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The East Shore Mainstreet

KOOTENAY LAKE BC

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

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

Checkusoutonline!

www.eshore.ca

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Mikaila McKnight, Kierstin Bell, Zyan Fukushima-Rael, Jade Besner and Orion Cleland show off the beautiful greens being produced in the Crawford Bay School greenhouse. This program (under the guidance of volunteer Dana Gallinger) has had the children involved from its very inception with the erection of the building. Today, it is supplying the Hot Lunch program with leafy greens and vegetables that the children get to enjoy in the most complete way - seeing the food they started from seed and lovingly cared for end up on their plates. (See details about the Hot Lunch program and the challenges it faces in continuing beyond the current year on page 14.)

Photo: Jacqueline Wedge

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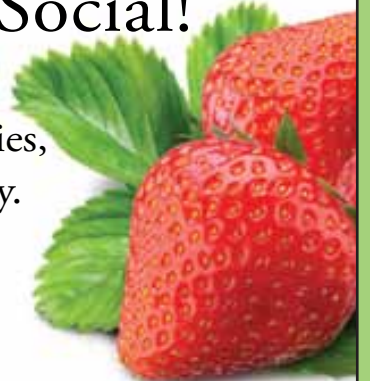
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MS Issues

by Ingrid Baetzel,
Editor

Feedback and Chatter about the New Mainstreet Online

Thanks everyone for your feedback and thoughts about the new website. For those who haven't, please check it out, **subscribe for notifications about posts, place your free classifieds, free ride share requests, free calendar listings...** www.eshore.ca.

It's a work in progress, but I'm pretty darn excited about the effectiveness of the site already. People are using it, and people are responding. Here is some of what has been sent in as feedback...

- *Hey, great job! This is a great example of how the Mainstreet can effectively leverage the interweb and make even more of a difference in our community. The paper is great and I will continue to buy it regularly, but this is so immediate and, well, timely. I also like the mail push, alerting me to a new article on the website. Great way to get people to visit the site and raise its profile.*

- *The new website is awesome Ingrid! Thank you for all your time and effort in helping us all connect better on the East Shore. It is one step closer to building a unified family in our communities, so all of us will benefit from your vision, love and caring.*

- *New site looks great, Ingrid – I am a devotee of simple, wherever, whenever possible, so good on you. Nice work to Gef (ponnuki.net).*

- *Great layout - it has a beautiful sense of ease.*
- *The website looks great. I like the emphasis on free. That should attract attention and input.*

- *Nice and clean.*
- *Excellent improvement! This site is so user-friendly and agreeable. You're really paying attention to the gaps and needs of the community. Thank you for this vehicle.*
- *Best of luck with the new site. I thoroughly enjoy the newspaper and read it cover to cover each month... This is a great addition to add timely news pieces and information that the paper can't cover due to time constraints.*

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Kootenay Lake Ferry Office

OSPREY 2000 FERRY

OUT OF SERVICE

May 27 - June 8, 2012

Western Pacific Marine Ltd. advises travelers that the Osprey 2000 will be out of service from Sunday, May 27 through Friday, June 8, 2012, 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.



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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 2012 issue items by:

Next Deadline: Wed, May 23, 2012

LETTERS TO THE EDITOR

UPDATE ON THE FERRY LETTER WRITING CAMPAIGN & PETITION

Dear Editor:

The online petition has garnered more than 260 signatures with many great responses.

We've had some media exposure with Jayanti Holman getting an article in the *Creston Valley Advance*, the ongoing letter presence in *The East Shore Mainstreet* and www.eshore.ca. As well, I received some exposure on EZ Rock radio.

Those of you who wrote in letters to Blair Lekstrom may have received a form letter from his office stating that at this time and "current fiscal climate" they will not allow the increase to current service levels.

Obviously they had only a cursory look at the letters since we weren't asking for an increase in ferry sailings but rather an hourly schedule that would expand the sailings from early morning into later evening. The savings on fuel would certainly pay for extra crew costs.

Thanks to our Chamber of Commerce and other residents who came up with a cost evaluation over the years, but this information seems to fall on deaf ears in the legislature.

MLA Michelle Mungall has offered to bring our requests to the legislature at the end of May to formally present it to the Minister. The ferry crew has said that although the contract may be settled before that, there is a ninety day period which it is not set in stone. So, our ferry issue isn't sunk yet (no more bad humour, I promise) and we still may have some hope for this time around.

I suggest getting more people to sign the petition which can be found at www.change.org and search under Kootenay Lake Ferry petition and keep writing those letters.

I am going to present Michelle Mungall with the petition as well as a clear statement on what our needs
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are without any cost overruns so if any of you have any questions or remarks before I hand those documents in at the end of next week, feel free to contact me at thesoapstone@theeastshore.net.

Send out the good water ferries vibe!

Nicole Plouffe, Kootenay Bay

REMEMBERING FIONA A Letter to the Community by her Family at her Memorial Service

What a lovely afternoon. I'm Fiona's brother Ted. My sister Mary and brothers Bernie and John are here in spirit and love for Fiona (as are all her family).

We are also having a memorial in Cooks Church in Mt. Bridges Ontario on May 12.

It is so wonderful to be here today to share and celebrate Fiona's life knowing she has passed on to an even better place with Jesus. Looking out at the snow capped mountains and clear lake this morning, it's no mystery to me why Fiona loved this area. There were two white tailed deer across from Winnie & Johannes' place this morning. In her life Fiona lived from coast to coast and this became her final resting place. More importantly her family are so thankful for the loving, welcoming community she had here. You are truly amazing.

You all knew Fiona well:

Her strong sense of community – that "the whole is greater than the sum of the parts", and her special style of leadership – some might say "delegation", some might say "bossy"

Her strong Christian faith that she willingly shared with all

Her special talents:

-Singing and playing piano

-Creating beautiful things

-Celebrating occasions, such as birthdays, memorials, religious & community events

-Holding each individual in her heart & her memory – visiting others, hosting teas, knowing your favourite pie or cookie

-Remembering each dog's name, and whether or not they'd had their biscuit that day

-Her love of nature and being outdoors in the mountains

-Her energy – to bring her lifelong learning together and to share this with the Riondel community

Fiona maintained a mystery about how and why she came to Riondel. Previously she lived for many years in Vancouver. In 1998 she disconnected with her family and suddenly left Vancouver and travelled and camped in different places. When she reached Kootenay Lake she had depleted her resources and found work. She was fortunate that Betty's family connected with her and gave her a home, a purpose and a safe haven. Her strong sense of family and community transferred to the Riondel community. Everyone here became her family. And oh, how she loved and felt safe here. She didn't even lock her doors at night.

In January 2011, when she received a letter from her siblings that was forwarded by Old Age Security, she reconnected with her family. She simply wanted to move forward from there. Her family were more than delighted to reconnect with her, and to find that she had found a new family in Riondel.

We have had a wonderful time with her this past year. Her family members and cousins have embraced her return and sent her letters and photos to fill her in on family events. She has travelled to Vancouver, Ontario, and California for visits with family and friends. We are all saddened that we've lost her physical presence again. However, we rejoice in knowing she was safe and content among loving friends. She also rejoiced with you that she had reconnected with her family. And you, in turn, rejoiced with her and embraced all of us. Words cannot express how much our family appreciates the love and care you have given to Fiona – our sister Ruthie.

Thank you very much for coming today and all your support.

Much love to all of you from Mary, Bernie, John, myself and her family.



RDCK Area "A" Update

by Garry Jackman, Director, Area "A"

CBT grants

The meeting to review the annual grant applications under the Community Initiatives Program was held on April 16 at the Gray Creek Hall. This year our allocation of funding for Area A was reduced due to a change in board policy (see my comments on this topic a few months back). The total amount of requests totaling approximately \$101,000 was triple the amount of funds available to disburse. I extend many thanks to the community volunteers who reviewed the applications and struggled through the evaluations under such constraints. The recommendations from the community reps will go to the May RDCK board meeting for final review and approvals.

Transit

Currently the provision of transit through the West Kootenay is a somewhat disjointed system with a number of separate contracts issued by various jurisdictions. Decades ago this approach may have made sense since fewer areas had transit service, but now many of the routes adjoin or even overlap so it is time to rethink the system. Each jurisdiction or service area contributes funds through taxation towards the BC Transit budget to purchase and operate buses. Given the constraints of how rural taxation must be applied specifically to the service it is designated to support, making what may seem to be simple changes may involve more complicated amendments to services in

adjoining areas. As the transit services are delivered through a number of independent contracts, timing changes to also coincide with requests for proposals for renewal of contract services also makes sense. We are approaching that time in the coming months.

Most of the local government discussions and negotiations required to support meaningful change have taken place. Last year workshops were held with local government and public input was sought to develop a long term regional transit strategy for the corridors extending from Kaslo through Nelson to Castlegar and Trail, up the Slocan Valley and into Naksup and along the Beaver Valley with possible loops through Salmo to connect back to Nelson. This plan is a public document available through the BC Transit website. Longer term possible routes are identified as loops to areas without service, such as the East Shore, depending on local demand.

Recent minor improvements include coordination of some of the connections to Balfour with the ferry plus additional runs to Balfour and other communities. There have also been some changes to which size of bus run through major corridors to increase capacity, such as on the routes connecting to Selkirk College. Some of these short term changes are sure to be enhanced based on increasing use. Other changes, such as connectivity to the ferry, add challenges to the overall system coordination and will only be factored into future route and scheduling adjustments if they are actually resulting in increased ridership.

In order to create a more cohesive system using the most appropriate sized bus for each corridor, major changes which focus on passenger service are being proposed. These include minimizing bus transfers, standardizing fees and better timing connections with feeding lines. It is necessary to reorganize the system to time schedule reviews and publication concurrently. Over time, the various components of the services may

would be made once that survey completed.

As of April 27, Draper Road was completely shut off and inaccessible, keeping residents who live there from being able to get out. One resident's garden and chicken coop was devastated, his vehicle damaged by mud and his dirt bike missing in the slide.

be merged formally. These steps will involve a series of public information sessions. With relatively short notice one of these sessions involving the Nelson area services was held in late April. I will pass on information as I receive it but **persons interested in the evolution of the transit system should look to the BC Transit site periodically to remain informed.** If area residents do not attend some of the sessions their concerns will not be recorded. **More importantly, if Area A residents do not use the transit links through Balfour and beyond considerations such as timing buses to meet ferries may be over-ridden by other needs to ensure timely connections downstream.**

As is the case with a number of Area A services, a portion of our Area contributes directly to the Creston Transit system which also has major proposed changes. The Creston ridership is relatively low but the system does provide a critical service for some residents. Proposals include shifting to a pilot project of "on-request" service for some routes and a de-emphasis of specific scheduling for others. The flexible routes and times are proposed to be coordinated through the same service which currently coordinates the Handi Dart system.

Anyone wishing more specific information on transit either connecting through Balfour or the limited service to Wynndel may contact me directly.

AKBLG

As I indicated last month, the Association of Kootenay Boundary Local Government held its annual conference in Trail. As expected, there was no support the changes the province has made to funding for mitigation of wildfire risks on crown land. Over the past few years local government has contributed staff time to coordinate the determination of high risk areas within crown land forest and to coordinate work to thin the high risk areas. The province has now asked the local (private) property tax base to pay for a percentage of the work on crown land. Although we all want to maximize the safety of our communities, the program is not affordable.

