresh baked  
goods and daily specials. Come in and check it out...

Watch for our road signs to see about  
upcoming live entertainment.

**250.227.9339**



**Boccalino**

[www.boccalino.ca](http://www.boccalino.ca)  
on highway 3A, just 100 meters above the  
ferry landing in Kootenay Bay

We are open for dinner from 5-10 pm  
(Thursdays closed)

Fri, May 20: We serve a wine pairing  
menu featuring Skimmerhorn Winery from  
Creston. For more info: call 227-6906

Mother's Day Special (May 8):  
Seasonally inspired appetizer

scallop and tiger prawn skewer  
with lime-tequila sauce served  
with ginger wild rice and broccoli

crêpe suzette with  
homemade vanilla ice cream  
\$30 (includes HST)

Come and try our wood-fired oven pizza  
on whole wheat dough and our seasonally  
inspired menu, homemade desserts and  
ice cream.

Gisela Conrad, Proprietress  
& the Boccalino Team



[www.sacredjourney.ca](http://www.sacredjourney.ca)

**Sacred Journey**

(250) 227-6865  
[www.sacredjourney.ca](http://www.sacredjourney.ca)  
14435 Hwy 3A Gray Creek

May/June Hrs: Thurs-Sun, 10:30-5

Open for the season May 21

Come celebrate!

Hors d'oeuvres, music and door prizes...

~ New spring collections ~  
Unique home, garden, clothing & gift items

Watch for our new spa schedule  
and treatment menu

celebrate being  
a woman

You love choices! With the latest shades,  
age-fighting skin care and great gift ideas,  
I can show you beautiful products suited  
just for you. Call me today to find more  
ways to look good and feel great!

BARBARA SIMPSON  
Independent Beauty Consultant  
250-227-9110  
[barb.simpson@theeastshore.net](mailto:barb.simpson@theeastshore.net)  
[www.marykay.ca/barbaras](http://www.marykay.ca/barbaras)

got the urge to shop?

Just visit my Mary Kay® personal website  
anytime. Find a great gift. Get a new  
lipstick. See the latest looks. It's quick.  
Easy. And it's available 24 hours a day,  
seven days a week. So check out my  
beautiful website at your convenience.

**MARY KAY®**



**Spring Hours:**  
**Mon-Sat: 9-6**  
**Sun: 10-5**

**RIONDEL MARKET**

Fresh baking daily, large selection of produce, groceries, liquor agency, fishing tackle, and video outlet.

TEL: 250.225.3214 FAX: 250.225.3226



**Wedgwood Manor**

invites you to celebrate with our **Mother's Day Brunch** on Sunday, May 8 11am - 3pm

Featuring local meat, produce, wine & artisanal chocolates!

**Afraid of Mice?**

I can help!



Will: 227-9600  
 graphic design: print, web, signage...



**Crawford Bay Store**

Phone: 227-9322  
 FAX: 227-9417

Mon-Sat 9 - 6  
 Sun 10 - 5

Grandpa Stocker's shed - a memory of the past, while Crawford Bay Store looks to the future!

•groceries •deli •natural foods  
 •Liquor agency •Fishing tackle •gas

**Hello Spring**  
**...from Your LOCAL Store**

Bottle Depot Open Sundays, 10 - 3  
 All deposit containers accepted at garage behind store.  
 At all other times a max of 24 clean bottles accepted inside the store.

**Construction/Contractors Corner**

**Turlock Electrical Contracting Ltd.**  
 Your Local Electricians  
 Commercial, Residential  
 Over 10 Years Local Experience

- New Construction
- Service Panel Upgrades
- Design Build
- Additions & Renovations
- Specialty Lighting
- Service Calls

(250) 227-9688 or cell (250) 551-4671  
 turlockelectric@shaw.ca

**HULLAND AND LARSEN**  
 experienced residential construction and custom finishwork

(250) 551-2915  
 (250) 225-3373



**B57 EXCAVATING**

covering the Best Shows & Custom work residential and commercial

- Excavations, water lines
- trenching, road construction
- septic field installation
- fully insured

(250) 225-9375  
 (250) 551-5201 cell  
 b57excavating@blackbell.ca

P.O. Box 117  
 494 Angus Road  
 Hazelton, B.C. V0B 2B0

**GRS CONTRACTING**

SINCE 1980

Glenn Strom  
 Aaron Strom

Box 101, Crawford Bay BC V0B 1E0  
 Phone/Fax 250-227-9679

- Excavating •Logging
- Road Building •Gravel
- Rock Hammer

grscontracting@gmail.com

**Cell: (250) 505-3075 or 505-3117**

**JUERGEN BAETZEL CONSTRUCTION**

15 years experience for all your construction project needs

- Great hourly rates & reliable, strong work ethic
- Covered by Worksafe BC
- Concrete, forming, setting, drywall, siding, flooring, sheet piling, site setting, concrete placement & wiring knowledge

Call 250-577-9240 or 250-551-7097.



**All Spec's of Gravel and Drain Rock**

**Discounts for entire job.**



**BIG FISH FOR A YOUNG MAN**

Arlo and his dad James Linn went out with Tim Faiers on April 10, 2011. Arlo reeled in the 11 lb. Rainbow and when they cleaned it at home they found twelve Kokanee in its belly. It fed the family for a week! Way to go, Arlo! The family extends their thanks to Tim Faiers... It was a great experience for Arlo and James.



## Tom's Corner

by Tom Lymbery  
A Shinto Shrine

When I had completed Grade 8 at our Gray Creek School (which was as far as the small schools went) I was sent to boarding school in North Vancouver. North Shore College was a small private operation owned and operated by the headmaster, Paul Dale, with about thirty-five boys – twenty boarders and the rest day boys. Ian Fisher of Crawford Bay, David Pearce of Nelson, and George Pinsky of Fort Smith, NWT were some of the boarders. Many came from places with no high school, but Dave Pearce had a father who was a Nelson teacher! At the boarding establishment we were closely supervised, with nearly every minute occupied with classes, soccer and homework.

However on weekends we were allowed to catch the streetcar down Lonsdale Street and the North Van Ferry to the bigger city to see movies, as long as we were back by the expected deadline. We could also hike around North and West Van, and sometimes walked across the Lions Gate Bridge, but only as far as the toll booth and not past it, as we didn't want to squander the five cents per pedestrian toll charge.

One or two boys told us of a Shinto Shrine that they had found, in a house only a few blocks from the school. This was in a small bungalow with an unlocked door, a few pieces of basic furniture and what we thought was a shrine. Now I realize that this was probably the Japanese family's home Shinto shrine called kamidana, for it was fairly basic with just a few items that were strange to us. Kamidana ("god-shelf" or "spirit-altar"), a miniature Shinto shrine on a wall shelf, is the centre of daily worship in many homes. It may contain a tiny replica of a sanctuary and amulets to ensure good luck, or absorb bad luck. We didn't disturb anything in the house, as all of us were brought up with strict rules about other people's property. If there had been any returnable pop bottles that we might have raised a few cents from, we likely would have taken those, for five cents would buy a loaf of bread. Dale's food was good, but there was not enough volume for hungry fourteen year olds.

After Japan attacked the US at Pearl Harbor on December 7, 1941, 21,000 people of Japanese ancestry living on the West Coast were declared "enemy aliens" and removed from the coast by the Canadian

War Measures Act, following similar forcible removal in the US. They were only allowed to take a few clothes, so had to abandon everything else, including their kamidana. As many had been fishermen who knew the ocean waters and inlets, it was assumed that they might be loyal to their countrymen in Japan - no one really knew. Japanese submarines actually shelled a lighthouse on Vancouver Island and it was felt that invasion was imminent, and that sympathizers could be guiding the invaders. Some of the German-speaking people in Canada were known to be sympathetic to their homeland – there were even reports of the Nazi salute being practiced in Gray Creek orchards, when nobody was watching. Most of the displaced Japanese Canadians were shipped to the BC interior by special Kettle Valley steam trains; some then by



*Burrard cargo ship SS Bowness Park underway in 1944. She served thirty years under various names and owners until she was scrapped in 1963.*

Photo: North Vancouver Museum & Archives, [www.northvanmuseum.ca](http://www.northvanmuseum.ca)

Greyhound to Kaslo, and in larger numbers to internment camps in the Slocan including Sandon and New Denver. Many of the men were given jobs in sawmills or logging. Because war material was being produced in Trail and Kimberley, and as Gray Creek was on the route between them, we were in a restricted area. Japanese internees working for Glacier Lumber's camp up Crawford Creek had to have special permits to cross on the Nasookin to get to the Bay.

In a few weeks we found that the house with the Shinto shrine was now occupied by a family – probably someone who found employment at the North Van shipyards, which were struggling to produce enough 10,000 ton freighters to keep Britain supplied with food, fuel and equipment to hold out against the war with Germany. The German U Boat submarines were decimating the convoys to England, and Canadian

corvettes, which Johnny Oliver and others were serving on, were having problems finding the subs in the St. Lawrence River and the cold and stormy Atlantic Ocean. Our school was on West 29th Avenue, high above Burrard Inlet, but within range of the sound of the rivet guns that were assembling ships day and night. Riveting was the traditional ship and bridge – building system. Crossing on the North Van Ferry we often saw a ship's hull being launched at Burrard Dry Dock's south side shipyard to be completed while afloat, while the next one was being worked on as fast as possible. These were the "Fort" and "Park" type freighters, each named after a Canadian fort or park, such as Fort Rae, NWT. Amazingly BC shipyards were able to launch two a week!

These later freighters were diesel powered, more efficient than ships with steam engines powered by coal, which left a large smoke that was too easily visible by the submarine's periscopes. Most of these engines were built by Vivian Diesel, the same make that also powered the Anson when she began the Kootenay Bay to Balfour ferry service in 1947. After our ferry was re-engined by General Motors, one of these Vivian engines was contributed to the Nelson Museum, but it somehow got filched for scrap metal.

Traditional in Canada, riveting was still the norm, but in Seattle and in many other shipyards they were welding their US Liberty freighters, and some of them sank because faulty welding made the ships come apart. There was a story of the man who had managed to get a shipyard job. He was given little instruction, but someone suggested that if he got inside a tank and banged on the steel occasionally he would get by. After ten days or so he turned up with a request to quit. Asked why, he said that he was being followed around by a stool pigeon. The reply he was given, "That's not a stool pigeon, that's your helper!!"

*The East Shore Mainstreet  
Creativity, Community, Conscience*

## The Enemy That Never Was: One Woman's Story

by Frances Roback

Rose Murakami was four years old when her family was declared enemy aliens in 1942, removed from their Salt Spring Island farm, and exiled to the BC interior with other Japanese-Canadians from the west coast. Rose told her story recently on the CBC radio program, North by Northwest, and it bears repeating.

From early 1942 until the War Measures Act was rescinded in 1949, 21,000 people of Japanese descent who had made their homes on the BC coast were, in Rose's words, prisoners of the Canadian government. Eighty percent were Canadian citizens or naturalized Canadians. Basic human rights and liberties we all take for granted as residents of Canada were suddenly taken away from Japanese-Canadians on the west coast, including freedom to live, work, and school their children where they chose, and their right to their own property and possessions.

Rose Murakami's grandfather Kumanosuke Okano came to Canada in 1896, and bought land on Salt Spring in 1919. In 1941, Rose's parents Katsuyori and Kimiko Murakami were working their prosperous farm on Salt Spring when Pearl Harbor was attacked by Japan, and in Rose's words, her family's journey into Hell began.



*1938 Summer*

*The Murakami family at home on Salt Spring Island in 1938, in happier days. Katsuyori and Kimiko are with four of their children, including Rose on Kimiko's lap.*

Photo: Salt Spring Island Archives, <http://saltspringarchives.com>

Rose's father was taken from his family and sent to a road-building camp on the Yellowhead Highway near the Alberta border. The reason? As a Japanese national, he was deemed to be a security risk. Her mother was suddenly a single parent with five children aged one to thirteen. Their home, their farm, all their personal and business assets were seized and turned over to the Custodian of Enemy Alien Property. As the Murakamis were about to be taken away from their island dock, the Custodian, who was a family friend, put his arm around her mother's shoulders and told her not to worry. "You won't find so much as a chopstick missing when you return." While the Murakamis were interned at the camp in Rosebery near New Denver, their farm was sold at a fire sale price to a returning veteran.

*...Continued on next page...*



*This 50 year old kamidana once belonged to a family in Shizuoka City, Japan. It was the family's spiritual centre for prayers, protection, and aid to achieving goals. The kamidana is 12" high, 22" wide and 6 1/2" deep. Shown with it are the vessels for daily offerings of food, drink, and flowers, the taima or prayer plaque, ofudo (paper amulets), and shimenawa (rope of twisted rice straw to demarcate the sacred space).*

Photo: The Old Tokaido, <http://tokaido.wordpress.com>

...**"The Enemy" Continued...**

Twelve years after the Murakamis were taken off the island, they returned to Salt Spring. They were the only ones to do so from a once vibrant Salt Spring Japanese-Canadian community of 77 people. All their lands and possessions had been seized and sold, and there was nothing to return home for, but Rose's father intended to buy back his farm. The new owner refused to sell. Her parents bought six acres of scrubland, and at age 52 and 50, prepared to start again. They could not afford to hire help or to buy machinery, and her father dug the wells and drainage ditches by hand. Over time they turned their scrubland into a thriving market garden. Today, the Murakamis have donated a large piece of their land to the island to build affordable housing. A community-built Japanese garden, Heiwa Peace Park in Ganges, is dedicated to peace, reconciliation, and cross-cultural unity.

Want to know more about those dark times in Canadian history? Rose Murakami's family memoir, *Ganbaru* (perseverance) is available for sale from [www.SaltSpringjapanese.com](http://www.SaltSpringjapanese.com). You can read Kimiko's story online, [http://saltspringarchives.com/japanese/Kimiko\\_Murakami\\_Story.pdf](http://saltspringarchives.com/japanese/Kimiko_Murakami_Story.pdf). The Nikkei Internment Memorial Centre in New Denver is an absolute must-see. The museum in Greenwood, where the Murakamis were sent first, displays artifacts of the internment experience. At the Langham in Kaslo, there is a re-creation of a small room inhabited by an interned family of six. Ruth, a woman I knew in Calgary, told me the Langham room display is exactly like her family's room when they were interned there. There are numerous books on the Japanese-Canadian wartime experience. These two tell it first-hand: *Stone Voices: Wartime Writings of Japanese Canadian Issei*, edited by Keibo Oiwa (1994); and *Years of Sorrow, Years of Shame*, by Barry Broadfoot (1977). Finally, *The Enemy That Never Was*, by Ken Adachi (1991) gives a full account of the Japanese in Canada, and probes deeply into the underlying social and political causes for their internment.

*The East Shore Mainstreet  
Creativity, Community, Conscience*



**Boccalino**

[www.boccalino.ca](http://www.boccalino.ca)  
on highway 3A, just 100 meters above the  
ferry landing in Kootenay Bay

We are open for dinner from 5-10 pm  
(Thursdays closed)

Fri, May 20: We serve a wine pairing  
menu featuring Skimmerhorn Winery from  
Creston. For more info: call 227-6906

**Mother's Day Special (May 8):**  
Seasonally inspired appetizer

\*  
scallop and tiger prawn skewer  
with lime-tequila sauce served  
with ginger wild rice and broccoli

\*  
crêpe suzette with  
homemade vanilla ice cream  
\$30 (includes HST)

*Come and try our wood-fired oven pizza  
on whole wheat dough and our seasonally  
inspired menu, homemade desserts and  
ice cream.*

*Gisela Conrad, Proprietress  
& the Boccalino Team*



**CBT Seeks  
Advisory  
Committee  
Members**  
Members provide  
advice on how  
CBT delivers  
benefits to the  
region

(Columbia Basin)  
– Basin residents inter-  
ested in providing advice  
to Columbia Basin Trust  
(CBT) on delivering  
benefits to the region  
are invited to apply for  
volunteer positions on  
CBT's core social, eco-  
nomic and environment  
advisory committees.

The application deadline  
is May 20, 2011.

"We rely on our advi-  
sory committee mem-  
bers for their community  
perspective, as well as  
their experience in their  
area of expertise," said  
Neil Muth, CBT Presi-  
dent and CEO. "Com-  
mittee members play an  
important role in provid-  
ing us strategic advice  
on our activities and pri-  
orities."

Committee members  
provide input according  
to the vision and prin-  
ciples outlined in the  
Columbia Basin Man-  
agement Plan. Advice  
is sought on a range of  
issues specific to the  
committee's area of  
focus, or more generally

in regard to CBT's over-  
all direction.

For more information  
about the social, eco-  
nomic and environment  
advisory committees or  
to apply before May 20,  
2011, visit: [www.cbt.org/committees](http://www.cbt.org/committees).

CBT also invites  
youth to apply to both  
the core committees  
and its Youth Advisory  
Committee, which has  
separate recruitment  
processes and timelines.  
For more information  
on the Youth Advisory  
Committee or to apply  
before June 30, 2011,  
visit [www.scratchonline.ca/aboutus/application](http://www.scratchonline.ca/aboutus/application).

CBT delivers eco-  
nomic, social and envi-  
ronmental benefits to the

residents of the Columbia  
Basin. To learn more about  
CBT programs and initia-  
tives, visit [www.cbt.org](http://www.cbt.org) or  
call 1.800.505.8998.

**Next  
Deadline:  
FRIDAY  
May 20,  
2011  
[www.main-  
street.eshore.ca](http://www.mainstreet.eshore.ca)**

**Yoga w/ Lea**

**Mondays: 11am, Clay Community Corner (ends  
just in time for Hot Lunch at the school!)**

**Thursdays: 9:30am, Boswell Hall**

*Available for booking group*

*Loungier Yoga sessions for parties  
and private functions.*

More info, call Lea, 250.227.9030

leae@telus.net



**EAST SHORE MINI - INDOOR  
STORAGE BOAT & RV**  
Located north of Boswell at 13770 Hwy 3A  
Contact Lea or Joyce Smith

10' x 10'  
&  
10' x 12'  
Spaces  
Available

**250-402-8701 or 250-223-8422**

*CBESS Hot Lunch Program Presents*

**Gala Dinner Fundraiser**

Our hot lunch staff and volunteers are hosting an exclusive, full service,  
7 course dinner and will feature one of B.C.'s Premier Jazz Ensembles.  
Dress is formal and tickets are limited!

**Featured Menu**

*Bruschetta*

*Garlic Butter Polenta with Roasted Pepper*

*Tapenade stuffed Mushroom Caps*

*Cream of Leek & Potato Soup*

*Glazed Walnut, Pear and Goat Cheese Salad*

**Optional Entrée paired with Skimmerhorn Wines**

**Chicken Marbella with Wild Rainbow Rice & Roasted Vegetables**

Or

**Stuffed Cannelloni, Roasted Vegetables & Spring Salad**

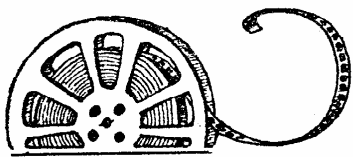
*\$60 per person including  
two glasses wine*

**The Gray Creek Hall**

**Saturday May 28 6pm**

**Information & Tickets (NOT available at door):  
250 227 6833 or 250 227 9175**

**Please drink responsibly—Plan ahead—Don't drink & drive  
No minors**



## Seldom Scene

by Gerald Panio



Hey, Indian boy, why (why!) did you slice off your braids?

Do you grieve their loss? Have you thought twice about your braids? [...]

Are you warrior-pretend? Are you horseback-never?

Was your drum-less, drum-less life disguised by your braids? [...]

Did you, peace chief, give your hair to an orphaned sparrow?

Is there a bald eagle that flies because of your braids? [...]

Did you cut your hair after booze murdered your father?

When he was buried, did you baptize him with your braids?

--lines from Sherman Alexie's poem, "Good Hair"

"Chuck Connors as Geronimo. That's like Adam Sandler as Malcolm X." --Charlie Hill, native comedian



So, what would you say is the best film ever made about Native North Americans? If the first thing that pops into your mind is Anthony Quinn as Chief Crazy Horse or Chuck Connors as Geronimo, have I got a movie for you. If it was *Dances With Wolves*, better keep on reading.

The portrayal of Native peoples in popular culture has long been a contentious issue. Native culture has been demonized, condescended to, stereotyped, and mythologized. Nowhere has this been truer than in the movies, that art form that was born at a time when Native North American societies were thought by many outsiders to be on the verge of extinction. I remember an English professor at Simon Fraser University, in the early 70's, trying to show Robert Flaherty's seminal documentary on Inuit life, *Nanook of the North* (1922), to a large freshman class. This teacher was an expert in West Coast B.C. Native mythologies, and ten minutes into the movie he had a violent "What is this sh-t?" reaction and ordered the projectionist to stop the film. He'd obviously never seen it before, and responded to it as if he'd found a turd in his soup. *Nanook* does that to people. It has that same incendiary blend of revolutionary filmmaking and racist subtext that still triggers outrage when D.W. Griffith's *The Birth of a Nation* is shown.

Oddly enough, *Nanook of the North* is the only relevant movie I can think of that isn't featured in Cree filmmaker Neil Diamond's 2009 documentary *Reel Injun*, currently available at the Riondel Market. Surveying highlights from some of the 4000 films with Native themes, going back to the first Thomas Edison nickelodeon loops of the 1890s, *Reel Injun*



proves once again that the documentary film tradition remains alive and well in Canada. While it may be impossible to cover so vast a topic to everyone's satisfaction in 85 minutes of screen time, you're not likely to walk away from Diamond's film without your curiosity piqued and your perceptions altered.

Diamond sets the film up as a road trip. He hops in a beaten-up old "rez" car and hits the highway to visit historic sites across North America (from Pine Ridge—the poorest reservation on the continent—to San Francisco and Hollywood and Igloolik) and talk with Native activists, directors, actors, and critics. As with so much of contemporary Native work, humour is part of the message. The Stoic Warrior gives way to the Stand-Up Comedian. Sometime the laughter is bitter sweet, like those memories of movie nights in reservation church basements where kids cheered for the cowboys.