The Ministry of Health held an informative session prior to the conference looking for input on how local government can assist in promoting healthy living (eating, activity, preventative measures) with the objective of reducing the future burden on the health care system. I personally agree with this approach, although I am sure my habits are not a model example of healthy living.

If you have a question contact me by calling 250-223-8463. Email gjackman@kootenay.com.

Mud Slide in Crawford Bay

by Ingrid Baetzel

At about 10:30 on April 26, a substantial mudslide closed Hwy 3A near the south end of the Crawford Bay loop road. A river of mud, logs and water covered the highway. Farley Curzons tells a story of his wife, Sarah Wolfenberg (one of the first on the scene off the last ferry), nearly getting caught in the slide. She carefully backed out and parked, then called Farley to pick her up. Apparently the mud slide was near to eight inches deep at the centre. There were numerous other small mudslides observed in the area.

Yellowhead Road and Bridge (YRB) crews worked through the night to clear debris and re-direct the water. When *Mainstreet* attended the scene in the morning of April 27, most of the damage and mess had been cleaned up and the water had been diverted. The south end of the loop road was closed, with dirt and rock piled high to divert the quickly moving water and direct it into a culvert. Barney Bothamley, head of YRB, said that they were waiting for geo-technical engineers from Highways to show up with a helicopter to survey the scene from the point high on the mountain where the heavy run-off began all the way down to the lake. Decisions about how to remedy the situation



Shown here: the bottom of the south end of Crawford Creek Road with heavy water/mud run-off closing it off to traffic due to a mud slide on the night of April 26.

Photo: Ingrid Baetzel

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Community Connections Update

**Hey You!
Want to Know
What's Going On?**

**by Ingrid Baetzel
for Community Connections**

A Reminder of Who/What We Are:

Community Connections is a community-based rural development organization serving the East Shore of Kootenay Lake (Area A of the RDCK). It was previously and officially known as South Kootenay Lake Community Services Society.

The current board members are Janet Wallace, Muriel Crowe, Galadriel Rael, Simone Stanley, Dana Gallinger, Jamie Cox, Verna Mayers-Mackenzie, Paris Marshall-Smith and Ingrid Baetzel.

The purpose of this organization is multi-dimensional and evolving.

Currently: We have been describing ourselves in terms of a funnel (thanks Galadriel). Imagine a wide-mouthed funnel meant to catch and hold and deliberately disburse in a meaningful way. We aim to be a catch-all for funding in the form of grants, donations and fundraising results with the intention to transparently allocate funding to the appropriate places when directed. We are a registered society, and are thereby an official entity (which many funders require in order to cut a cheque). This status makes allocating funding more attractive and official to funding organizations, particularly since we can offer tax receipts with a society number affixed.

Ongoing: We are, and aim to be more of, a reliable information bank, a guide to resources and opportunities to those who would seek help in attracting and finding funding. We are currently setting up a part-time office and have a cell phone and contact information for our administration. See part two of this article.

In the Future: We hope to be able to offer grant-writing services, but this will involve some training and negotiating. Even if right now we can't write grants on behalf of people or organizations, we certainly aspire to be a place to help wedge the door open and guide seekers to the appropriate resources. Watch for developments along these lines.

New Administrator:

We'd like to introduce and welcome our new administrator, Palma Wedman. She was officially hired in March and it is with great pleasure that we welcome her to Community Connections. Palma has lived on the East Shore, on Riondel Road, for the past couple of years with her husband Tyler and their daughter Sofie. She grew up in a small town outside of Toronto. Palma brings over 13 years of administrative experience to Community Connections, most recently having worked at the Yasodhara Ashram in registrations and the bookstore. Before moving back to the East Shore two years ago, Palma lived in Ottawa for a year and a half and was a coordinator for youth at risk.

Palma says, "Our intention of moving to the East Shore was to live in a small town and with community minded people. Our move also had a lot to do with wanting to be in a place that mirrored our ideals so that we could teach our daughter about living a simple life with quality people."

'What drew me to the administrator position for

Community Connections was the opportunity to interact with more community members... to be involved in things that are important to me like youth, food issues and business development. Drawing people and place together harmoniously is of fundamental importance to me. I feel so privileged to be able to work with passionate volunteer board members and inspiring people looking towards the betterment of their community."

Welcome aboard, Palma!

Upcoming Events:

On May 12, Community Connections, along with the Kootenay Lake Chamber of Commerce and the EDC (Economic Development Commission) is hosting an AGM and public information session. We're calling it What's Going On (see ad below). We have invited three presenters to speak at the meeting: Dale Hodgson, owner of Kokanee Springs; Jamie Cox, manager of the Crawford Bay Store and Tom Lymbery, owner of the Gray Creek Store. There will also be a Show & Tell, where local businesses can (re)introduce themselves and display where they are (and hope to be) business-wise.

This will be an opportunity to be inspired and strengthen relationships - a place to come together and check in with each other before another busy visitor season really ignites.

Where? Crawford Bay School performance space
When? May 12, 2 - 4:30 after the CB Park clean up
Snazzy Snacks catered by Black Salt Cafe
Childcare provided

If you would like a table to demonstrate or share your business, please call Lois at 250.227.9367.



**What's
Going On?**

Information Session: the past, present and future of East Shore business.

- Community Connections – AGM at 1:30 (everyone welcome)
- Kootenay Lake Chamber of Commerce
- Economic Development Commission

Invite you to find out what is going on...



Featured Speakers:

- Dale Hodgson, owner of Kokanee Springs
- Jamie Cox, manager of the (new) Crawford Bay Market
- Tom Lymbery, family-owned business since 1913

Show and Tell: local businesses (re)introduce themselves and display their business. Call Lois to book a table. 250.227.9367

Get inspired - strengthen relationships!

Contact us via email: (skootenaylakeccs@gmail.com) or phone: 250.354.4251

- **Where:** CB School Performance Space
- **When:** May 12, 2-4:30 (after lunch at CB Park Clean-up)
- **Refreshments:** Snazzy snacks catered by Black Salt Café
- **Note:** Childcare provided.

Please join us for this important information/business boosting session...



Gala Dinner

Fundraiser

Hot Lunch Fundraiser - Gala Dinner, June 2
Crawford Bay Hall, 6pm

Let's Get to the Greek Gala Dinner!
Tickets: \$60 each Table of 8: \$420

Raffle tickets will also be available
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Protecting the Marine Environment on Kootenay Lake

submitted by Lois Wakelin

Human, plant and animal life, and social development are all inconceivable without the presence of quality water and healthy aquatic ecosystems. Residents, vacationers, tourists, fishers, and boaters all recognize the inherent and unique beauty of Kootenay Lake and the West Arm. As an important habitat to dozens of species of animals and plant life, a source of drinking water for thousands, and a year-round recreation and tourism destination, Kootenay Lake is vital to life, well-being, and health.

When ecosystems break down, and water quality deteriorates, the benefits for the population are reduced accordingly. Water has no substitute. Without careful stewardship, Kootenay Lake is vulnerable to negative impacts of human activities, including boating.

Kootenay Lake Sustainable Boating Society (KLSB) is a non-profit citizens' group with a focus on protecting the marine environment in and around Kootenay Lake. We also provide Kootenay Lake boaters with timely information to help us safely and enjoyably use the lake. With the help of Columbia Basin Trust, the Society is currently conducting a feasibility study regarding building sewage pump-out stations on the Lake and the West Arm to prevent the discharge of boat sewage into the lake. **Many other jurisdictions already have mandatory "no discharge" protocols in place** in recognition of the importance of maintaining the health of their waterways. To date, the only no-discharge location on Kootenay Lake is Pilot Bay.

Increases in tourist visits and activity on the lake, and a trend to more and bigger boats can have a direct impact on its health. Some of these impacts may be controlled, regulated, or directed so that these possibly harmful effects can be avoided; where resource integrity is maintained or even enhanced, all users of the lake will benefit.

With support from RDCK, CBT, Kootenay Lake Sailing Association, and Kuskanook Harbour a boaters' survey has been developed, and boaters are invited to visit www.klsb.org to complete the survey and add comments or questions.

MYCROBZ Compost Solutions

by Tom Lymbery

This new product will help solve many of your waste problems – allowing you to include things that you couldn't compost before – for fear of attracting skunks, raccoons, or bears to your compost or garden. This MyCrobz Bacteria Solution eliminates odours – even for your *counter compost bucket*.

Microorganisms that break down waste are completely natural and safe for people, pets and the environment. There are over 100 different applications for these products – they can be used around your house, garden and farm.

The two most popular applications for MyCrobz products are indoor composting and eliminating odours. Unlike traditional composting, which creates heat and gas, resulting in loss of nutrients - Bokashi creates no heat or gas, so all the nutrients are returned to the soil. Composting with MyCrobz is called Bokashi. Bokashi even breaks down meat, bones and paper. This is quicker than traditional composting, does not create bad smells, and is too acidic to attract bears or other animals.

Bokashi Starter is fermented wheat bran that is sprinkled over layers of food waste in an airtight bucket until it is full. Once the bucket is full it is put aside for two weeks – at the end of two weeks the waste is fermented and can be buried in the garden or compost pile.

Another option is to feed it to chickens, pigs or worms. It is a probiotic, healthy food. A lot of people feed their compost to chickens, but they don't eat everything, -- this way they eat it all.

Eliminating odors, house cleaning, and personal care is done with MyCrobz I-Solution. This is a liquid and is diluted with water in a spray bottle for easy use. This will get rid of smells caused by cigarette smoke, cooking, urine, rotting garbage, pets, even skunk smell. It is also an all purpose cleaner.

Similar products are widely used in Asia, where this technology comes from. Dr. Tuergo Higo of Japan started experimenting with microorganisms in the 1980s in his search for an alternative to chemical fertilizers and pesticides.

Todd Veri, who produces these products in Kaslo will host a seminar at Gray Creek Store on May 13. Sorry this is Mother's Day, but what better way to make Mom happier than to control those odors that she often complains about?

Gray Creek Store has these in stock and is the exclusive MyCrobz for the best shore and Creston. www.mycrobz.com



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Riondel Roof Fund

by Muriel Crowe

Last month I submitted a brief article regarding the Riondel Community Centre Roof Fund. I would like to remind everyone that we still need donations and that currently it is possible to make those at Bob's Bar and Grill, Riondel Market, Riondel Commission Office and the Riondel Library.

We are asking that people purchase or sponsor a square inch of the roof for a twoonie or possibly many square inches if they can afford it. Currently we have about \$12,400 in the fund which has been donated by individuals and some of the Riondel clubs and organizations. The Riondel Commission of Management will be asking all of our local organizations to consider either donating funds or sponsor/co-sponsoring a fund raising event.

If people would like to view the progress of our endeavors, there is a chart in the entrance hall of the Community Centre. **Please consider supporting this fund drive. This building is the heart of our community and its continued use is in jeopardy.**

Silent Auction Fundraiser!

Keep Tipi Camp Vibrant

Please donate quality new or used items for a fun filled silent auction. We are looking for your support to raise funds for many projects at Tipi Camp... replacing the roof of the Alice Bruce historical cabin, YA Program 17-21, WISE Camp, etc... All money raised will go directly into the program and various projects. By donating items and or attending the silent auction, you are giving in the most valuable way to this wonderful place, and helping keep Tipi Camp vibrant.

- May 26, Crawford Bay Hall - 6:30-9pm
- Plant Sale at 3:30 pm...
- Celebrate 25 Years of Tipi Camp!
- Delectable edibles & steaming hot elixirs.



Call Sandra, 250.505.3173 w/ donations or for info.

We're Greening Up Our Starbelly

by Lea Belcourt

In a move towards zero waste; all the food and paper waste from this year's festival will be recycled into a nutrient rich compost using a process called Bokashi. Bokashi composting uses micro-organisms in an airtight environment to 'pickle' any kind of food waste including: cook foods, meat, bones, and paper. The process is fast, returns more nutrients to the soil than traditional composting, and does not attract bears.

Waste collection areas, manned by volunteers, will be set up around the site and everyone will kindly be asked to separate their waste into: Food Scraps, Contaminated Paper, Recycling, and Garbage. The contaminated paper (including plates, cups, wooden cutlery, etc.) will be shredded - then layered with the food waste and an inoculant in 55 gallon plastic drums for fermentation. A few weeks later the fermented waste will be mixed with soil where it will decompose in another few weeks.

Todd Veri from MyCrobz Bacteria Solutions (www.mycrobz.com) in Kaslo (see more about Todd and MyCrobz in Tom Lymbery's article on this same page) will be managing the Festival Bokashi program and will be demonstrating the Bokashi process throughout the weekend. Times will be posted.

May 2012 Mainstreet 5



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Thought For Food

by Farley Curzons

Some of the earliest evidence of humans employing agriculture in their lives lies in the foothills of Mt Ararat in South Eastern Turkey. Archeologists tell us they were farming in these mountains some 13,000

years ago but they aren't quick to speculate as to why. There is however, some historical and geological evidence available for us to examine. We know that the last ice age ended about 11,000 BC. Some geologists have spent a great deal of time studying the state of the world's oceans at that time when continent size ice shelf after ice shelf dropped into the worlds rapidly rising oceans.

Around the world could be found some of the first nomadic people exploring the warming planet, going inland to follow animals for food or to escape the oppression of developed civilizations. One such civilization was thriving in the Tigris and Euphrates river delta in what is now Iraq. There is evidence to show an advanced people with established cities, governments, laws and great knowledge of agriculture had been there for a long time. It is generally agreed that the equatorial area of the Middle East was the first to thaw and attract flora and fauna. But sadly for its inhabitants it was not to be. An ice shelf the size of Australia triggered by a massive earthquake fell into the southern Indian Ocean and flushed the whole planet with a tsunami of biblical proportions.

That wave would have hit the shores of East Africa and The Arabian Peninsula on one side and

western India and Iran on the other. As the wave was forced to narrow in the Persian Gulf it picked up speed and smashed into Iraq with the fury of the gods. It is believed that mount Ararat at 5137m was some of the first land to become exposed when the floodwaters retreated. The few survivors began their journey from there.

Following the watery deluge the Tigris and Euphrates river valley had become swampland and useless for farming. The survivors started their lives over in the mountains. These advanced people had retained their knowledge of agriculture and animal husbandry and did quite well for themselves and went on to populate most of the planet.

Most of the great civilizations of the world collapsed because they could no longer feed their people. It is a common theory as to why the Mayans appear to have vanished over night. The Romans were only able to spread their territories far and wide because they had a good understanding of nutrition, farming and transport. This became the model for most of Europe and the Middle East. He who had the seed, the land, and could organize the food and labor could build a town around himself. Food was and is everything.

At the beginning of the 20th century when you visited cities like New York, Toronto, and even Vancouver you would see that almost every home in the city had some kind of garden. Recent immigrants from Italy, Ireland, Russia and China had likely seen hard times and knew the value of home grown food. Apartment balconies, front steps, window ledges and rooftops had amazing fruits and vegetables with seeds likely carried over from their country of origin.

As capitalism was taking hold of America a bunch of businessmen were sitting down to discuss ways of getting rich. As they mulled over the question "what

does everyone need?" they had an epiphany. FOOD! (That and soft drinks laced with cocaine).

So began the modern age of food processing. The basic materials of food processing are the refined carbohydrates (mainly white flour and sugar) and processed oils. Given these three basics, processors can produce almost anything. The food industry has taken to sugar and hydrogenated fats not merely because of their taste appeal but because they are the cheapest constituents available for the manufacture of packaged foods. One company can't sell a tomato, for example, for much more than another company. But process it into ketchup, add spices and a fraction of a cent of flavor, and bottle it; call it barbeque sauce; advertise it; tout its brand name; and higher and higher profits can be made because the product seems unique. We might forgive the industry for these manipulated profits if we the consumer got nutrients from the food product. Unfortunately, we don't. The profits are made at the consumer's two-fold expense. In purchasing power and in nutrients denied.

A return to traditional foods is a way of taking power from the multinationals and giving it back to the small-scale farmers and food artisans. The kind of food processing that makes food more nutritious is the same kind of food processing that the farmer or farming community can do independently (sour milk and grain products, aged cheeses, pickles, sausages, broth and beverages). All the boxed, bottled and frozen products in modern supermarkets (cheerios, crackers, cookies, egg-beaters, margarines, diet sodas and TV dinners) have made fortunes for a few and impoverished the rest of us. The way we eat not only determines how healthy we will be, but what kind of economy we have (the kind where the few make millions and millions of dollars or the kind where millions of people make a decent living).

In an era where massive government corruption can no longer veil itself behind the curtain of best intentions, and the governed populace is forced to endure the hardships of enormous institutional failure, we find ourselves with difficult yet obvious choices. We owe it to ourselves and to our children to step up and say "NO MORE!" We the overwhelming majority must band together and drive a wrench into the gears of corporations and moneylenders. Once again it's about taking responsibility for the health of our communities and the vibrancy of our local economy. The world is changing at such a rapid rate that waiting to implement changes will leave us two steps behind. Do it now, do it now, do it now.



The Fall Fair is Stayin' Alive

submitted by Karlee Morison

It's the one hundred and FIRST Fall Fair! Yes it's true, be prepared... you will love it.

Your local Food Roots security chapter is overhauling the Fall Fair this year, and we are recruiting. The old competition will remain, but expect a lot of new categories and activities for the whole family to come out and take part in. Our goal is to incorporate a greater educational, interactive, and recreational appeal into this year's fair so that we can learn and grow as a community.

Expertly hosted 'How-To' display booths will be set up for everyone to trade tips or learn something new. Booths will be focused on food preparation, cultivation, storage or safety (Complete Composting, How to Keep Chickens? Making Mushrooms, 72 Hour Emergency Preparedness, and You-Do-It Yogurt).

Want more? We will be hosting a Mad-Hatters Tea Party, and the ESU soccer team will be putting on a

Twoonie Shoot-out for all ages. There will be taste-testing, a scarecrow-making competition, food-eating contests, Mandala Project art displays, funky crafty hat-making, veggie sculpting, recycled instrument-making, People's Choice Awards, a local market, local food, local music, and a dunk tank!?

We are excited about our changes and additions, but we would love some help to make it happen, in the prep stages, in the hype-creation (for a successful fall fair to happen, we need lots of submissions for tough competition: veggies, fruit, baked goods, spirits, art, photography, kids sections, ...), in the judging, and on the actual day, which is September 15 this year.

Look for our scarecrow logo on future *Mainstreet* articles and posters around town to find out about upcoming events or activities to participate in. You can also find us on the web by going to the "food roots" Facebook page. Help us spread the word that the fall fair is Stayin' Alive, and generate some excitement for the celebration of our community's harvest this year

CRESTON VETERINARY CLINIC

Dr. Robert McLeod, Dr. Leanne Sackney
Dr. John Pfeffer & Dr. Emma Davis
1(250)428-9494

Mobile veterinary clinic now available in Crawford Bay. Please call Creston Veterinary Clinic to book appointment and for more details.



Mobile Clinic Dates:
May 8, June 12 and July 10,
2012 at Crawford Bay Castle.

An Invitation to Grow With Us!

submitted by Paris Marshall Smith

At Yasodhara Ashram, we annually serve 55,000 meals to those who come through our doors. That's a lot of food! We do our best to serve food grown as locally as possible, either by growing our own or working with the Kootenay Lake communities. The following is a list of what we consume on a yearly basis, some things we eat just in season like peas and peppers, others we like to eat all year round - carrots, kale, beets, potatoes, squash etc...

If you are a gardener and are interested in expanding your operation, let us know. We would like to work with you. For more information please contact Paris at garden@yasodhara.org or 227 9224.

Basil, Bean, Beets, Bok Choi, Broccoli, Cabbage, Carrots, Cauliflower, Chard, Kale, Leeks, Lettuce, Parsley, Potatoes, Peppers, Spinach, Squash, Tomatoes



Tom's Corner

by Tom Lymbery

Why Canada Burned the White House in 1812

Since 2012 is the 200th anniversary of the War of 1812 it is most interesting to take a look at this conflict. The site of the Battle of Crysler's Farm near Cornwall, Ontario is no longer there. It was flooded in 1958 to make way for the St. Lawrence Seaway. But the action is commemorated each year by Canadians and Americans who dress in the uniforms of 200 years ago, and fire muzzle loading black powder rifles and cannons.

Bumper stickers are on sale, one with the Stars and Stripes, and the other with the Union Jack, but both have the same wording, "War of 1812: Been There, Won That." So who did win this war if both nations claim they did?

In fact books about the 1812 fracas depend on where the book was written. Ontario historian Donald E. Graves says in his authoritative narrative of the battle, *Field of Glory*, "British victory in 1813, based on success at Crysler's Farm and on a parallel triumph at Châ-



Scene from the 1813 Battle of Chateauguay near Montreal, where invading American forces were repelled by a much smaller all - Canadian force. This illustration by Henri Julien originally appeared in Le Journal de Dimanche, June 24, 1884.

teauguay [near Montreal], preserved Canada's independence from its aggressive neighbour."

"Two far less decisive battles occurred along another river in the fall of 1813," says Walter R. Borneman of Colorado in *1812: The War that Forged a Nation*. His book dismisses Crysler's Farm and Chateauguay entirely, compared with the Niagara and Thames campaigns. A. J. Langguth of the University of Southern California in his 482 page book, *Union 1812: the Americans Who Fought the Second War of Independence*, DOESN'T MENTION CRYSLER'S FARM AT ALL!!

American president James Madison signed a declaration of war against Great Britain on June 18, 1812. The war would officially end Dec 24, 1814 with the signing of the Treaty of Ghent, but skirmishes continued for two more months, due to lack of communication. Thomas Jefferson apparently saw an opportunity to take over Canada while Britain was at war with Napoleon. He was also concerned with the actions of the British by the regulations and actions at their ports

which affected the growing US trade with Europe. "The acquisition of Canada this year," Jefferson famously said, "will be a mere matter of marching."

In a military sense, the war was inconclusive. In a political sense its repercussions were significant. Upper and Lower Canada remained part of the British Empire and developed a national identity. First Nations, allied to the British, lost territory and were considerably weakened.

In July 1812, American general William Hull

invaded Upper Canada (Ontario) and took possession of the town of Sandwich (now part of Windsor). He threatened to exterminate the inhabitants if they made any resistance.

In April 1813, the Parliament buildings at York (Toronto), the capital of Upper Canada, were burned by troops of the United States, contrary to the articles of capitulation. The poorly trained and organized US forces also totally pillaged the town library, robbed the church, plundered much private property and left many houses in a state of ruin.