*Reel Injun* is broken up into chronological chapters, with titles such as "Birth of the Hollywood Injun," "A Good Injun is a Dead Injun," and "The Groovy Injun." The earliest cinema was documentary in nature, so it shouldn't be surprising that there are some 100 silent films still extant that feature Native ceremonies and life. But even at this time the mythologizing was going on in earnest; "Injuns" were like dinosaurs, exotic species whose passing was a kind of romantic tragedy. Then came "The Noble Injun" and a time before the 1930s when Natives had a significant profile in Hollywood. In W. Douglas Burden's *The Silent Enemy* (1930), the enemy in question was starvation. One of that film's stars was Chief Buffalo Child Long Lance. The revelation of his mixed race heritage shortly after the film was released cost him his life.

Diamond sees the 1930s as the era that gave birth to the "The Savage Indian," and he lays the blame squarely on John Ford's *Stagecoach*. I was caught off guard here, because I've such a vivid memory of John Wayne in this film and none at all of the Native subplot. This was the time when every Indian became a Plains Indian—tipis & horses & feathered headdresses & sun ceremonies. Cultural reductionism and identity theft at its best—the vast variety of Natives' lifestyles simply ceased to exist as far as the movies were concerned. And the generic Natives one did see on the screen were only there to stop "real" Americans from settling the West. About the only revenge to be gotten was on the part of Indian extras, whose disparaging comments onscreen in their own languages Hollywood producers never thought to have translated.

The road trip takes some fascinating detours along the way. I'd never heard of the monument to Crazy Horse currently under construction, and aiming to be the largest statue of a human being on the planet. I'd also never heard of Iron Eyes Cody, a child of Sicilian immigrants who played Native roles in a hundred westerns and came to believe he was what he saw on the screen. As with *Grey Owl*, art became life.

*Reel Injun* gives the viewer a chance to hear the voices of some of the leading activists who reshaped Native history in the 60s and 70s. John Trudell was the voice of the occupation of Alcatraz in 1969. Russel Means led the American Indian Movement's stand at Wounded Knee in 1973. Sacheen Littlefeather was vilified for daring to stand in for Marlon Brando at the Academy Awards and denounce the treatment of Native Americans. These were players whose activism led to a radical revision of movie Injuns. Diamond starts with the Billy Jack films, but the one he discusses that really turned my head around was *Little*



*Big Man*—probably the first film that, thanks to a powerful storyline and B.C.'s own Chief Dan George, finally gave audiences the full gamut of tragedy and laughter, of reverence and irreverence. Films like Kevin Costner's *Dances With Wolves* may have gotten more publicity and be fresher in people's minds, but I'd set *Little Big Man* as the gold standard in the re-visioning of Native Americans in the movies. (Another game-changing performance that Neil Diamond highlights is that of Will Sampson as Chief Bromden in *One Flew Over the Cuckoo's Nest*.)

The last chapter of *Reel Injun* is called, appropriately, "The Renaissance." In North America and elsewhere, indigenous peoples are now telling their own stories: *Powwow Highway*, *Dance Me Outside*, *Smoke Signals*, *Whale Rider*, *Once Were Warriors*, *Rabbit Proof Fence*. As someone comments near the end of *Reel Injun*, the new voices are not asking to be noble or righteous—just human.

Now back to the question I started with. What does Diamond pick as "the most Indian movie ever made," "an inside job"? It's Zacharias Kunuk's Inuit epic, *Atanarjuat: The Fast Runner*. No argument there.

### Angus MacDonald, Reiki Master

Over 25 years experience...

Reiki is a mental, physical & spiritual healing process in which you learn through applying it to yourself and others.

- Reiki classes (Levels I & II and Master)
- Classes for groups of 3 or more.

Ongoing sessions available...

For more information, call 250-777-0011

### The Hexagon Players Present:



## 15-minute Hamlet

Directed by Doreen Zaiss.

With a wild cast including:

Lea Belcourt, Jacqueline Wedge, Ingrid Baetzel, Janet Wallace, Carol Van R., & Kate Page, as well as guest appearances by Morgana, Zoe, Olivia and Joli.

7:30 at the HUB in Crawford Bay Friday, May 13th

To be... or not to be... oh it'll BE all right...



# Gear Swap Back for 2011 - Bigger Than Ever!

**Endless Adventure is getting you ready for more Wet Adventures**

Kootenay BC – On May 7/8 the Famous Endless Adventure Gear Swap is back. This outdoor water adventure “Swap Meet” is an opportunity for you to sell your old equipment and pick up new stuff for the 2011 season. The event will also be awareness and fundraiser for the Borderline Boaters Paddle Club, a not for profit water-user group that has a “leave no trace” policy and promotes responsible waterway management.

This annual event has had great success every year as it allows outdoor enthusiast a chance to upgrade their gear for the new season. This is also a great way to get your first piece of gear. If you are and avid paddler or just wanting to get on the water this summer this is an excellent opportunity for you to get your paddling equipment.

Registration to sell your equipment is from now until 6pm May 6, and then the parking lot of Endless Adventure gets transformed into a “Gear Swap”, there is a \$5 fee for selling your equipment with all proceeds going to the Borderline Boaters Paddle Club. “As a group, we contribute to the well being and vitality of the community via social interaction, recreation and fitness using water and fun as the common medium.” Carl Jacks, Club President

Interest in paddling is growing faster than ever, this “Gear Swap” is an excellent opportunity to get in shape and enjoy the great outdoors. All people are welcome down on the weekend to ask questions and find out more about water sports. Endless Adventure will also be announcing their spring/summer schedule and new programs for people at all levels. “We are excited about May healthy living and introducing a new Kayak Fitness Program that strengthens your core and gives people the opportunity to work on their paddling technique in an enthusiastic safe environment.” Andrea Miller, Endless Adventure.

Come on down Saturday May 7 and Sunday May 8 from 10-6 to Gear Swap 2011 located in the Endless Adventure Parking Lot at 1286 Hwy 6 downtown Crescent Valley (Beside Evergreen Foods) For more information please call 1.877.386.8181 or email us [HYPERLINK “mailto:info@endlessadventure.ca” info@endlessadventure.ca](mailto:info@endlessadventure.ca).

# Carbon Tax Was the Stick, Now We Need a Carrot

**Experts recommend high quality, zero-emissions public transportation system**

**press release by the Canadian Centre for Policy Alternatives**

(Vancouver) Aggressive investments in BC’s transportation system will not only reduce BC’s greenhouse gas emissions, but lead to healthier, safer communities for all British Columbians, according to a new study.

The study, co-published by the Canadian Centre for Policy Alternatives and the Wilderness Committee, sets out key strategies for urban, suburban and rural areas that will improve transportation and quality of life at the same time.

“Instead of allocating billions of precious tax dollars on wider roads and bigger bridges, like we’re doing now, we need to build a province-wide zero-carbon public transportation system,” says co-author Patrick Condon, UBC chair in Landscape and Livable Environments and a leading figure in sustainable design.

The study proposes an annual investment of \$2 billion over the next ten years, with the long-term goal of creating a zero-emissions transportation system by 2040.

Transportation needs would be met a mix of public transit, cycling, walking and private or shared electric vehicles, with shorter trips and a switch to clean fuels.

To get to zero emissions, the study envisions a province of “complete communities” – in which residents do not have to travel far to meet their day-to-day needs. They can walk, bike or use public transit for most trips, and use shared electric vehicles. Complete communities have a mix of housing types (including affordable options), decent jobs, public services, parks and other public spaces, and commercial districts with restaurants, offices and retail outlets. The authors emphasize that the exact mix of transportation modes will depend on whether a community is urban, suburban or rural.

Economist Marc Lee, co-author of the study, points out that transportation of people and goods accounts for about 40% of BC’s greenhouse gas emissions. He proposes that transforming transportation is the logical next step in BC’s climate action agenda.

“If we think of the carbon tax as the stick, then a new transportation system is the carrot,” says Lee. “Many British Columbians who live in suburban and rural areas resent paying the carbon tax, and with good reason: they’ve been penalized for driving, but they aren’t provided with any alternatives. And that’s what we’re laying out here: an effective, doable alternative.”



**AREA “A” EDC**  
Economic Development  
Commission

There is currently \$13,500 available for organizations, for grants or projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. Please send us your proposals for consideration. Sending in your proposal early gives us an opportunity to make corrections or suggestions that may help you to succeed.

**Next application deadlines:**

**June 7.....October 7, 2011**

**Approval/funding lag time 6 to 8 weeks**

An application form can be printed from the RDCK website following this path, or filled out online and emailed:

[http://www.rdck.bc.ca/corporate/grants/electoral\\_area\\_a\\_economic\\_development\\_grant.html](http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html)

Email [lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca)

Or call 250-225-3333 for more info

**Grant/allocation approved by EDC in March, subject to RDCK approval:**

Crawford Bay Sunday Markets - \$1000

Foreign Student Exchange Program - \$500

These funds are under management by South Kootenay Lake Community Services Society (SKLCS)

**Visit InvestKootenay.com**

**CEBESS Hot Lunch Program Presents**

**Gala Dinner Fundraiser**

Our hot lunch staff and volunteers are hosting an exclusive, full service, 7 course dinner & will feature one of B.C.'s Premier Jazz Ensembles. Dress is formal and tickets are limited!

**The Gray Creek Hall**

**Saturday May 28 6pm**

**Information and Tickets:**

**250 227 6833 or 250 227 9175**

See large ad in this issue for full menu and more info.

**NO RESERVATIONS**

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

Consider renting the  
**BOSWELL HALL**

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

**SUNSET SEED COMPANY**



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

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

**Bob's Bar & Grill**

**May 5: Cinco De Mayo Celebrations w/ The Many Bays Big Band**

**May 8: Mother's Day Dinner & Entertainment**

**May 20-23: Victoria Long Weekend Festivities**

**Daily Food & Drink Specials**  
**NOW OPEN 7 DAYS A WEEK**  
**11am-11pm**

See our weekly entertainment schedule at [www.bluebell.ca](http://www.bluebell.ca) TV local ch231 or Facebook

**Sit Long, Talk Much, Laugh Often, Eat Well**

**Massage Therapy**  
**Harrison Tanner, RMT**  
*Over 30 years clinical experience*

\* Knowledgeable \* Skilled \* Experienced

Tuesday - Rimold  
Wednesday - Rimold/Creston  
Thursday - Tazewell/Astram  
Friday - Crawford Bay Medical Clinic

For appointments, call 227-6877/505-6166



## Answers from the Physio

by Anna Rose,  
Physiotherapist

**Q. What is sciatica, and if I have it now, will it ever go away?**

**A. Sciatica is when the sciatic nerve down the back of your leg is affected**

at one or more sites, giving symptoms such as pain, weakness, and numbness. Depending on the cause and your actions, your sciatica may disappear entirely or remain to some degree.