On August 24, 1814, a British force under General Robert Ross occupied Washington, DC following the American defeat at the battle of Bladensburg. The facilities of the US, including the White House and the US Capitol were largely destroyed. This was the only time since the Revolutionary War that a foreign power captured and occupied the US Capitol. The British also burned the Library of Congress, but their trained and organized troops did not burn or destroy any private homes or buildings.

This was in retaliation for the destruction by US forces in York and other parts of Upper Canada. (That name is only understandable when you realize that downriver, Montreal was in Lower Canada.)

Back to Crysler's Farm – on November 11, 1813, some 4,000 of Uncle Sam's men should have been able to overwhelm 1200 British regular troops, Canadian militia, and Mohawk warriors. Then, having taken both banks of the St. Lawrence River, closed off Canadian means of supplying Kingston, York and anywhere west, the US troops could have moved east to Montreal, which was almost completely undefended. Then US President James Madison would have been able to dictate Britain's terms of surrender. That could have effectively ended the war of 1812, and the future of the nation of Canada.

But that US army lost the battle to a much smaller force, and retreated disorganized. The 900 soldiers of the British regular army all had at least three years of rigorous training, and stood their ground to vanquish the vastly greater force from the south.

"The US Army would never again seriously menace Montreal or the British presence in North America, in this war or any thereafter, making the battle of the St. Lawrence one of the most ignominious chapters of American military history" - quoted from Alan Abel's feature article in *Canadian Geographic* (Jan - Feb 2012).

Is this why US writers tend to ignore the battle of Crysler's Farm, which is perhaps the most important one in Canada's history?

(Thanks also to *Canada's History* magazine (formerly *The Beaver*) April 2012 for this issue's feature article, and cover blazoned with "War of 1812 – Why we Burned the White House".)



AREA "A" EDC Economic Development Commission

There is new funding available in August 2012, for grants to organizations for projects for Area A (East Shore) relevant to the promotion and encouragement of economic development. Applicant groups must be a registered society or apply to a registered society to sponsor the application and handle the funds.

Funding recommendations at March 27 meeting, subject to RDCK approval:

- South Kootenay Lake Community Services Society** - \$9008 for office equipment and service coordinator wages
- Crawford Bay Sunday Market** - \$550 for advertising – sponsored by SKLCSS
- Gray Creek Historical Society** - \$1600 for display equipment, signage, tour booklet
- Riondel Cable Society** - \$5000 for cable upgrade

Next application deadlines:

June 1st, 2012 ; October 1, 2012
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>

Email lornarobin@bluebell.ca
Or call 250-225-3333 for assistance.

Volunteers are needed to serve on Area A EDC, please contact RDCK Director Garry Jackman with your expression of interest. All meetings are open to the public, call for meeting dates.

Visit InvestKootenay.com



Boccalino

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

We serve dinner from 5-10 pm
(closed on Weds & Thurs until mid May).
Call for reservations: 250.227.6906

Mother's Day Special

Sunday May 13, 2012

halibut carpaccio w/ black truffles, served w/
green & white asparagus salad

choice of:

duck breast à l'orange or
wild sockeye salmon fillet w/ saffron-lemon sauce
served w/ white wine-vegetable risotto

choice of:

cheese plate w/ two varieties or
dessert plate

\$52.00 (includes hst) or

\$62.00 (includes hst and two glasses of
Kootenay Crush white or red wine)

Treat your loved ones and yourself to this
seasonally inspired menu or try out our new
menu items like homemade pasta, Schnitzel
"campagnola" or wood fired oven pizza new on
whole wheat dough!

Gisela Conrad, Proprietress
& the Boccalino Team

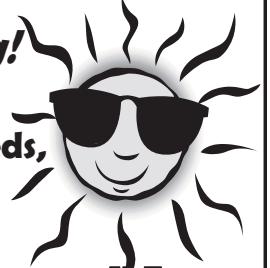


Sunnywoods Farm

Your East Shore Garden Centre

Spring Has Sprung!

Great selection of
bedding plants & seeds,
trees & shrubs!



**Now Available: Tarzwell Farm
hormone-free beef, steaks,
burgers and more!**

Open Daily, 11-5

15964 Hwy 3A, Crawford Bay
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An Interview With Donnie Clark

by Deberah Shears

Professional trumpet player, adjudicator, and clinician, Donnie Clark, now resides in the small village of Riondel on the East Shore of Kootenay Lake. Donnie recently took on the role of conductor of the Many Bays Community Band.

QUESTION:

Donnie, you say you are the conductor of the Many Bays Band, but you are not the leader. What do you mean by that?

ANSWER:

This band was started by Jim Donald, a now-retired teacher from Crawford Bay School. Jim has been the band's leader since its inception. I consider myself a member of the band, and felt that the best way I could help the band reach the next level was to conduct them. The musicians were all good enough to move to the next level - they just needed to learn how to be conducted. It's true - you ARE leading the band when you are conducting. The terms are synonymous. But - I consider myself a member of the band.... and I am conducting.

QUESTION:

Tell me about this community band. What makes it stand out from other community bands?

ANSWER:

It's a small group, 10 - 15 members, but that's irrelevant. Size is not important; a balanced ensemble and the availability of material is important. You really need to have a conductor to be a community band; otherwise, you are just a group of musicians playing together. The Many Bays Band has a unique instrumental ensemble, but it is balanced enough to play with adjustments, with some transcribing to get a more balanced sound. Right now we do not have a percussionist, so we are not playing any marches.

I have had associations with other community bands in the province, but my relationship has not been so personal. I don't know the characters of other bands like I know the members of this band. There are only 10 - 15 musicians, but there is a healthy spirit which brings the members continually to practices and performances. There is a dedicated core, led by Dave Rokeby-Thomas, who always show up to pick up, set up, take down, and deliver all of our equipment.

We are fortunate to have an excellent practice space - Jim Donald's Studio - where we have lots of room, we can leave our equipment set up, and our music library is right there. We have a good collection of concert band music from a Kaslo music program. The music is around Level 3, and it is a good level for us - a challenge, but not impossible.

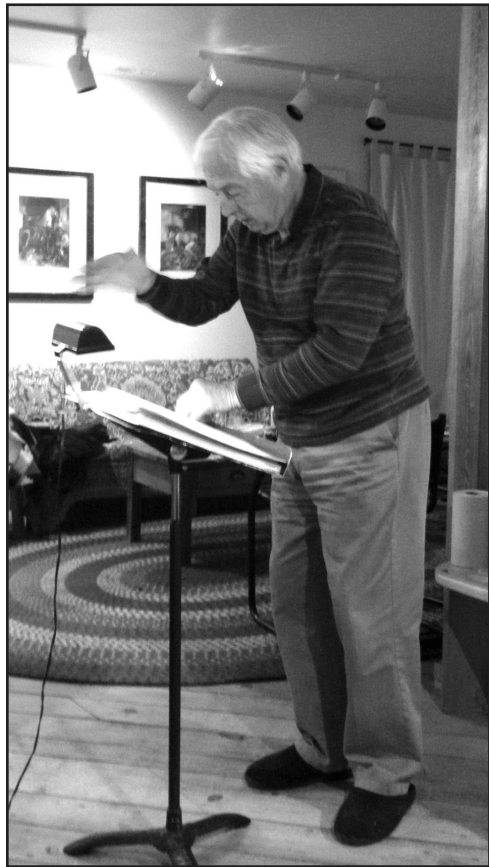
QUESTION:

As the conductor, what are your present goals?

ANSWER:

I have several goals. First and foremost, I am trying to get all the musicians to understand the pulse of the music. It is not just the beat. Your breathing must be together and you have to play in phrases, with the phrases beginning together. If you don't breathe at the right time, with the pulse, the entrances will be jagged.

I also want the band to trust the conductor: trust the variance of tempo and dynamics. All bands have to learn to interpret what the conductor wants them to do.



Donnie Clark - photo by Gina Medhurst

QUESTION:

You have done a lot of arranging and composing for this band. What is the inspiration and motivation for you to do this?

ANSWER:

I wanted to write and arrange pieces for certain instruments to expose musicians who might otherwise not be heard. For example, one piece begins with three flutes because I couldn't always hear the flutes. Another piece features the tuba as the soloist.

QUESTION:

Are you working towards a performance soon?

ANSWER:

We are anticipating being asked to play at the Ashram Strawberry Social in June. The Yasodhara Ashram invites the Many Bays Band and other performing groups twice a year to special events. It is a great venue to showcase our musical groups to the community. Several of our concerts include smaller groups of musicians as well as the Many Bays Band.

QUESTION:

The Many Bays Band has spun off some smaller instrumental groups. Can you tell me about them?

ANSWER:

The members of these smaller groups are all members of the Many Bays Band. There is a brass group, a woodwinds group, and a dixie jazz group/polka band. (this last group varies - depends on what event we are playing for.)

We also divide into solos, duets, and trios to play for church services or other events.

QUESTION:

You have been attending the practices of a local fiddle group, Applesauce. What are you doing

with them?

ANSWER:

I've been playing my trumpet, softly, with a cup mute, rather in the style of the trumpet player in Don Messer's Jubilee band. I play melody, background, or I improvise. I have also helped by writing bass parts for the cello player, and I have helped with problem areas in some of their charts.

QUESTION:

You have recently taken up the clarinet and the bass clarinet. Why are you doing this, and do you have a preference?

ANSWER:

My response to this question is different today than it would have been when I first took these instruments out of their cases. When I first picked up these instruments, I had never before had these instruments in my mouth. I loved the sound of the bass clarinet so much, that I picked it up first. That was the wrong thing to do - I should have started with the clarinet. I needed to learn how to use all 10 fingers to cover up all those holes! Now I play my clarinet more than the bass clarinet. I am totally enamored with the sound, and I think about Wes Foster, principal clarinet with the Vancouver Symphony Orchestra, and I remember this exceptional musician's beautiful sound. I would love to get a beautiful classical tone on both these instruments. Being able to play jazz on them....well, that may come some day! I am trying to put ten years of practice into only a couple of years. I have to teach these ten fingers of mine to react like only three fingers have to on my trumpet.

NOTE FROM DEBERAH SHEARS:

Dear musicians - the East Shore of Kootenay Lake is a great area to retire. You can respond to this interview or reach the Many Bays Band by writing to: PO Box 39, Riondel, B.C. V0B 2B0

Comedic/Musical Performance at Gray Creek Hall

Randy From Creston - Tellin it Like it Iz

Written & Performed by Lucas Myers



- Gray Creek Hall
- Saturday May 18
- 8 PM
- Tix \$10 at the door

Come into a world of simple truths, good times, and poor impulse control. A world where "party" is spelled with a "d", where the smoke is always thick and the riffs are always heavy. Come into the world of Randy from Creston.

As an "altered ego" of Lucas Myers, Randy has been seen rushing the stage at KMT's Back Yard Booty, discussing his "femnism" at the Nelson Women's Centre Fundraiser, offering advice in various Pilotcopilot Productions including DRESS, East, HELLO BABY 1 and 2, and serving as the Nelson Credit Union's online spokesperson in the Switch campaign.

But now he is going to be sharing some of his redneck truisms with the general public in RANDY from Creston: Tellin it Like it Iz, an entire evening of the Randster. Topics will range from What Is a Redneck? to Why Hockey Still Matters (a Parable) to How to Actually Have Sex in a Canoe, Fer Real. Randy will also be singing some of his favorites original tunes, including Back in the Saddle, Brakestand, and I Know Why You #\$\$%^ed That Guy (A Love Song).

Uplifting and hilarious, Randy is an antidote to these, our troubled times.

Go to www.pilotcopilot.com for more info

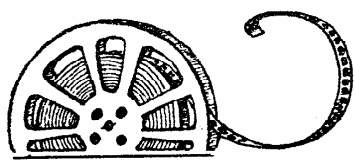
Yoga w/ Lea:

- Mon:** All levels, 9-10:30am, Comm. Crrn.
- Thurs:** All levels, 9:30-11am, Boswell Hall
- Fri:** Beginner's/Gentle Yoga, 9-10:30, Comm. Crrn.
Power Yoga, 5:30-7pm Comm. Crrn.
(Please bring a towel & water bottle)

Available for booking group Laughter Yoga sessions for parties and private functions.

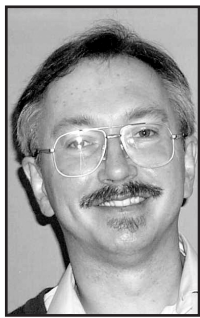
More info, call Lea, 250.227.9030
learae@telus.net





Seldom Scene

by Gerald Panio



"While filming *Scared Sacred*, Ripper found that what got people through horrific, wartime tragedy was a sense of personal meaning. 'I witnessed it firsthand. Those who had a sense of meaning, whatever it was that gave them that, were the ones who survived. Those without any meaning were the ones who gave up,' he says.

'One of those sources of meaning was to take action, to actually try to stop what had happened to them from happening to anybody else. And I began to realize that the relationship between sources of meaning – a depth of understanding in one's inner life – and taking action to create change is a really harmonious thing. The spirit and the action, they go together really well. In fact, they are meant to go together.'" --

from an article on Velcrow Ripper by Guy Dixon, in the May 14, 2009 *Globe and Mail*

First, there was the name: Velcrow Ripper. I don't know about you, but if I hear of a documentary filmmaker with a name like that I imagine him shooting an Ultimate Fighting Championship match with Georges St-Pierre or a live concert by punk band DOA. As it turns out, this award-winning, B.C. born artist (hailing from Gibsons on the Sunshine Coast) did have some punk roots, but is now more at home with people like the Dalai Lama and Thich Naht Hahn. Co-founder of the Gulf Islands Film and Television School and a former teacher at the Emily Carr Institute of Art and Design, Velcrow Ripper (often working alone or with a single camera operator) has made over 30 films that have led him to a new understanding of the links between religious faith and political activism. Raised as a Baha'i, his own syncretic vision now embraces influences as disparate as Tonglen Buddhism and Sufism

Second, there was the title: *Scared Sacred*. The suggestion that fear and spirituality connect could seemingly take one down some pretty dark paths. Yet it turns out that *Scared Sacred* is a film about hope rather than darkness. Along with *Fierce Light: When Spirit Means Action* (the second film in a projected trilogy) this 49-year-old Canadian is taking his audience on a journey to show how faith, in its multitudinous forms, can motivate activism in the service of peace. His understanding has developed from conversations with individuals who have come to terms with life in some 30 "ground zeros" of global horror—places like Bhopal, Kabul, the "Killing Fields" of Cambodia, Auschwitz, Sarajevo, New York, and Hiroshima. Those conversations form the substance of *Scared Sacred* and *Fierce Light*.

Before we look at Ripper's journey in more detail, let's quickly recap the art of the documentary. There are (more or less) four general styles of documentary filmmaking. The first is "Voice of God" or expository documentary, with an invisible, omniscient narrator telling the viewer everything he or she needs to know. Think *Planet Earth* and David Attenborough. Then

there's the "cinéma-vérité" or observational style, with no narration and the filmmaker as almost literally a fly on the wall. Frederick Wiseman is the master par excellence of this genre. Next is the typical interview-based film or interactive documentary. This can take the form of the filmmaker directly addressing the audience à la Michael Moore and John Berger (in *Ways of Seeing*), or the more traditional "talking heads" as in Martin Scorsese's *The Last Waltz*.

The final stylistic approach is Velcrow Ripper's—the self-reflexive documentary. Here there's no claim to objectivity, and the person making the film talks to the audience about what they are doing and how the experience of making their film affects them. The genesis of *Scared Sacred* was Ripper's awe of the work of human rights activists in Colombia, whom he'd interviewed for his 1999 film *In the Company of Fear*. That same year he decided to embark upon what would become a five-year project whose purpose was

to search for a greater good that could emerge from places that had collapsed into the black holes of genocide, civil war, fanaticism, and greed. The Colombian activists' response to state terror had given Ripper hope that he might find more instances of hells being terraformed by angels.

He wasn't disappointed.

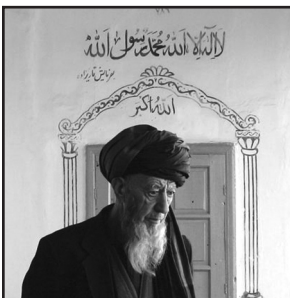
Scared Sacred begins in Bhopal, India. The Union Carbide pesticide plant whose catastrophic gas leak killed thousands now stands abandoned like one of the ghosts of Chernobyl. At its gates, Ripper interviews an eloquent, dignified woman who is part of the Bhopal Women's Survivor Group and a young man who has built a medical clinic offering free Indian and Western medical treatment to those still suffering from aftereffects of chemical poisoning. That clinic is the perfect example of Amnesty International's slogan that it's better to light a single candle than curse the darkness.

Visiting with Tibetans who have kept their faith alive after 40 years

of exile in refugee camps in India, Ripper finds the controlling metaphor for his film. It's the Tonglen Buddhist practice of "breathing in suffering, breathing out compassion." If such a statement strikes you as simple or naïve, its profound truth becomes apparent as

soon as one sees it in action. Perhaps the most moving example of this in *Scared Sacred* are Ripper's interviews with members of the Bereaved Families Circle in

Israel and Palestine. These are Israeli and Palestinian parents whose own children have been victims of the fratricidal hatred that has consumed the Middle East. They're trying to end that hatred by choosing conversation over vendetta. A



phone connection they've established between Palestinians and Israelis has had 600,000 calls. Here's a way to peace that doesn't entail building an eight meter high, 760 kilometre long concrete wall. As one bereaved mother says, "If we, who paid the highest price possible, can talk to one another, anyone can." Another says, "You can do wonderful things because you have no fear. What else can happen to you?"

At one point during the five years he worked on *Scared Sacred* Ripper thought that he might be turning into a "tourist of darkness"—a voyeur rather than a seeker. Someone he speaks to mentions going numb, like a photographic plate that's overexposed. Ripper needn't have worried. The ultimate truth of the traveler is that you find what you're looking for. Ripper was looking for hope, not despair, and hope and strength and transformation are what he found. In spades. Another example: in Kabul, in Afghanistan, an elderly Sufi musician once again plays the lute he'd buried in the ground four years earlier when the Taliban were murdering local musicians. After burial, rebirth.

One relatively small scene in the film truly shocked me. Although I've long been aware of the continuing victimization of people in war zones by the millions of landmines that litter them, I'd never realized that at their simplest landmines looked like nothing more than slightly oversized plastic cottage cheese containers. Death and mutilation made cheap and disposable. In Cambodia, Ripper filmed a villager who'd made it his life's work to unearth and disarm thousands of landmines using nothing more than a wooden stick he pokes in the ground. A simple man, trying to clean up the legacy of our industrial society's ability to mass-manufacture slaughter. In our own way, in the place where we live, each of us can pick up our own wooden stick to poke at the darkness.

(Both *Scared Sacred* and *Fierce Light* are available at Reo's Videos in Nelson. *Fierce Light* is also online at Netflix.ca. And more extensive information on the films' themes is available through Ripper's blog site Fierce Love.)

The CBESS PAC Hot Lunch Committee presents
Our 2nd Annual Gala Dinner

This years musical guests

The Rembetika Hipsters
rembetika.com

MENU

Fassolatha-white bean soup
Tri-dip with fresh pita-hummus, tzatziki, taramosalata
Spanakopita-ricotta, feta and spinach in phyllo
Greek Salad
Chicken Souvlaki, Lemon Roasted Potatos, Grilled Vegetables
(vegetarian option available)
Baklava
(includes 2 glasses skimmerhorn wine)

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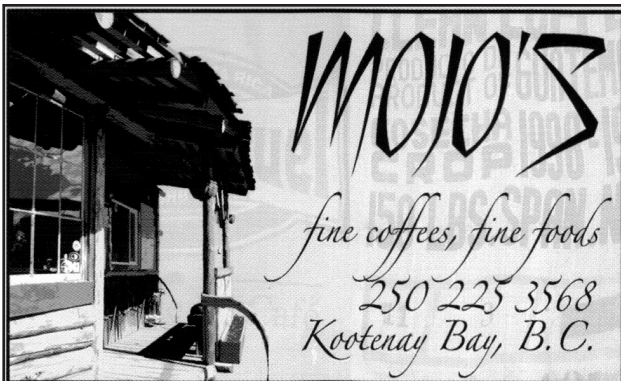
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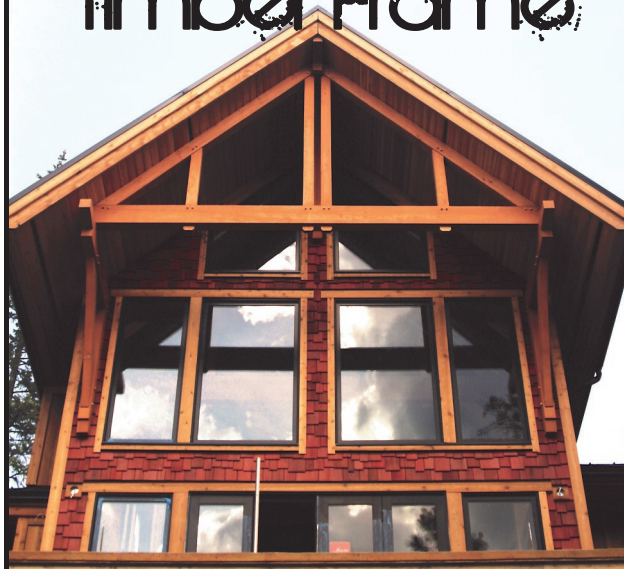
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Early-Bird tickets now on sale!

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JULY
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2012



www.starbellyjam.org



This ant mound became a feast for a woodpecker or flicker last winter - see the hole the bird made to get its feast. These Thatching Ants or Mound Ants build their nest from grass, needles and small twigs. This one is on the Wenger property at 14674 Hwy 3A Gray Creek. Photo: Tom Lymbery



When Billy James worked at the Bluebell Mine at Riondel, he latched onto a real antique - the frame on which the fire hose was rolled, to be pulled by men to the fire. This probably dates to 1910, when French count Edouard Riondel took over the mine. This artifact is carefully maintained by Rocky Anderson of Gray Creek as his street number on the highway. Photo: Tom Lymbery

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REWARD

\$500 reward offered for information leading to the recovery of this motorcycle.

It was stolen in Crawford Bay in mid-November. It is a 1998 Kawasaki KX250 motocross bike with the number 191 displayed on the side and front.