### Relevant anatomy

The sciatic nerve is a collection of nerve fibres originating at the spine in five nerve roots (fourth lumbar to third sacral). It is the thickest nerve in the body. In your buttock region, it is as thick as your thumb. Going down the back of your thigh, it sends branches to the hamstring muscles. Just above the level of your knee, it divides into smaller nerves to innervate the muscles and supply the sensation of your lower leg and foot.

### Common problem sites and examples

1. At the nerve root level – pinching of the nerve root can happen due to

a) the protrusion of a disc, as might happen in an acute back injury. A worker tries to lift something very heavy while in an awkward position, and suddenly feels intense pain in his back and down his leg.

b) the narrowing of the bony passage around a nerve root's exit from the spinal canal. A seventy year-old woman with osteoarthritis in her lower spine has had a gradual onset of pain and weakness in her leg. Her x-rays show bone spurs pressing into the area between

## AYURVEDA

### Best diet and optimum lifestyle for your unique body type

by Zora Doval

If you ever wondered what the word “ayurveda” meant (but were too shy to ask), now is the time to come to a one-day intensive seminar with Zora C. Doval presenting this ancient system of holistic healing in a fashion easily grasped by the modern day person. “Ayurveda” is a Sanskrit word meaning “knowledge of life” and is said to have originated in India some 5000 years ago. It teaches that each human being is absolutely unique in their body and also their emotional temperament. No two individuals are the same. Ayurvedic texts teach that humans are created out of the five great cosmic elements (space, air, fire, water, earth) which pervade the entire universe. When these elements are in harmony they create equilibrium of physical health, mental clarity and emotional happiness. Disharmony gives rise to disease. Since each individual is totally unique it is only logical that the treatment must also be unique and suited to one's innate constitution.

The knowledge of one's body type is therefore fundamental in Ayurvedic healing. The Ayurvedic practitioner treats the patient, not just the disease and his role mostly is to help patients to better understand their constitutional type and see the nature of their particular imbalance. As soon as the patients understand their constitution, they can make the appropriate changes in diet and lifestyle. Once their elements are balanced the disease and its symptoms disappear within a certain period of time automatically. The true Ayurvedic treatment thus aims at removing the deeper causes of disease that are mostly ignored by modern western medicine. Although Ayurveda offers a whole range of treatments and therapies for many fully developed and/or degenerative diseases of the modern civilized

the last lumbar vertebra (L5) and the top of her sacrum (S1) where the L5 nerve root passes.

c) soft tissue swelling and muscle tension. A young woman passenger in a car accident has a severe strain of her low back and one sacroiliac joint, leg pain and a numb foot. No bony abnormalities are seen on x-ray.

2. In the buttock – Some of the muscles that control rotation of the hip joint pass directly over the sciatic nerve. A middle-aged sedentary man who never stretches notes a “funny feeling” down his lower leg, and is found to have very tight hip muscles.

### How to reduce or get rid of sciatica

1. Find out the cause. If you don't know of a triggering incident, a physiotherapy assessment is a good first step. If the physio thinks you need a visit to the doctor and some diagnostic imaging, he or she will tell you, but that is not always needed.

2. Pay attention to what makes the pain better or worse. You will likely notice that your posture, especially in prolonged activities, affects the pain greatly. Don't just ignore your symptoms. A nerve that sends pain signals for a long time will get to be very efficient at it, and hypersensitive.

3. See a physiotherapist. While massage, acupuncture, medication, and other approaches can all help reduce the pain, physiotherapy addresses important mechanical factors and can tell you which activities may help and which to avoid. Your favourite self-designed stretches may actually be aggravating the problem! Often, core stability exercises are needed to help decrease the pinching of the nerve roots. A physio will get you started at the right level. Manual traction and the pain-relieving TENS unit are other treatments a physio will use if indicated.

Sciatica can be an on-going problem for some people, but don't resign yourself to it without getting professional attention first. By doing the right things, you may be able to get rid of it and never experience it again.

man, it is primarily concerned with the prevention of disease, maintenance of optimum health, longevity, virility and greater enjoyment of life.

The focus of the upcoming seminar will be to help each participant to understand their own body type and emotional temperament (called Prakriti in Sanskrit). Zora will present the fascinating theory of the five great elements (Mahabhutas) and the three bodily humours (Tridoshas - Vata, Pitta, Kapha) in a very practical way so that participants will leave the seminar knowing their constitution, best foods for their type and those to be avoided. Zora will cover the issue of how seasonal changes influence the bodily humours and why it is of such importance to undergo seasonal cleansing routines (Panca Karma) to rid the organism of toxic waste. Zora will explain the basics of Ayurvedic nutrition and demonstrate how to prepare a very healthy delicious Ayurvedic lunch.

Zora is a dynamic presenter who packs a lot of information into a one day seminar. Keeping in mind that the knowledge of Ayurveda is a result of millennia of years of searching, meditation and experimentation in the field of well-being, the hope is that interest will be kindled and more can be explored in the future. Zora has done a lot of pioneering work in her native country after the “velvet revolution” to promote holistic and alternative medicine, appeared on talk shows, was invited to talk about Ayurveda to audiences of medical doctors, school teachers, yoga practitioners and other Ayurveda aficionados. She has authored a two-volume book on Ayurvedic medicine, *Ayurveda 1 & 2*, subtitled *Healing at Vishnu's Feet* which has sold out and is now in second edition. This book has been highly acclaimed as a classic and “perennial literature”. It is on Dr. Frawley's (Vedic Accarya and foremost authority on Vedic Studies) list of recommended reading especially for Westerners since it acts as a bridge between eastern and western mind. Zora also authored an Ayurvedic healing cookbook that is now in second edition. Zora studied Ayurvedic

## Yoga at Gray Creek Hall

submitted by Sharon Witt

Yoga returns to Gray Creek Hall with an instructor new to the area but not new to Yoga. Sharon Witt has been practising yoga since 1989 and teaching since she got her certificate in 2002. Yoga has always appealed to Sharon for it is one-stop shopping. Good for the mind, body and spirit. If you do nothing else, do yoga! Through yoga we learn to support, sustain and refresh ourselves. Yoga can help with virtually everything, from weight loss, to increased concentration, to improvement in health conditions, and even your golf swing!

Sharon draws from her knowledge as a registered nurse and many years of instruction in various yoga schools to bring you a “feel good” class with lots of variety and geared to meet everyone's needs. Classes are open to everyone; beginners and experienced students. Classes consist of breathing exercises, strength building practises, yoga flows, traditional Hatha poses and of course, relaxation time.

Sharon recognizes that many people don't try yoga as they are uncomfortable with the esoteric practises of many classes. Therefore she works to make her students feel at ease. Her classes are popular with those who like to improve their strength and flexibility without chanting.

Watch for notices on the bulletin boards in the area for dates and other information.



Full Assessments  
Gentle Treatments  
Home Programs

Anna Rose BScPT

**East Shore Physiotherapy**

Health Center, Crawford Bay  
(250) 227-9155

*The East Shore Mainstreet  
Creativity, Community, Conscience*

**Ayurvedic Consultations  
with Zora C. Doval**

*Dietary & lifestyle recommendations.  
Mondays @ Barefoot  
Handweaving Studio.*



To book an appointment,  
call (250) 227-9434

medicine with Dr. Robert Svoboda and Dr. Vasant Lad, both practicing physicians and authors of many groundbreaking books on Ayurveda, authorities in their field of knowledge, at the Ayurvedic Institute and Clinic in Albuquerque, N.M. She also studied with Dr. Sujata Kekada from Bali.

The cost of seminar is \$75 before May 5 and \$95 after May 5. Healthy delicious lunch is included in this cost. A discount of 10% or partial trade can be arranged for single parents or those in financial distress.

Preregistration is required. To register for the seminar or an Ayurvedic consultation (dietary and lifestyle recommendations) please call Zora at (250) 227-9434.

## Take Precautions During Tick Season

press release by Interior Health Authority

As the weather warms, people across Interior Health will be spending more time outdoors in tall grass or wooded areas and this means an increased chance of getting tick bites. Ticks are small bugs that bite and feed on the blood of humans and animals and sometimes these bites can transmit disease. Fortunately, there are precautions people can take to prevent illnesses that may be transmitted from tick bites.

"There are easy things you can do to protect yourself like covering up before you head outdoors and checking for ticks when returning from a walk, hike or bike ride," says Dr. Rob Parker, Medical Health Officer with Interior Health. "Most tick bites do not result in illness; however, any bite from a tick or other insect should be cleaned, as infection can occur whenever there is a break in the skin."

While ticks are common in the Interior Health region, most are the Wood Tick (*Dermacentor andersoni*), species which does not carry the Lyme disease bacteria. Lyme disease-carrying ticks (*I. pacificus*) are more common in the coastal areas of B.C. The Wood Tick can carry other diseases such as Rocky Mountain spotted fever, although it is rare. In addition, ticks also have toxins that can cause temporary muscle weakness and paralysis if they are attached for several days, especially in children or seniors - but the symptoms fade once the tick is found and removed from the skin. The signs of many tick-borne infections can be quite similar and include fever, headache, muscle pain and rash.

"Even though the Lyme disease-carrying ticks are less common in the Interior than on the coast of B.C.,

we know many residents travel around the province frequently, so it's important they are aware of the signs of Lyme disease," says Dr Parker.

For people newly infected with Lyme disease, about 70-80% will develop small red bumps at the site of the tick bite within several days. The redness then spreads out into a circular rash eventually resembling a target or "bull's-eye". Individuals who experience this rash should see their doctor as soon as possible.

One of the most important ways to protect yourself from tick illnesses is to do a skin check on yourself and your children after being outdoors.

### Other precautions include:

- Walking on cleared trails when in long grass or wooded areas.
- Wearing a hat, long sleeves, pants and light-coloured clothing.
- Tucking pant legs into socks or boots.
- Applying insect repellent containing DEET on all uncovered skin.
- Carefully checking clothing and scalp (covered or not) when leaving an area where ticks may live.
- Regularly checking household pets for ticks.

### To reduce ticks from entering your home and yard, try these steps:

- Keep your lawn short and remove any leaf litter and weeds.
- Keep a buffer area such as wood-chip or gravel border between your lawn and wooded areas or stone walls. Any play equipment or areas should be kept away from wooded areas.
- Trim tree branches to allow more sunlight in your yard.
- Move wood piles and bird feeders away from the house.
- Widen and maintain trails on your property.

If you do find a tick on yourself or your pet, wear gloves and be careful not to crush the tick because this could cause it to inject its stomach contents into your skin:

- Use needle-nose tweezers to gently grasp the tick close to the skin.
- Without squeezing, pull the tick straight out.
- After removal, clean the area with soap and water.
- If you find one tick, check very carefully for others.

If you have concerns or need assistance removing a tick, please contact your family doctor or visit a walk-in medical clinic.

• **Planning a wedding?**  
• **Holding a meeting?**  
Consider renting the  
**BOSWELL HALL**  
Booking/info: Judy @ 250-223-8664

**YOUR HALL IS AVAILABLE...**  
For community events, wedding receptions,  
workshops... You name it!  
Booking info, Kathy Donnison @ 227- 9205  
**CRAWFORD BAY HALL**  
"your community hall"  
A non-smoking facility.