It is green and white and covered with decals. This is an off road bike only.

It has no kickstand but the separate triangle stand was also stolen.

There is huge sentimental value attached to this item. My 2 older sons bought it for my youngest son after their father passed away when he was 14.

If you have any information please call Gerry at 780-907-6940 or anonymous tips can be left at Crimestoppers at 1-800-222-8477 or online bccrimestoppers.com.

Crawford Bay Market

HOURS: Mon-Sat, 9-6:30 & Sun, 10-5



Bottle Depot Open Sun, 10 - 3

- groceries •deli •NATURAL FOODS
- Liquor agency
- Fishing tackle •gas

The New Crawford Bay Market is planning to open in early June. We are requesting input on products that the community would like to see us carry, from varieties of wine to special dietary requests. Write down your requests or drop off sample packaging. Thank you!

Ph: 227-9322 FAX: 227-9417

PAINT-A-THON Meets ARTWALK: Behemoth Talent Pool Overflowing!

by Jacqueline Wedge

The second annual East Shore PAINT-A-THON will be held on Saturday, June 23.

This artistically-packed event will feature a plethora of painters, including some pretty famous ones. This is a chance for everyone to see and experience the artist's journey, the trials and tribulations, the ecstasy and the angst of making a painting. Participants will start splashing colours around canvasses in the morning: individual masterpieces and group works, as well as a 4' x 4' mandala painting (which will be donated to the community as part of the outdoor-art Mandala Project).

The public is invited in the afternoon, as things start to take shape, to watch, praise, encourage, mingle with, cajole and fall in love with the work being produced AS it is BEING produced, which makes this an inspiring, intriguing, interactive (albeit ever-so-slightly intimidating and awkward) event. All completed works will be auctioned-off Saturday evening, but not before Mauz Kroker's outrageously yummy authentic gourmet pizza is served by-the-slice, at a rather reasonable price.

Once again, all funds from the fast-paced spicy AUCTION (Carol VanR's got the voice) will be used to support community music programming. Last year's money raised went to primary music education in the Crawford Bay School for the entire 2011-2012 school year. This year we hope to raise enough to do the same plus have instrument-making workshops for all music lovers. You'll get deals on original local paintings that you watched being born from the artists, while supporting more artistic activities in the future. It's ridiculously fabulous, really darling....

We are also proud to announce that the Paint-a-Thon is a combination of wondrousness... We are one of the two ART WALK official openings for the East Shore. **This year's kick-off to ArtWalk/ArtDrive IS the Paint-a-Thon.** Information will be provided on the summer's run of artist/space collaborations, networking within the Art Walk context, and what's a kick-off without some bubbly? June 23 will be a great celebration of this beautiful piece of Earth, this hugely creative bunch that we are (let's not be shy about it), and the active folks who keep the East Shore the Best Shore the greatest place to live and to make stuff.

More information and details with a schedule of events will be available soon, check next month's Mainstreet paper, and also at www.eshore.ca, on posters all over the place, and on Facebook (East Shore Events).

Two events, many artists, one great community.

Heads Up Starbelly Line-Up Available

submitted by Laura Mikol

Our 2012 line-up is complete.

Here's who is playing:

EVERYONE ORCHESTRA – featuring: Conductor – Matt Butler, Youssoupha Sidibe, The Barr Brothers (Brad Barr, Andrew Barr, Sarah Page, Andres Vial), Jamie Janover, Ivan Neville, & friends...and YOU!

Experimental / Jam Band / Rock / Community Building Improv – PORTLAND, Oregon & the World!

IVAN NEVILLE'S DUMPSTAPHUNK

Funk - New Orleans, Louisiana

THE BARR BROTHERS

Indie Folk / Americana - Montreal, QC

GAUDI

Dub / Reggae / Electronica / World Music / Breakbeat – London, England

THE CAVE SINGERS

Indie rock / folk - Seattle, WA

PIED PUMKIN (and PUMKIDS!)

Folk/Children's music - Nanaimo & Bowen Island, BC, France

JAMIE JANOVER

Electroacoustic/Electronica/Film maker & speaker - Boulder, Colorado & Oakland, California

IAN "JUNK" TONINO w/ ROB GOBLIN, EMCEE RIPPEL, DION REGO & KIA KADIRI

Hip Hop / Soul – Vancouver & The Kootenays

JEFF CROSBY & THE REFUGEES (aka EQUALEYES)

Experimental / Indie / Folk / Rock...jam on! - Idaho/Los Angeles

GABRIEL PALATCHI BAND

Fusion / Jazz / Latin - Canada, Buenos Aires, Argentina and the world!

BUCKMAN COE & MAX SERPENTINI

Folk / Roots & Blues - Vancouver, BC

DANIEL HUSCROFT BAND

Folk / Folk Rock/ Blues / Classical - Langley, BC (from Creston, BC!)

VORTEX

Funky live improvisational mashup / Glitch hop / House party dance machine - Nelson, BC

ELENA YEUNG & THE KOOTENAY SPECIAL

Americana / Bluegrass / Folk - Creston, BC

BRIAN ROSEN & THE WHATNOW

Reggae / Funk - Nelson, BC

S.L.a.P. (SAMBA LAGO PROFUNDO)

Samba / World – The East Shore (Riondel, Kootenay Bay, Crawford Bay, Gray Creek)

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Music & fun, for children young and old! – Vancouver, BC

Early bird tickets on sale now!

For more info visit www.starbellyjam.org

JOB POSTING

Coordinator/Facilitator for Youth

The Ask:

The East Shore Youth Council (Community Connections) is excited to announce we are seeking an exuberant, committed and creative coordinator/facilitator.

On the heels of getting our first CBT grant for youth engagement, we are looking for an energetic catalyst to help East Shore youth realize some of their social programming ideas.

Obviously we are looking for someone who digs youth and wants to help them translate their ideas into action. As the same time, this is a start-up program and we know it will take some dedication, creativity and hard work to mold this program into a sustainable offering for years to come.

The structure:

Youth animator will report to/collaborate with Youth Council (volunteer group of approximately 7-9 people, including youth). We need to develop, implement, evaluate and supervise the programming that is devised. The programming will range from recreational, cultural, social, and educational.

Youth should be the drivers for the programming ideas & your job will be to help them organize and implement their ideas. The Youth Council, Community Connections, and other volunteers will be able to support some of the administrative duties, all to be determined as we move forward in establishing a plan for the year.

The Low Down:

- Engage, spark, motivate and model what is possible.
- Facilitate, guide and inspire youth (and parents!) to take leadership in organizing events.
- Create a safe space for youth to interact within.
- Work with the council and youth to actively engage in building community partnerships with other services, businesses and volunteers.
- Work with the council to create a robust plan to engage and inspire youth.
- Be responsible for the supervision of program staff and volunteers.
- Responsibilities will also include some administrative and operational duties, fundraising and risk management.
- A few directions we are already sure about including transportation and the creation of a youth hangout space.

Essentials:

- Outstanding facilitation skills
- A flare for bringing many voices to the table
- Good listening skills
- Flexible and open-minded
- Responsible and fun all at once!
- Proven success in interacting with youth in a positive & energetic manner.

Technical Essentials:

- A valid BC driver's license and a personal vehicle for transportation to and from venues and events
- Access to telephone and internet
- Current criminal record check
- Technology and Social networking skills
- Level 1 first aid or the ability to attain
- A working knowledge of Microsoft Office.

Preference given to applicants with a min. 2 years education/training and proven experience working with youth

We are proud to announce that this position is available for 12 months with the possibility of extension.

While we'd love this to be a full time position, we have to start with what we have:

Wage: \$15/hour @ 6 hours per week.

Please submit a cover letter and a resume to the East Shore Youth Council in .doc or .pdf format to:

skootenaylakecss@gmail.com

We look forward to hearing from you.



Thoughts from a Disturbed Mind

by Harvey Valgardson

Well, I'm confused. I mean, even more than usual. Actually I am beyond confused. I'm rattled. Discombobulated. This thing called life may have finally become too weird for my participation. Everything I hold dear is being threatened.

It all started with my truck. This spring I was forced to buy new tires for my valiant old steed and, as one would expect, the shop found a few other things that needed doing. By the time I got it back the damage was almost two grand.

Is it just me or does anyone else out there still consider that to be a lot of money? Still, I'm a proud Canadian and so I quietly accepted the latest gouge and went home. I made a cup of tea and while sipping it, and staring at the bill, I started thinking about my penis. Maybe I better explain.

I stayed a week in Bangkok last winter and every morning, over coffee, I would read the Bangkok Post. It really wasn't much different than the papers here but there were a few oddities. One morning a quarter page ad caught my eye. It was for a medical clinic that was offering sex changes for \$1,600. I almost went for it. I thought it would be worth it just to know what it feels like to be right all the time. I guess something must have distracted me because I never got it done.

Now, staring at the bill, I remembered that ad and came to an incredible but irrefutable realization. Today, in 2012, I can switch genders cheaper than I can switch tires. That is wrong on so many levels.

And it's not just a case of me becoming a woman. Supposedly a woman can become a man for the same price and that raises a very, very important question. When did my tires become worth more than my penis?

Was it when I turned forty? Or fifty? Or has it always been worth less than I thought? That would explain why it's been such a hard sell. The question niggled at me for days, like a piece of broccoli caught between my teeth. Except it was caught in my brain, and, of course, it wasn't broccoli.

Well, I still don't have an answer but, in a rare flash of brilliance, I have figured out a way of getting one. It's a well known fact that women know everything so next winter I am going to return to Thailand where I will become a woman. I shall learn the wisdom that can only be gained through the acquisition of breasts.

The way I see it, it's really no big deal. Once I have the knowledge I'm certain the clinic would be happy to change me back. I could even get a newer model. And bigger.

I bet some of you have already spotted the hole in my plan. Once I change back I will no longer have the answer. Well, I'm way ahead of you. I'm going to write it down. I'm going to record a whole list of answers men should know. I think I'll call it the Men's Book of Knowledge. A little pretentious perhaps but that's what it will be.

Well, anyway, that's my plan so all you guys should probably start saving your bucks because, while this book won't be cheap, you don't want to be without it. Imagine, no matter what question a woman asks, you will have the answer at your fingertips. Of course you won't be able to understand it, but hey, I can't think of everything.

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

TOM SEZ

by Tom Lymbery

Picking up along the highway for Earth Day, I found far fewer beer cans and cigarette packages than most springs. Have we finally got through to the smoking beer drinkers?

A fan letter from England reached me, thanks to a helpful person at Canada Post who wrote "Try Gray Creek" on the cover which was addressed to "Mr. Lymbery, East Shore Mainstreet, Kootenay Lake, BC, Canada." Andrew Sheridan of Gray Creek has the paper sent to his mother, who wrote me.

White Dutch Clover seed has fast germination. When Jennie and Cliff Derbyshire had their restaurant Crawford Bay Inn where Burden Creek goes under the highway, they planted a sign with their business name in that clover! Today, all I can find of that site is cement pillars, and some springtime purple crocus.

Walter Lane's haunted shack has finally disappeared. He purchased the Jack O'Neil property near Twin Bays and established an interesting tourist attraction, a building set on a slope that distorted your perspective, so that you could see water run uphill. He called his resort Lane Falls, and it is now Holbrook Falls.