## Got Wheels? Get a Helmet!

press release by Interior Health Authority

Bicycles. Scooters. Skateboards. Inline skates. For thousands of children in the Interior, these are an important part of life. They are both fun and practical ways for kids to get around their neighbourhoods and communities. They encourage kids to get outdoors and be physically active, helping set the stage for long and healthy lives.

Yet, as with any form of transportation, bikes, scooters, skateboards and inline skates also bring risks. Did you know that in Canada, head injuries are the #1 cause of serious injury and death to kids on wheels? Wearing a helmet could save your child's life!

"Protecting our kids from any injury, including head injuries, is paramount. That's why British Columbia was the first province in Canada to require bicyclists of all ages to wear a CSA-approved helmet when cycling on public roadways," says Minister of Healthy Living and Sport Ida Chong. "Government also supports the BC Injury Research and Prevention Unit, which is a leader in the injury prevention field and in the development of evidence-based prevention strategies."

Safe Kids Canada is promoting helmet safety through this year's Safe Kids Week theme - Got Wheels? Get a Helmet! Safe Kids Week is the largest annual national child injury prevention awareness campaign in the country. Interior Health (IH) is helping to spread the message during Safe Kids Week, taking place May 31 - June 5.

"The human skull is just one centimetre thick," says Dr. Paul Hasselback, IH Medical Health Officer. "A properly fitted helmet helps protect your brain from absorbing the force from a crash or a fall. A properly

fitted and correctly worn bike helmet can make a dramatic difference, cutting the risk of serious head injury by up to 85 percent!"

There are many reasons why children may suffer injuries when biking, scooting, skateboarding and inline skating. These include loss of control, lack of traffic safety skills, travelling at higher than safe speeds and the tendency to attempt stunts and difficult manoeuvres. In Canada, 10 to 14 year olds suffer more than half of all serious cycling injuries, but 5 to 9 year olds are not far behind, at 40 per cent.

While the most common injuries are broken bones and scrapes, head injuries are the cause of about 80 per cent of child cycling deaths and more than one-quarter (28 per cent) of hospital admissions for cycling injuries. Even seemingly minor bumps to the head can cause permanent brain injury.

British Columbia's Motor Vehicle Act requires parents or guardians of children under age 16 to be sure their children are wearing a helmet when riding or travelling as a passenger on a bicycle. But laws alone are not enough. Parents play a key role in helping keep their kids safe while on the road.

### Tips for Parents to Help Keep Kids Safe:

- Monitor your children's riding regularly to ensure they always wear helmets.
- Get the right kind of helmet. Choose a bicycle helmet for cycling, inline skating and scooting, but skateboarders need a special skateboarding helmet that covers more of the backs of their heads.
- Ensure the helmet fits your child. The helmet should rest two finger widths above the eyebrow and the side and chin straps should be snug.
- People of all ages should wear a helmet when they ride. Remember - you are your child's best role model.
- Children under 10 should not ride on the road. They do not have the physical and thinking skills to handle themselves safely in traffic. Children over 10

need to practice before they can ride on the road.

• Be sure your child is 'traffic-wise.' Cycling deaths nearly always involve collision with a motor vehicle. The child's riding and road safety skills seem to be a factor in more than half of deaths.

• Work with your local government and school officials to promote safe riding routes to school and other popular destinations, such as parks and recreation centres.

**The Fitness Place**

**Hours:**  
Mon - Fri: 6:30 am - 10:30 am  
Mon - Thurs: 6 pm - 8 pm  
Sat: 8:30 - 10:30 am

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



## Twenty Five Years

by Wendy Scott



In a town like Riondel a twenty-fifth wedding anniversary may occur without much fanfare. Many of us might have passed that milestone several years ago; in fact some of our kids might be approaching the twenty-five year mark in their own relationships.

So what was so special about today's celebration? It is not often that two people purchase a pub and restaurant and come to town with the desire and determination not only to invite their new community into their place of business, but to make sure that every person is comfortable and treated as a guest.

The celebration at Bob's Bar and Grill was Bob and Wendy Miller's way of saying, thank you, to the town that has become their home, and to the members of the East Shore community who have become their friends.

The tables were turned somewhat when several of those friends – Nancy Bothamley, Kathy & Bill Smith, Christy Gillespie, Jill Lang, Sheila & Harry Arnott, Mary Lou Pompu, and Becky Miller – yes, all of these folks, got together and decided to make sure that Bob and Wendy were the guests of honour at their anniversary party. The result was a gathering of ninety people or so, a delightful meal, plenty of beer and wine, and two sinfully delicious cakes, courtesy of Reinhild

Schmidt. Bob and Wendy's thank you gift to each of their guests was a flower bulb with several assorted wild flower seeds to be planted somewhere beside the road as a token of their thanks to the community that is now their home.

Our wish to Bob and Wendy is this – may you enjoy many more happy years in the community that has welcomed you because you have welcomed each one of us. Congratulations and many thanks to the skilful organizing committee!

## BOOK REVIEWS

by Tom Lymbery

*A TRAVELLER'S GUIDE TO HISTORIC BRITISH COLUMBIA*, Rosemary Neering, Whitecap Books, 340 pages, \$24.95

Here is one that's not only a traveler's guide but much more, as it includes much history from all over our province, for you can sit and read the whole book, picking out the places you have been to, those you plan on visiting, and those that you want to re-visit.

She mentions that you shouldn't expect to find museums open except in the summer months. This can be a challenge, and we appreciate those museums that have a phone number – as most visitors are ready to make an extra contribution if a volunteer turns up in response to a phone call. It can be a lot of luck, when I have been wearing a certain museum tee shirt – I have had others comment "How did you find that museum open – we never could."

It's indeed challenging to keep this volume up to date, as the author says, "Another hotel may be burning down, as I write this." So sometimes you may be lucky to see the foundations after the fire, but quite likely there is a picture of that hotel in this book, such as the one in Beaverdell that so recently incinerated. Edna Jowett's hotel in Trout Lake is still there, and a news release says it will re-open, so please make that trip about the 10th of May and you will be able to see the amazing Gerrard Rainbow spawning on your way up Highway 31.

*ZAMBONI - THE COOLEST MACHINE ON ICE*, Eric Dregni, publisher Voyageur Press, 128 pages, \$19.95

Every boy, and many men want to drive a Zamboni, even though its top speed is twelve miles an hour. Designed by inventor Frank Zamboni – surprisingly in Paramount, California, where he operated an ice rink,

## 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](mailto:mainstreet@theeastshore.net)

### \*\* ADVERTISING RATES

**\$35.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 1<sup>3</sup>/<sub>4</sub>" high

**\$40.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 2<sup>1</sup>/<sub>2</sub>" high

**\$45.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 3<sup>1</sup>/<sub>4</sub>" high

**\$50.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 4" high

**\$55.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 4<sup>1</sup>/<sub>2</sub>" high

or 6<sup>3</sup>/<sub>4</sub>" wide by 2<sup>1</sup>/<sub>4</sub>" high

**\$65.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 6" high

or 6<sup>3</sup>/<sub>4</sub>" wide by 3" high

**\$85.00** - 3<sup>1</sup>/<sub>4</sub>" high by 9" high

or 6<sup>3</sup>/<sub>4</sub>" wide by 4<sup>1</sup>/<sub>2</sub>" high

**\$100.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 10<sup>3</sup>/<sub>8</sub>" tall

**\$130.00** (quarter page) 5<sup>1</sup>/<sub>4</sub>" wide by 7<sup>1</sup>/<sub>2</sub>" tall

**\$150.00** (third page) - 6<sup>3</sup>/<sub>4</sub>" wide by 7<sup>1</sup>/<sub>2</sub>" high  
or 3<sup>1</sup>/<sub>4</sub>" wide by 14<sup>1</sup>/<sub>2</sub>" tall or 10<sup>3</sup>/<sub>8</sub>" wide by 4<sup>1</sup>/<sub>2</sub>" tall

**\$225.00** (half page) - 10<sup>3</sup>/<sub>8</sub>" wide by 7<sup>1</sup>/<sub>2</sub>" tall

**\$400.00** (full page) - 10<sup>3</sup>/<sub>8</sub>" wide by 14<sup>1</sup>/<sub>2</sub>" tall

Sample Sizes - more sizes available.

Column Width: 3<sup>1</sup>/<sub>4</sub> inches - double column width:

6<sup>3</sup>/<sub>4</sub> inches - full width: 10<sup>3</sup>/<sub>8</sub> inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

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

## 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](mailto:mainstreet@theeastshore.net)

### \*\* ADVERTISING RATES

**\$35.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 1<sup>3</sup>/<sub>4</sub>" high

**\$40.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 2<sup>1</sup>/<sub>2</sub>" high

**\$45.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 3<sup>1</sup>/<sub>4</sub>" high

**\$50.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 4" high

**\$55.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 4<sup>1</sup>/<sub>2</sub>" high

or 6<sup>3</sup>/<sub>4</sub>" wide by 2<sup>1</sup>/<sub>4</sub>" high

**\$65.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 6" high

or 6<sup>3</sup>/<sub>4</sub>" wide by 3" high

**\$85.00** - 3<sup>1</sup>/<sub>4</sub>" high by 9" high

or 6<sup>3</sup>/<sub>4</sub>" wide by 4<sup>1</sup>/<sub>2</sub>" high

**\$100.00** - 3<sup>1</sup>/<sub>4</sub>" wide by 10<sup>3</sup>/<sub>8</sub>" tall

**\$130.00** (quarter page) 5<sup>1</sup>/<sub>4</sub>" wide by 7<sup>1</sup>/<sub>2</sub>" tall

**\$150.00** (third page) - 6<sup>3</sup>/<sub>4</sub>" wide by 7<sup>1</sup>/<sub>2</sub>" high  
or 3<sup>1</sup>/<sub>4</sub>" wide by 14<sup>1</sup>/<sub>2</sub>" tall or 10<sup>3</sup>/<sub>8</sub>" wide by 4<sup>1</sup>/<sub>2</sub>" tall

**\$225.00** (half page) - 10<sup>3</sup>/<sub>8</sub>" wide by 7<sup>1</sup>/<sub>2</sub>" tall

**\$400.00** (full page) - 10<sup>3</sup>/<sub>8</sub>" wide by 14<sup>1</sup>/<sub>2</sub>" tall

Sample Sizes - more sizes available.

Column Width: 3<sup>1</sup>/<sub>4</sub> inches - double column width:

6<sup>3</sup>/<sub>4</sub> inches - full width: 10<sup>3</sup>/<sub>8</sub> inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

**30% more for colour ads**

	<p><b>5 Tuesdays</b> Sun - 6:45pm <b>May 3, 10, 17, 24, 31</b> <b>\$10 - \$15 sliding scale</b> <b>Crawford Bay School</b> <b>All levels welcome.</b> <b>Registration or info,</b> <b>contact Christina at:</b> <b>250-227-9015.</b></p>

## Notice of Passing

**Michael (Michi) Joachim Caron Fischer**

August 16, 1951 – April 8, 2011



Michi passed away peacefully at home - with his wife Julie and children Nelly, Johnny, and Zoë by his side - after a yearlong battle with lung cancer.