Why is it so difficult to add 100 minutes in your head, to ascertain the time of the next ferry? Change the times to hourly and we will have fewer sailings a day.

Rick Hansen Relay

photos by Jennifer Irving



Above: Some of the heroes and volunteers who helped organize and make the Rick Hansen Relay for Life coming through the East Shore a good success. Jessica Rideout, Ries Fowler, Leona Keraiff, Terry Turner and Glen Kinder. Just days after the Relay, Jessica (pictured below with Rick Hansen) ran into Hansen at the Vancouver airport and had the happy opportunity to meet him in person!



Have you checked out our 2nd floor lately? Please take a run through to see how much easier clothing or plumbing, for instance, is to find.

Want to take some friends to see a movie in Nelson? Reo's has a 12 seat private theatre for rent with an HD projector, 100" screen, surround sound, kitchen and private washroom – easy to schedule to make the ferry home.

Spencer Smith, president of Pacific Coastal Air cut a cake on April 10, to mark the start of the third daily flight from Trail airport.

Lots of COMPOST available – help yourself to the waste hay by the airstrip, elk and deer have only been able to eat so much, and this needs to be cleaned up.

When some of us met Rick Hansen at Banana Bay, on his earlier trip, Jim Poch called out, "Welcome to God's Country".

Make sure you use ASPEN Gasoline in your trimmer and chainsaw – no emissions, and no carburetor residue that means an overhaul next season.

Who was the Group of Seven Painter who stayed at Sanca to paint our lake?

Don't Air Canada's employees realize that they are turning their customers away to WestJet?

*Next Deadline:
May 23, 2012*

Golf Riondel

submitted by Glen Kinder

Exactly! Here's what I'm thinking... For \$370 (including tax), you can golf a beautiful executive golf course, whenever you want, as often as you want, for at least eight months of the year. Actually, in the past, a friend and I were known to have golfed every month of the year.

So, if you golf 18 holes, once a week, for that period of time, each game will cost about \$7. Twice or three times a week... well, you do the math.

Besides being fun, social and inexpensive, it's good exercise. I figure, if you walk 18 holes, you've covered about five kilometres.

If you don't think you would golf enough to warrant a yearly membership, check out the new rates for twilight golf. After 4 pm, you can golf as many holes as you want for \$20. If you only want to golf nine holes, it's \$10.

If you would like to get to know some of your neighbours, come out for Men's Day (Thursday @ 12:15 p.m.) or Ladies Day (Wednesday @ 10:00 a.m.). Men's Day has an average of thirty golfers out each week. We have a shotgun start at 12:30, so everyone is usually finished and in Bob's Bar for prize distribution by about 4pm. You don't have to be much of a golfer to enjoy the day. Our members handicaps range from about 10 to 40.

There's a junior golf program, too. It's a great opportunity for your child to learn a game that they can play for the rest of their life. Junior's Day is Tuesday @ 4 pm. It's free for ages 8 to 12, if accompanied by a paid adult (twilight rates). For older kids it's \$5 for nine holes and \$10 for 18 holes. A season's pass for juniors is \$84 (including tax).

Riondel doesn't take tee-time bookings, so show up and have a great time.



From the Principal's Desk

by Dan Rude

As a K-12 school, it is fascinating that every great idea in education, as well as every issue, is ours to consider. With this in mind, and knowing that

not everything can be accomplished at the same time, much of my current thinking is in setting priorities for – and with – our school community. The THOUGHT-stream process that many of you have participated in is providing incredible insight into which of our many possibilities could effectively gain support and momentum. (If you are unaware of this process and want to be involved, please email me at drude@sd8.bc.ca.)

Now that spring has sprung, it is great to see a focus on outdoor learning in our elementary. Rock walls and tree forts are being built, gardens are being planted, parts of the forest are being prepared as learning spaces, and outings are being planned. We've had our first harvest of greens from our winter unheated greenhouse research project and have been eating the produce for lunch. Thanks to all involved in these projects, including students, teachers, and parent volunteers!

As much of my energy at this time of year involves looking forward, in terms of planning and budgeting for next year, I'd like you to be aware of a project that is gaining momentum for our secondary students for next year. This project aligns with shifts we have made over the past two years towards meaningful learning and community involvement, while focusing more on students engaging in service learning.

The Community & Global Awareness Project
Each student connects with a personally meaningful local community development initiative and makes a significant contribution. Some local initiatives could include:

- o East Shore Youth Council
- o Food Roots: East Shore Food Systems
- o East Shore Christmas Hamper
- o Supporting the Elderly
- o Supporting Early Learners
- o Volunteer Fire Department
- o Organizing and Hosting School Events
- o School Greenhouse
- o Others????

Collectively, students connect with an international development project in a foreign country and work together, supported by teachers and community members, to fundraise with the intention of traveling in the spring. (I have researched opportunities in Nicaragua and Ecuador so far and there has been some interest expressed in Cuba.)

This project would shift the focus of many of our Wednesdays to be organized around:

- o Learning a foreign language (Spanish?)
- o Planning and organizing fundraising events
- o Studying issues of the particular region we connect with
- o Learning the culture of the particular region we connect with

You are invited to join our grades 5-12 students in a presentation about international travel projects for students on Wednesday, May 2 from 9:30-10:30. Don Warthe will present work he has done for many years involving students in community development projects in foreign countries. His most recent project had been Mount Sentinel Secondary School's Quest

14 Mainstreet May 2012

for Community program. The intention of this presentation is to generate interest and commitment in our school community to develop a similar project here.

You may also be aware of issues facing the continuation of our Hot Lunch program. Below are the current results from the 30 families who have responded to our recent survey. **If you have an interest in the continuation of this program, or in potential changes to enhance its sustainability, I urge you to be involved in our next PAC meeting on Monday, May 14 at 7:00 pm in the school library.**

How important is it to you that our Hot Lunch program continue beyond this school year?

- Not Important - 10%
- Somewhat Important - 13%
- Important - 27%
- Very Important - 50%

How willing are you to take on an active role in continuing our Hot Lunch program beyond this school year?

- Not Willing - 36%
- Somewhat Willing - 50%
- Willing - 7%
- Very Willing - 7%

**Next Deadline:
 May 23, 2012**

RIONDEL GOLF CLUB

The friendliest golf club in the Kootenays

New Twilight Rate – after 4:00 pm

- **Adult:** \$10 for 9 holes
 \$20 for unlimited golf
- **Junior:** \$5 for 9 holes
 \$10 for unlimited golf
- **Men's Day**, Thursday - 12:15 pm.
- **Ladies Day**, Wednesday - 10 am.
- **Junior Day**, Tuesday - 4 pm.
(Age 8-12 free - accompanied by a paid adult)
- **Memberships:**
 -**Adult:** \$370 HST included
 -**Junior:** \$84 HST included



**No Scheduled Tee Times Booked.
 Book Tournaments:
 250-225-3584**

The PAC Box

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

PAC MEETING: Our next PAC meeting will be held on Monday, May 14, 2012. Please join us to help us decide the fate of the hot lunch program. Without parent volunteers, this program will likely be abolished at the end of this year. Call Ingrid at 227-9246 or email mainstreet@theeastshore.net to be put on the agenda.

GALA FUNDRAISER: Our next (and possibly last) Gala Dinner Fundraiser for the Hot Lunch Program is taking place on June 2 at the Crawford Bay Hall. See inside this issue for details!

PAC News

by Ingrid Baetzel, Secretary

The CBESS PAC (Parent's Advisory Council) is a group of parents whose members are comprised of every parent or guardian of every student attending Crawford Bay School. Every parent is a voting member of the council. The actual PAC executive is currently comprised of three members: Erin Cristofoli, Chair; Ingrid Baetzel, Secretary and Jennifer Irving, Treasurer. Jennifer is resigning her position as of the end of this school year and her invaluable energy and presence will desperately need replacing come our AGM in October of 2012.

For many years, the people attending PAC meetings have been communicating with the school administration and teachers, creating opportunities (like the lunch program, travel bursaries, awards for students, cafes at school events, endless fundraising, etc...), and helping to make decisions about our school's students and the relationship between school and home.

The question that we're now asking is this: **Is it fair or reasonable for a very small handful of people to have the responsibility of ensuring the survival of programs and opportunities provided by PAC that impact and benefit EVERY student and EVERY parent?**

The lunch program is a prime example. Farley, the Hot Lunch Program chef, has resigned as of the end of this year. We will need a new chef. It is our belief that we can find a new chef, but that there will be absolutely no point in hiring one if there is not a strong, supportive committee of parent (and maybe community?) volunteers to empower, employ and manage the operations of the chef and the program. The program faces certain disintegration if we don't see this support. The existing active PAC, and more specifically, the executive, cannot and will not be able to do it.

Our next two PAC meetings are May 14 and June 11 at the CBESS library at 7pm.

PLEASE spread the word to other parents.

PLEASE come to the meetings and help us decide the fate of the Hot Lunch Program.

There will be childcare available for free. If you want to be put on the agenda, please contact Ingrid via email at mainstreet@theeastshore.net or phone: 250.227.9246.



On April 10, Dana Gallinger led this group of Crawford Bay students in harvesting greens from our first winter greenhouse project. The Hot Lunch Program has been serving the greens grown on site in the school greenhouse for weeks now.

**Next Deadline:
 May 23, 2012**



Answers from the Physio

by Anna Rose, Physiotherapist

Q. My friend got some arm exercises from you including something called "nerve flossing". What is that about?

A. Nerve flossing is a technique used to improve the mobility of nerves in certain conditions.

Relevant anatomy

The main nerves that carry messages between the spinal cord and the arms and legs are like those old-fashioned telephone cables that carried a multitude of different coloured wires. There is a sheath around the bundle of small, inner nerve fibres equivalent to the outer coat of the cable. A small amount of gliding occurs between the inner fibres and that sheath, also between the sheath and the surrounding tissues, as we stretch our arms or legs into various positions.

What happens when nerves aren't mobile

When a nerve has been compressed in an injury, or when muscles overlying the nerve are squeezing down on it because they are abnormally tense or scarred from being injured themselves, the mobility of the nerve becomes limited. Symptoms you could feel when one of the three main nerves down the arm has lost mobility include numbness, tingling or pain at the elbow, wrist or hand when you move your arm into a particular position.

Caution: this isn't easy to figure out by yourself

The only people I'm aware of who assess for neural mobility down the arm are physiotherapists and neurosurgeons. It takes quite a bit of experience to rule out other problems in joints, tendons, muscles and ligaments then decide which nerve is restricted where and what to do about it. So what works for your friend to help get rid of an intermittent hand pain may not be the answer for your pain in the same place. Also, a nerve still in the acute phase of an injury does not want to be stretched. Only when it has calmed down a fair bit will the flossing be helpful.

Nerve flossing basics

When it has been established that, for example, the median nerve down the palmar side of your forearm is compressed and nerve flossing could benefit you, the hard part is over. Nerve flossing involves putting your arm or leg in a specific position then gently moving one joint along the nerve path to go "just into" then out of "the tingle zone". Think of the nerve sliding a little back and forth between two layers of muscle during this movement, like dental floss between two teeth.

Nerve flossing is not hard exercise – you won't work up a sweat. You don't need to hold the position for as long as you would if you were stretching a muscle, because nerves are sensitive customers and tolerate only a little "stretch" at the best of times, unlike muscles. Ten of these movements, once a day, is the usual recommendation. If the nerve problem has been with you for years, it may be months before you feel significant improvement. I have had clients report great progress in a few days when the nerve symptoms had started a few weeks prior.