Michi put his heart into everything he did, with passion and determination – he appreciated the blunt honesty of real life. He was honest, upfront, and direct – you always knew where you stood with him.

He was an accomplished perfectionist who was always ready to share his opinion. He was ordered in his approach to life. Michi appreciated quality, and inspired faith in others. He could fill a room with his smile, his laughter, his sense of humour. Michi loved a good political rant as well as quiet conversation. He was a gifted storyteller.

His rock star dreams were realized on stage with his band mates, for whom he had a deep admiration. He treasured those memories. Michi was the only person we knew that could commune with garlic. He was at one with nature and loved spending time in his garden.

His long blonde hair was totally ‘Michi’ – even when it was gone, we could all still see it there. In the face of his illness, he remained strong and positive. Even when he was down to five words a day, he’d save two to say, “You’re beautiful.”

He will be missed and his spirit cherished.

Heartfelt thanks and appreciation to the community care nurses (Cindy, Caroline, Sylvia, & Margo) for their gentle care and expertise. And to Dr. Jim Noiles, whose invaluable guidance and down-to-earth nature helped sustain us through this very difficult time. All of you gave us the confidence and courage to care for Michi at home. Thank you.

A celebration of Michi’s life will be held at a later date.

In lieu of flowers, charitable donations may be made to the Harrop-Procter Watershed Protection Society or World Wildlife Fund Canada.

## Notice of Passing

**Gregor Stockerl**

January 12, 1930 – March 17, 2011

Gregor Stockerl was a longtime Riondel resident who passed away suddenly at the age of 81 in Germany. He had for many years spent six months of each year in Germany and the rest of his time in Riondel, BC.

Greg was born on January 12, 1930 in Fernhag, Germany. He grew up on a small farm and had trained for a career as an auto mechanic. His true dream at the time was to become a professional forester. He married Regina Maria Suppmayer in 1951 and they emigrated to Canada in 1952. While in Stettler, Alberta, their first two children, Evelyn and Ron were born. They did their first vacation after purchasing a used Volkswagen and drove it west to beautiful British Columbia. Their first impression when getting to the Kootenays and seeing Kootenay Lake was that it was heaven on earth and they liked it so much that they promptly decided to leave the farm and move to BC. Greg was offered a job as an electrician apprentice at the Bluebell Mine in Riondel. Greg and family moved into Riondel in 1956 and their third child (Ed) was born in 1957. The family eventually moved in 1964 to the current home site on Riondel Road adjacent to the Golf Course. While Greg had golfed now and then, his main passion at the time was fishing, hunting, the outdoors and cars.

Greg was predeceased by his wonderful wife Regina (Gini) in November, 1991. Greg is survived by his children, Eve, Ron and Ed and grandkids Spencer and Matthew. He also is survived by his three sisters in Germany, Centa, Rezi and Onie. Our dad and Opa will be missed very much.

Anyone wanting to send condolences or contact the family can do so by writing to: The Stockerl Family, Box 37, Riondel, BC V0B 2B0 or via email to Ed Stockerl at stockerl@shaw.ca

## Remembrance Garden

by Wendy Scott

At the end of March, the auditorium in Riondel Community Centre was filled with memories of another one of Riondel’s special people. Ethel Christensen died in February and many of her friends gathered to recall Ethel’s stories, her laughter and her tears. In Ethel’s own words her get up and go just got up and went. I know that Ethel and her dear friend, Kay Bowen, both had a soft spot for the Remembrance Garden. It was, on occasion, a refuge for Kay, and I imagine, a spot where contemplation came easily for Ethel. (I suspect she pulled a few weeds as well, while sitting)

Several of Ethel’s friends were kind enough to offer donations to the garden in Ethel’s memory, and a marble plaque will be inscribed for her in the next month or so. In the meantime, Dave Loepky is installing the latest seven plaques. You will, no doubt, be able to spot them on your next trip through. Dave is also replacing Jean Siefert’s broken plaque in the church garden.

We extend our thanks to you, Dave, for your generosity and kindness, and also our sincere thanks goes to all those who have donated to the garden for special people like Ethel Christensen.

### CONTACTS:

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

Shrubs: Muriel Crowe [mcrowe@bluebell.ca](mailto:mcrowe@bluebell.ca) 250-225-3570

## The East Shore MAINSTREET

Contact: Ingrid Zaiß-Baetzal

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

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

E-mail: [mainstreet@theeastshore.net](mailto:mainstreet@theeastshore.net)

### \*\* ADVERTISING RATES

\$35.00 - 3<sup>1</sup>/<sub>4</sub>” wide by 1<sup>3</sup>/<sub>4</sub>” high

\$40.00 - 3<sup>1</sup>/<sub>4</sub>” wide by 2<sup>1</sup>/<sub>2</sub>” high

\$45.00 - 3<sup>1</sup>/<sub>4</sub>” wide by 3<sup>1</sup>/<sub>4</sub>” high

\$50.00 - 3<sup>1</sup>/<sub>4</sub>” wide by 4” high

\$55.00 - 3<sup>1</sup>/<sub>4</sub>” wide by 4<sup>1</sup>/<sub>2</sub>” high

or 6<sup>3</sup>/<sub>4</sub>” wide by 2<sup>1</sup>/<sub>4</sub>” high

\$65.00 - 3<sup>1</sup>/<sub>4</sub>” wide by 6” high

or 6<sup>3</sup>/<sub>4</sub>” wide by 3” high

\$85.00 - 3<sup>1</sup>/<sub>4</sub>” high by 9” high

or 6<sup>3</sup>/<sub>4</sub>” wide by 4<sup>1</sup>/<sub>2</sub>” high

\$100.00 - 3<sup>1</sup>/<sub>4</sub>” wide by 10<sup>3</sup>/<sub>8</sub>” tall

\$130.00 (quarter page) 5<sup>1</sup>/<sub>4</sub>” wide by 7<sup>1</sup>/<sub>2</sub>” tall

\$150.00 (third page) - 6<sup>3</sup>/<sub>4</sub>” wide by 7<sup>1</sup>/<sub>2</sub>” high

or 3<sup>1</sup>/<sub>4</sub>” wide by 14<sup>1</sup>/<sub>2</sub>” tall or 10<sup>3</sup>/<sub>8</sub>” wide by 4<sup>1</sup>/<sub>2</sub>” tall

\$225.00 (half page) - 10<sup>3</sup>/<sub>8</sub>” wide by 7<sup>1</sup>/<sub>2</sub>” tall

\$400.00 (full page) - 10<sup>3</sup>/<sub>8</sub>” wide by 14<sup>1</sup>/<sub>2</sub>” tall

Sample Sizes - more sizes available.

Column Width: 3<sup>1</sup>/<sub>4</sub> inches - double column width:

6<sup>3</sup>/<sub>4</sub> inches - full width: 10<sup>3</sup>/<sub>8</sub> inches

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

Classified Ads: \$5/first 30 words,

10¢/word after the initial 30.

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

**Next Deadline:**

**Friday**

**May 20, 2011**

**[www.eshore.ca](http://www.eshore.ca)**

**mainstreet**

**@theeastshore.net**



### AREA "A" EDC Economic Development Commission

**There is currently \$13,500** available for organizations, for grants or projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. Please send us your proposals for consideration. Sending in your proposal early gives us an opportunity to make corrections or suggestions that may help you to succeed.

**Next application deadlines:**

**June 7.....October 7, 2011**

**Approval/funding lag time 6 to 8 weeks**

An application form can be printed from the RDCK website following this path, or filled out online and emailed:

<[http://www.rdck.bc.ca/corporate/grants/electoral\\_area\\_a\\_economic\\_development\\_grant.html](http://www.rdck.bc.ca/corporate/grants/electoral_area_a_economic_development_grant.html)>

Email [lornarobin@bluebell.ca](mailto:lornarobin@bluebell.ca)

Or call 250-225-3333 for more info

**Grant/allocation approved by EDC in March, subject to RDCK approval:**

Crawford Bay Sunday Markets - \$1000

Foreign Student Exchange Program - \$500

These funds are under management by South Kootenay Lake Community Services Society (SKLCCS)

**Visit [InvestKootenay.com](http://InvestKootenay.com)**

**SERVICES DIRECTORY**

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

**AUTOMOTIVE/MARINE**

**EASTSHORE AUTOMOTIVE** - Service & Repair 250-227-9370  
**NORTHSTAR CRESTON** - 1-800-551-9351. Full service 8-bay shop featuring Goodwrench Service - \$41.95, genuine GM & AC Delco parts. Full line of major tire brands featuring: BF Goodrich, Michelin, Uniroyal, Hankook, Goodyear and Firestone brands.

**BUSINESS SERVICES**

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

**CONSTRUCTION/CONTRACTORS/TRADES**

**CC ENTERPRISES LTD** - "Sensitive Sites our Specialty." Road bldg, logging, land/house site devlmt, self-loading log truck/dump truck, excavators/dozers, sand & gravel. Chris Choquette: 825-4701 or 354-9238.  
**CUSTOM STRETCH CANVAS & FRAMING** - for the visual artist. Watch demo @ CustomStretchCanvas on YouTube. Petra: 250.225.3250.  
**HULLAND AND LARSEN CONSTRUCTION** - experienced residential construction and custom finish work. 250.551.2915 or 250.505.3570.  
**JB (JUERGEN BAETZEL) CONSTRUCTION:** Over 13 years experience, strong work ethic. Covered by Worksafe BC. Foundations to Finish (concrete, framing, roofing, drywall, siding, flooring, finish, carpentry, tile setting, some plumbing & wiring knowledge) 250.227.9246 or 250.505.7697.  
**MARK JOHNSTON CONSTRUCTION LTD.** Ph: 250-227-9583, email: info@mrkjc.com  
**PROFESSIONAL PAINTER** - 16 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.) 250-227-9688 or 250-551-4671

**PERSONAL CARE/HEALTH**

**ALEXIS PHILLIPS, M.A., R.C.C.** - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 227-6824.  
**An ASTROLOGICAL CHART READING** will give you awareness and understanding of your life and your current situation. Contact Susan Sneed at 250-225-3520  
**AYURVEDIC CONSULTATIONS WITH ZORA C. DOVAL** - Dietary and lifestyle recommendations. Mondays at Barefoot Handweaving Studio. To book appointment (250) 227 9434.  
**BLANCHE TANNER** - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression. 227-6877  
**COUNSELLING & SUPPORT SERVICES:** Free and Confidential for children, adults and families. Services include: Adult Mental Health and Addictions; Child Youth Mental Health; & Family Support. Call 1-866-774-5324 (toll-free) or 250-353-7691. North Kootenay Lake Community Services Society.  
**FIRST CONTACT EAST SHORE MIDWIFERY** - Sylke Plauermann, registered midwife. 250-227-6846.  
**LEA BELCOURT - TRADITIONAL THAI MASSAGE, ONE-ON-ONE YOGA THERAPY SESSIONS, REIKI & ENERGY WORK** - Every Tuesday at the Barefoot Handweaving upstairs studio space. Call: (250)227-9030.  
**MASSAGE, FOOT REFLEXOLOGY, POLARITY BALANCING:** Call Susan Sneed to book a session in your home or at hers in the Riondel area. 250- 225-3520  
**MASSAGE, SHIATSU - DEEP TISSUE - REIKI,** mobile or in Crawford Bay, call James Wood, 250.227.6849 for an appointment.  
**REGISTERED HERBAL THERAPIST, MASTER HERBALIST** - Maya Skalinska, M.H., R.H.T. Iridology, Tongue & Pulse analysis, Nutritional consultations, individual herbal remedies, Flower Essence consultations & remedies. For appointments, please call 250-225-3493.  
**REGISTERED ACUPUNCTURIST** - Christine Peel, R.Ac. Traditional 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 open for dinner 5-10 pm (Thursday closed). Come and try our wood-fired oven pizza new on whole wheat dough and our seasonally inspired menu, homemade desserts and ice cream. Call for reservation: 227-6906  
**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 ROOTER/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.

*www.eshore.ca*  
*mainstreet@theeastshore.net*

**CLASSIFIED SECTION**

**AUTOMOTIVE/MARINE**

**Dog Life Jackets:** a super large net to retrieve your dog! Marine supplies, kayak paddles, oars, marine oils - Gray Creek Store  
**Roadside Emergency Kits** \$39.95 - with everything from jumper cables, tire sealant, to an emergency blanket, first aid kit, and more - Gray Creek Store

**BUS. ANNOUNCEMENTS**

**Sunday Hours:** now 10 am to 6 pm. (Still 9 am to 7 pm all other days) - Gray Creek Store  
**Sirdar General Store** - A unique place to shop on Duck Lake. Fishing Licenses, Tags and Tackle, Hunting Licenses, Local Crafts--baby dresses, ladies aprons, wooden bird houses, cutting boards, crib boards, Post cards, Greeting cards, Post Office Service--new--Royal Wedding Keepsake Kits & Stamps, Groceries, Island Farms Milk & Ice Cream treats, Chips, Chocolate & Energy Bars, Pop, Water, Energy drinks. Wishing All Mother's a Happy Mother's Day. 8050 Hwy 3A, 250-866-5570 or Fax 250-866-6811.  
**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

**CLASSES/WRKSHOPS**

**Artist Mentorship:** Ted Wallace is offering to work with aspiring artists of all levels of experience. Artists will work along side Ted in his studio, receiving instruc-

tion and guidance as required, sharing ideas and reflecting on art and creativity. The introductory price is \$35 per day plus a fee for any materials used. Contact Ted at 250.225.3484.

**EXERCISE EQUIP**

**Pacemaker walking machine,** uses a 110 outlet. Lots of options. \$400 OBO. Ph. 250-225-3492

**EMPLOYMENT OPPS/**

**Visit InvestKootenay.com** for East Shore opportunities to buy or sell a business and more.  
**Full time cook wanted:** Assist our chef in preparing healthy, wholesome lunches and dinners for 40 - 100 people. Mainly vegetarian food. Call Rebecca at Yasodhara Ashram 250-227-9224

**EVENTS/WORKSHOPS**

**Restoring Love, Health and Success** with Family Constellation Work - A one day workshop in Nelson, B.C. on Saturday May 7, from 9:30 until 5:00 PM. Location: Prestige Lakeside, 701 Lakeside Cost: \$75.00 preregistered. For more information or to register call Harreson and Blanche Tanner 250-227-6877 e-mail life-shift@bluebell.ca. Web site: www.life-shiftseminars.com

**HOME/BUILDING**

**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  
**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. Stong 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

**Steel or copper strapping** to secure your hot water tank solidly to the wall - a major earthquake may happen at any time - Gray Creek Store.

**Spring Painting Season** is here. Please phone ahead 227-9315 to check that we have a tinting expert on shift for Benjamin Moore - Gray Creek Store

**Ask Dan the difference** between Jonsered/Husqvarna chain saws and those sold by Canadian Tire et al. Jonsered & Husky are just different colours of the same units, as Johnston / Evinrude outboards used to be - Gray Creek Store.

**Jonsered mix oil** for saws/ two cycle engines has gas stabilizer included - save expensive carburetor cleaning to remove varnish left by lesser mix oils - Gray Creek Store

**Propane Wall Heaters** - direct vent kits included, 2 sizes in stock from \$675 - Gray Creek Store

**Fire Extinguisher** and Smoke Alarm pkg \$49.95 - Gray Creek Store

**Forstner Wood Bits** by Irwin - now we have a full stock for carpenters - Gray Creek Store

**Extension cords** in all sizes, from \$2.95 to \$119.95 - Gray Creek Store

**MISCELLANEOUS FOR SALE**

**Live Animal Traps:** Squirrels to Raccoons, \$24.95 to \$79.95 - 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 as being green by using less water - Gray Creek Store

**Make sitting easier:** Bench Brackets in plastic or steel - Gray Creek Store.

**Summer Is On The Way** - suntan lotion, sunglasses, beach mats, new stock of Mexican 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

**The Gun Safe:** locks up yours safely, and has a separate locking drawer for ammunition and your six gun - Gray Creek Store

**Lakota Joint Care** capsules: let Lakota defeat your rheumatism as the Lakota defeated Custer. Also: Beta Carotene capsules extend the use of your eyes - 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

**Hydrographic chart** of the Lake. boater's necessity, hard to find anywhere but Gray Creek Store

**NOTICES**

**Mother's Day Chainsaw Special:** with a free instruction course if she's new to saws - Gray Creek Store  
**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**

**ATVs or Motorcycle Helmets** - two styles and looks - 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:** Mountain Shores, 3 bdrm, 5 appliances, n/s. References. \$850/month + utilities. Phone: 250.489.5888 weekdays and 250.223.8394 on weekends.  
**Waters Edge B&B** is now open - on the lake with kayaks for guests. Enjoy a quiet, park-like setting for a holiday. Ph: 250-225-3492

**YARD & GARDEN**

**Garden Hoses Gallore:** We got a big shipment at great discounts - Gray Creek Store  
**Corona Garden Tools:** pruners, pole pruners, shovels as well - Gray Creek Store  
**How about a Jonsered trimmer** that can drive a tree pruner, a hedge trimmer, or a garden cultivator? And we nearly forgot a rotary sweeper - Gray Creek Store.  
**Bone Meal:** great long lasting organic fertilizer that the deer don't like - Gray Creek Store  
**Sprinklers:** butterfly to oscillat-

ing with sled or higher bases, and more - Gray Creek Store  
**100 Mile Seeds** - Laird Creek Seeds grown in Balfour - 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  
**Mantis Tillers** - the lightweight wonder that can even handle raised beds. 4 cycle Honda, or two cycle engines - Gray Creek Store  
**A pitchfork is essential equipment** if you are burning springtime brushpiles - so that you can push the pieces together, so that there is nothing left but ash - Gray Creek Store

**New stock of garden tools,** rakes, hoes, shovels, fencing, now is the time to get your garden prepared - Gray Creek Store  
**Garden Tools & 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  
**Dormant Spray Kit** - delivers a knockout punch to overwintering algae and leaf curl on your fruit trees - essential to apply before the buds open - Gray Creek Store  
**36" Reach Extender** \$22.95 - easily picks up from cigarette butts to full beer bottles - be ready for spring yard and highway clean-ups - Gray Creek Store  
**Grip O Log Splitter** - no hydraulics to freeze or leak, Honda powered, two second cycle time, uses the effort of two flywheels, was \$3400 now \$2995 - Gray Creek Store

## 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 Riondel Seniors Association AGM and Potluck Luncheon will be held on Feb 8th at 12:00 in the Seniors room at the Riondel Community Centre.**

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 2011

**May 3, Tuesday: Dr Lee**  
**May 4, Wednesday: Dr Moulson**  
**May 5, Thursday: Dr Lee**  
**May 10, Tuesday: Dr Lee**  
**May 11, Wednesday: Dr Moulson**  
**May 13, Friday: Dr Lee**  
**May 17, Tuesday: Dr Grymonpre**  
**May 18, Wednesday: Dr Moulson**  
**May 19, Thursday: Dr Lee**  
**May 24, Tuesday: Dr Grymonpre**  
**May 25, Wednesday: Dr Moulson**  
**May 26, Thursday: Dr Lee**  
**May 31, Tuesday: Dr Grymonpre**

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

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

#### BOSWELL HALL GOINGS-ON

- 1. Boswell Book Club** meets monthly on the 2nd Thursday at 1pm.
- 2. Boswell Nifty Needlers Quilt Guild** meets monthly on the third Tuesday at 2pm during golf season. Contact Nancy Bowley 250-223-8046.
- 3. Boswell Vintners** meets monthly on the second Wednesday at 2pm. Contact Doreen Nault 250-227-9543.
- 4. St. Anselm's Church Services** with Rev. Robin Celiz on the 1st Sunday of the month at 1:30pm
- 5. Yoga with Lea** is held on Thursdays during the summer months at 9:30 - 11 am. Contact Marilyn Arms 250-223-8058.
- 6. Boswell Hiking Group** Boswell Hiking Schedule for May is as follows. April 27: Sawmill Bay / Lighthouse, May 4: Mountain Shores Flag Rock, May 11: Robinson Lake / Copper Falls, May 18: Harrop - Proctor (cinnamon buns) May 25: Tipi Camp. All interested hikers are welcome. Call Melody Farmer for additional information at 250-223-8443 or email Melody at melodick.farmer@gmail.com
- 7. Annual Boswell Plant Sale** will be held on May 21 at 10am. Perennials, annuals, lunch counter, bake sale and second hand treasures will be available for sale. All proceeds help with the running of the Hall, including those delicious inexpensive dinners we hold.
- 8. Steak Dinner** will be held on May 28 at the Hall at 6pm sharp. Tickets are available at Destiny Bay Grocers for \$12 until Friday at 5pm and \$14 at the door.

#### TIPI CAMPS NEEDS AUCTIONABLE ITEMS

Silent Auction Fundraiser for Tipi Camp on June 19th needs your donations. Please contact Jacki at 250.505.8143 to set up collection or drop off of your quality, used furnishings, kitchenware, art, garden gnomes, chicken soup, home supplies/appliances, craft supplies, gift certificates, helicopter rides, family treasures, unicorns...

#### FRIENDS OF CBESS HOT LUNCH PROGRAM March-April 2011

Theresa Lee for her financial donation and years of dedicated service. Thank you!

#### LETS PLAY BALL!! (SLOW PITCH)

Registration and exhibition 3:00 May 29 at Riondel Field. We currently have four teams and are looking to expand! If you wish to join any of the existing teams please call. Kokanee Cubs, Helder 227 9393, Bob's Bar and Grill, Doug 225 3254, Newkeys Pub, Pam 227 6911, Eastshore United, Dano 225 3390. Looking for new teams from Grey Creek? Boswell? Crawford Bay? Games will be Sunday afternoons at 3:00 or 5:00. More info call Helder at 250 227 9393.

#### BOTTLE DRIVE

##### Estshore Youth Group Fundraiser

Save your empty bottles and cans. The youth will go door to door. Have them ready for pick up in Crawford Bay, Kootenay Bay, Riondel Rd to Riondel and Gray Creek. Monday May 30th 3:30 to 5:30. Thank you for your support

#### EASTSHORE COMMUNITY LIBRARY/READING CENTRE AGM

Announcement of the library's  
ANNUAL GENERAL MEETING  
Saturday 18 June 2011  
In the library at 10:00 AM  
Everyone welcome.

*Advertise Online!*

*Call Ingrid at 250.227.9246 to*

*find out how...*

*www.eshore.ca*

## ARTY/SPORTY SUMMER DAY CAMP 2011

...will be happening on the East Shore, from July 18 to July 29, 2011. That's 2 fun-filled weeks with two wacky Jackie's! (But one of them must not be called 'Jackie' - you know it!). We'll be playing hockey, tennis, soccer, dodge ball, basketball, Frisbee/ultimate, rope-skipping, water sports, ... doing treasure hunts, obstacle courses, theatre sports, story-telling, creative-writing, yoga, fashion -shows, beading, a nickle market, face-painting, papier maché, ... making paintings, drawings, mobiles, mandalas, bird-feeders, gardens, ... and a whole lotta constructive creative marvelous mayhem! This 10am - 3pm Monday to Friday event costs just \$20 per day (subsidiy inquiries welcome), including all of your materials and equipment, and a few snacks too. Bring a lunch, water/sun-gear, and a thirst for summertime hilarity. We have been given many awesome donations to make this year's day camp a huge success (but we can always use more!), and we welcome all kids from the age of 4 to 12+ to attend (we are hiring an extra helper to attend to the special needs of our littler friends, so that everyone is having a blast). The time to register is upon us: call Jacki @ 505-8143 or Jacqueline @ 227-6803.

## CHURCH CALENDAR

#### RIONDEL COMMUNITY CHURCH May SCHEDULE

**May 1:** Br Jeff Zak, Mennonite, 11 am  
**May 8:** Rev. John Ruder, Anglican 11 am  
**May 15:** Rev. Robin Ruder Celiz, Anglican, 3:00 pm,  
**May 22:** Brent Mason, Presbyterian, 2 pm  
music - Darryl Alguire  
**May 29:** Brenda Panio, Anglican 1 pm  
music - Darryl Alguire

**Special music every Sunday. Please check www.riondel.ca for changes. Info at 250-225-3381**

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

For information call Christ Church Creston 428-4248  
**May 1 - 1:30 pm: Rev Robin Ruder Celiz**  
**June 5 - 1:30 pm: Rev. Robin Ruder Celiz**

#### HARRISON MEMORIAL COMMUNITY CHURCH ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!  
**May 1: Please join us at St. Anselm's in Boswell**  
May 8: 11am & May 15: 1pm, Rev Robin Ruder Celiz  
May 22: 11am & May 29: 11am  
**Church Services held on the third Sunday of the month.**  
*For information call Karen Gilbert: 227-8914  
or Sue Philp: 227- 9140  
email: harrisonmemchurch@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

Reverend Thomas Kakkaniyil Phone: 428-2300 Fax: 428-4811  
Sunday Mass at 2 pm  
1st Sunday of the month, Fellowship Sunday.

#### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.  
Meetings begin at 10 am, every Sunday. Info call, 250-227-9522

#### CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,  
8151 Busk Rd, Balfour  
Sundays, 9 am - All welcome  
For info, call: 250.505.8021

## MEETING PLACES

#### EASTSHORE ALLIANCE SUPPORTING THE EARLY YEARS (EASEY)

Everyone is welcome and childcare is offered.  
Contact Simone Stanley at 250.227.9218 ext 5504.  
Email: simones@kootenaykids.ca

#### 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 morning at 8:30 am in the Kootenay Lake Community Church basement. 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 second Monday of the month. **May meeting: May 9, 2011.**  
Call Gina at 250.227.6896 to be put on the agenda...

May 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Yoga w/Lea, CC Building Ayurvedic Consults w/ Zora Tim Hus @ Newkey's Hike for Hospice Bottle Depot, 10-2	<b>2</b> NVC Meeting, CC Building Youth Nights, Comm. Corner, 3:30 - 7:00	<b>3</b> Hatha Yoga w/Christina Dr. Lee	<b>4</b> Volleyball, 7pm, CBESS Dr. Moulson Lab 7:30-10:30	<b>5</b> Yogo w/Lea, Boswell Hall Cinco de Mayo, Bob's Bar Theatre Sports,Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	<b>6</b> Bridge, Seniors room, Rio Comm Centre, 1pm	<b>7</b> Medicine Wheel, GC Hall Family Const. Wrkshop, Nelson
<b>8</b> Yoga w/Lea, CC Building Ayurvedic Consults w/ Zora Mthrs Day Special, Bocalino Mthrs Day Brunch, Wdgwood Mthrs Day Dinner, Bob's Bar Bottle Depot, 10-2	<b>9</b> NVC Meeting, CC Building PAC Meeting, CBESS Library, 7pm Youth Nights, Comm. Corner, 3:30 - 7:00	<b>10</b> Hatha Yoga w/Christina Lions Mtng, 7 pm Dr. Lee	<b>11</b> Volleyball, 7pm, CBESS Dr. Moulson Lab 7:30-10:30	<b>12</b> Yogo w/Lea, Boswell Hall Theatre Sports,Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am	<b>13</b> 15 Minute Hamlet, The Hub Bridge, Seniors room, Rio Comm Centre, 1pm Dr. Lee	<b>14</b> First Aid Course
<b>15</b> Yoga w/Lea, CC Building Ayurvedic Consults w/ Zora Bottle Depot, 10-2	<b>16</b> NVC Meeting, CC Building Youth Nights, Comm. Corner, 3:30 - 7:00	<b>17</b> Hatha Yoga w/Christina Chamber Meeting, 7pm CBT Pub Input Mtng, GC Hall Dr. Grymonpre	<b>18</b> Volleyball, 7pm, CBESS Dr. Moulson, Lab 7:30-10:30	<b>19</b> Yogo w/Lea, Boswell Hall Theatre Sports,Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	<b>20</b> Women's Soccer, CB Park, 5:45 pm Rec 9 App Ddline Bridge, Seniors room, Rio Comm Centre, 1pm MAINSTREET DEADLINE	<b>21</b> Sacred Journey Opening
<b>22</b> Yoga w/Lea, CC Building Ayurvedic Consults w/ Zora Bottle Depot, 10-2	<b>23</b> NVC Meeting, CC Building Youth Nights, Comm. Corner, 3:30 - 7:00	<b>24</b> Hatha Yoga w/Christina Lions Mtng, 7 pm Dr. Grymonpre	<b>25</b> Volleyball, 7pm, CBESS Dr. Moulson, Lab 7:30-10:30	<b>26</b> Yogo w/Lea, Boswell Hall Theatre Sports,Improv, CBESS, 7:30 pm TOPS, KLCC bsmnt, 8:30am Dr. Lee	<b>27</b> Women's Soccer, CB Park, 5:45 pm Bridge, Seniors room, Rio Comm Centre, 1pm	<b>28</b> Gala Dinner, GC Hall
<b>29</b> Yoga w/Lea, CC Building Ayurvedic Consults w/ Zora Slow Pitch in Riondel Bottle Depot, 10-2	<b>30</b> NVC Meeting, CC Building Youth Nights, Comm. Corner, 3:30 - 7:00	<b>31</b> Hatha Yoga w/Christina Dr. Grymonpre				

### KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time - Winter Schedule in effect

Vessel Name	Halfhour	Terminal	Kootenay Terminal Day	Terminal
		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 Halfhour				
Osprey 2000		11:30 am		12:30 pm
MV Halfhour				
Osprey 2000		1:10 pm		2:00 pm
MV Halfhour				
Osprey 2000		3:50 pm		3:40 pm
MV Halfhour				
Osprey 2000		4:30 pm		5:20 pm
MV Halfhour				
Osprey 2000		6:10 pm		7:00 pm
Osprey 2000		7:50 pm		8:40 pm
Osprey 2000		9:40 pm		10:30 pm

April 26 - May 13, prepare for delays as MV Osprey will be out of service.

**Wedgwood Manor**  
invites you to celebrate with our  
**Mother's Day Brunch**  
on Sunday, May 8  
11am - 3pm  
Featuring local meat, produce, wine & artisanal chocolates!

[www.sacredjourney.ca](http://www.sacredjourney.ca)  
(250) 227-6865  
[www.sacredjourney.ca](http://www.sacredjourney.ca)  
14435 Hwy 3A Gray Creek

**May/June Hrs: Thurs-Sun, 10:30-5**  
**Open for the season May 21**  
**Come celebrate!**  
**Hors d'oeuvres, music and door prizes...**  
~ New spring collections ~  
*Unique home, garden, clothing & gift items*  
**Watch for our new spa schedule and treatment menu**

ADVERTISER	PAGE		
Newkeys			1,4,8,10
Angus MacDonald Reiki	1	RDCK Victoria Day Hours	7
Artisans	8	RDCK Rec 9 Grant Apps	9
Ayurvedic with Zora	4	RDCK TS Hours	6
B-57 Excavating	13	Riondel Market	13
Barefoot Handweaving	3	Rockwood	12
Black Salt	8	Sacred Journey	12
Bob's Bar	10,17	Strawberry Social	1
Bocalino	11,12,15	Sunnywoods Farm	11
Boswell Hall	17	Sunset Seed	17
Bronze Sponsors Hot Lunch	3	Tipi Camp Schedule	5
Bunkers	12	Turlock Electrical	13
Community Futures	5	Wedgwood	13
Crawford Bay Hall & Parks	19	Western Pacific Marine	3
Crawford Bay Store	13	Will Chapman	13
Credit Union	12		
Day Camp	3		
Destiny Bay Resort	3		
EDC	17		
ESIS	1		
East Shore Storage	15		
East Side Mojo's	9		
Eastshore Physiotherapy	18		
Fall Fair	5		
Fitness Place	19		
Gala Dinner	2...		
Garden Hoe Farms	6		
Gray Creek Store	3,22		
G.R.S. Contracting	13		
Green Machine	1		
Hamlet	16		
Harreson Tanner	11,17		
Hatha Yoga w/ Christina	8		
Heycamp	10		
Hulland and Larsen	13		
JB Construction	13		
Junction Creek Hub	12		
Kootenay Insurance Services	6		
Kootenay Springs Softub	2		
Lea Belcourt Yoga	15		
Mary Kay w/ Barbara	12		
Medicine Wheel	8		
New-2-U	8		

**Transfer Station Hrs**  
Crawford Bay:  
Sun & Tues :  
10 am - 4 pm  
  
Sun & Tues  
9 am - 3 pm  
  
Boswell:  
Wed/Sat, 12-4

**Library Hours:**  
**ES Reading Centre:**  
Tues & Sat: 12-3  
Thurs: 7-9 pm  
**Riondel Library:**  
Mon: 2-4 pm,  
Wed: 6-8 pm  
Tues & Thurs:  
10am-12pm  
Sat:  
10:30am - 12:30pm