Sample exercise

Unless you have an acute shoulder or arm injury, try this yourself: for the median nerve, the position is with your arm out sideways, palm forward. The movement is usually given at the wrist: keeping your fingers straight, extend your hand backwards to where you feel a very gentle tingle in your middle three fingers, hold briefly, and then release your hand forward. If you didn't find a tingle zone, stretch your whole arm

a little further back and try the wrist movement again. People with relatively mobile nerves might not find a tingle zone at all. Other people might find that in an arm with a past injury, the tingle zone appears much sooner than in the other arm. Finding a tingle doesn't mean you need to do daily nerve flossing. It just demonstrates the principle of neural mobility.

Nerve flossing is rarely the whole answer to a nerve problem. Other components of treatment can include muscle stretches, specific and precise massage techniques, instruction in better posture or body mechanics, and problem-solving to avoid re-occurrence of the nerve compression or entrapment.



Full Assessments

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Open Hours:

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Tues: 8:30-10:30 am & 6-8 pm
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Thurs: 8:30-10:30 am & 6-8 pm
Fri: 6:30-10:30 am
Sat: 8:30 - 10:30 am

First Time Special:

Your first visit to the Fitness Place is always free! Come check it out.

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

Remembrance Garden

by Wendy Scott

Springtime has arrived. At last the garden is showing signs of awakening. The odd daffodil or two will soon open on the north side and the fall crocus will send up their fronds in preparation for much later blooms. The spring crocuses have appeared and vanished again, and all the trees are in bud.

New plaques will be installed and another bench – when dear Dave Loepky has enough time and material to complete all this.

In the meantime, come, sit, bring coffee and a sandwich. It's a great time to be watching and listening, and the garden is a pretty nice place to do all this.

Contacts:

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

Health Nuggets

by Dr. Sid Kettner

Healthy Aging Part I

What is Old Age anyway? One comedian, after reaching 100, wisely mused, "Old. Young. Just words." So true. A medical specialist from San Francisco posed this question: "How old would you believe yourself to be if you did not know how old you really were?" In other words, how well you feel is more important than the number of birthdays that you have chalked up. And the number of years we will live "depends –not so much on the cards we are dealt, but how we play the hand." So . . . are you 65 or 45? It depends on your health and how you feel, think and move. And in the end it is a matter of mind over matter—"if you don't mind, it doesn't matter!"

We tend to simplify the three ages of our lives as "go go" when we are very active, "slow go" when we become less active in mid-life and later and "no go" when we definitely feel the pangs of poor health and mobility. Surveys show that all of us tend to think that "old people" are about 15 years older than ourselves, no matter how old we are—30, 50 or 70 etc. And we would all have to agree that it would be much healthier and easier to die well, if we had lived well. So where does that leave us? How can we live well and thus postpone our own funeral?

Statistics reveal that the Determinants of Longevity (real old age) are: genes -15%, social circumstances - 15%, health care - 10%, environment - 5%, behavioral patterns - 55%

Thus prevention is so very important, so let's stop blaming our heredity or the environment and concentrate on our own healthy or unhealthy behaviors, for that is where we will reap the greatest benefit. I will share some insights into the practical habits of living well and living long in our next month's episode. Stay tuned!

Notice of Passing

Gough, Ruth Anne

Ruth Gough passed away peacefully and with much love among friends at Kootenay Lake Hospital in Nelson BC on April 10, 2012 at the age of 71.

Ruth was born in Strathroy, Ontario on December 4, 1941. She lived for many years as a resident of Vancouver. She moved to Riondel in 1998, where the whole community became her family of friends, and knew her as Fiona McLaren.

She was predeceased by her father, Dr. Harold Gough (1978), and her mother, Doris Ruth Gough nee Feasey (2010). She is survived by her sister, Mary Beth Davies (Peter), and brothers Ted (Jiggs), Bernard (Lynne), John (Enid) as well as nieces Michele McKinnie (Lee Christie), Randah McKinnie (Ian Justin), Amy Gough Farnworth (Mike Farnworth), Dalia Gough Anderson (Jamie Anderson) and nephews Michael Gough and Mark Gough, great nieces Lia Stewart (Randah), Wren Christie (Michele), Emily Anderson (Dalia), great nephews Liam Farnworth (Amy), Owen Anderson (Dalia), and William Justin (Ian).

Ruthie will be missed by her family and friends. Special thanks go out to Dr. M. MacIntyre, the nurses and other caring staff members in Kootenay Lake Hospital, who kept Ruth comfortable for her final weeks.

Special thanks also to the Riondel community of friends who have been so kind to Fiona and her family members, with music concerts, readings and their caring presence. A memorial service was held at Riondel Community Church on April 21.

Also, a memorial service will be held at Cook's Church, 7899 Parkhouse Dr., Mt. Brydges, Ontario on Saturday May 12 at 1:30 PM. Rev. Don Keenlside officiating.

In lieu of flowers, donations to Kootenay Lake Hospital Foundation, BC Cancer Foundation, or a charity of your choice would be appreciated as expressions of sympathy.

Ed Note: Apologies to Jim Donald and family for inadvertently omitting this submission in the April edition of *The Mainstreet*.

GRATITUDE

by Jim Donald

On February 25 at 4am, my dad, Ed Donald, slid out softly, giving our family a whole new era.

Mary and I had spent the last four years looking after both my mom and dad in our home, and I was gifted with the opportunity to help them leave with a little grace.

My mom, Hope, was very ill with Parkinson's so she needed a lot of attention. We would not have been able to do it without Mary's skill as a medical phenomenon, and I found my usual role helpful, as bass player or the guy who does all the dirty work. My mom had to go into the wonderful Kootenay Lake Hospital where she spent the last month of her life. Mary and I were fortunate to have been there when she passed and it was very soft and sweet for her to leave the pain behind.

Then my dad and I really settled in as I left my job at school to spend more time with him. Because we had worked so hard to comfort Hope, there wasn't a lot of sorrow as we had done all we could, and there was no more suffering. My mom always knew how I was doing with an incredible knowingness. That hasn't changed. My dad had always been a bit of a bull kind of a guy who you didn't want to try and stop. As I was

able to help him drop that routine a bit, we became best friends. Going to the boat launch near the ferry landing in the summer fifty times the last few summers was a great time for both of us. Also, he loved hearing our band at Bob's Bar in Riondel and he could be seen banging his cane in time and calling out "More!"

It was amazing watching him slowly drift out with little trauma. Eddy left us a week after a wonderful 97th birthday and a visit from Jocelyne and Joel and our new grandson, Marshall, a seven-month old sweet little guy who just came in as Eddy was slipping out. We feel blessed.



Ed Donald sitting at Kootenay Bay boat ramp.

I would like to take this opportunity to thank the medical system which has kept my mom, dad and I alive for decades. Coming in for home support care twice a week the angels, Murielle Hielema and Linda Moreau, not only gave him wonderful care, but they loved my dad. The doctors, Dr. Grymonpre and Dr Lee, were so kind and full of care, and we appreciated the home visits. Thanks

everybody, especially Mary.

We are very grateful to the community members who came in to help care for our Ed over the last few years - Ken Meaton was a terrific support and ear for Ed's tales, and ice cream partner, especially in the last year, Kathy Turner kindly played her fiddle for him several times, and at his bedside on his 97th birthday where he was able to raise his hand one last time to her music. Brenda Ross, Hilde Schmidt and Lynda Leduc pitched in for us when we needed more caregivers and

we thank them. And warm thanks to all the Many Bays Band members who became true friends of Ed's.

While I am in the gratitude mode, I would also like to thank the folks Ms. Greene paid to write very kind things about me as I exited out of Crawford Bay School. Teaching is a very cool job because there is such an amazing opportunity for kids to move up the food chain. It is an incredible job with highs and lows and a chance to really know kids and their families. I was able to help pioneer a Band Program with David Zaiss and in later years, marimbas and drums. I am still very fortunate to be a part of the Many Bays Band, which includes Woodwinds, Brass, Dixieland and Jazz Combo all under the direction of Don Clarke. I would like to thank again the school system which gave me the opportunity to learn a lot of fun stuff over the years.

The medical and school systems have only been around for the common folk for less than a hundred years. Please help them last by showing up ready to try to be healthy and to try to learn. Both systems are just people trying to help. Bless them. Maybe we could lay off the much maligned Canucks, and bless them too! Come on kid, gratitude looks good on you.

Thanks to all the civilians out there who have been so good to my mom and dad.

And thanks to Wendy Miller for always accommodating Eddy's shrimp requests! We had a bit of a get together for Eddy on Sunday April 29 at the Riondel Community Centre and then were off to Bob's Bar and Grill for music and refreshments.

Next Deadline:

May 23, 2012



pebbles by Wendy Scott Fiona

Fourteen years ago, a woman rode into Crawford Bay on her bicycle and it was not long before she brought that two wheeled vehicle into Riondel. She stayed here and became an

integral part of this community.

She had taken herself away from the Lower Mainland and carried only essentials -- enough money and clothing to get her to a place where she could begin a life again. That life would not include any details from a place in her recent past that she preferred to leave behind.

We soon discovered that this person we all knew as Fiona McLaren had indeed brought much more with her. Her artwork quickly appeared on Riondel Church windows, and on birthday cards. Christmas Craft Fairs became splendid with her decorations and her encouragement. Messages found on morning doorknobs had been deposited at some early hour before the rest of us even thought of rising. Her music wakened the church organ and became a part of choirs; her own singing was familiar in the church and anticipated with pleasure. She brought all this together -- often for groups of children, and this is when what was obviously a teacher's mind came to the forefront.

As a young woman, her skill as an artist had earned a scholarship that took Fiona to San Miguel de Allende. In this historic city with its mix of art and culture, international visitors are encouraged and blend freely with the combined indigenous Spanish and Indian voices. San Miguel was, and still is, a safe haven in the complex society of today's Mexico. Fiona spent a year in Mexico and came away with an understanding and deep appreciation of the Mexican people. She also developed a connection with First Nations that had begun in her childhood and continued for her entire life. Her need to be immersed in the totality of fine art took her to European galleries and, on a trip across Canada, to as many art shows, galleries and museums

as she could possibly visit.

But fourteen years ago, Fiona came to Riondel because of her capacity as a compassionate and generous caregiver. Many of us remember Betty Banks -- a dear little white-haired Welsh lady, and we recall Betty and Fiona walking along Riondel streets. Fiona came from Crawford Bay at the request of Betty's family. Betty needed full time care. Fiona not only provided that care, but re-built the past that was slipping from Betty's grasp. The two women created a scrapbook of memories together and also catalogued their current daily activities. During the evening they sat together, talked about their days, enjoyed pictures and pointed out faces from a fading lifetime. They sang songs and hymns -- often in the Welsh dialect of Betty's youth. Fiona learned enough Welsh to perform with Betty and three other friends with Welsh backgrounds. They sang at the Riondel Christmas Concert and at services in Riondel Church.

All these events and memories were fading from Betty's mind, and after two years, when she moved to Swan Valley Lodge in Creston, Fiona visited her on a regular basis. The journey was not simple. Fiona did not drive. But, as she always had, she put her trust in God and her friends on the East Shore.

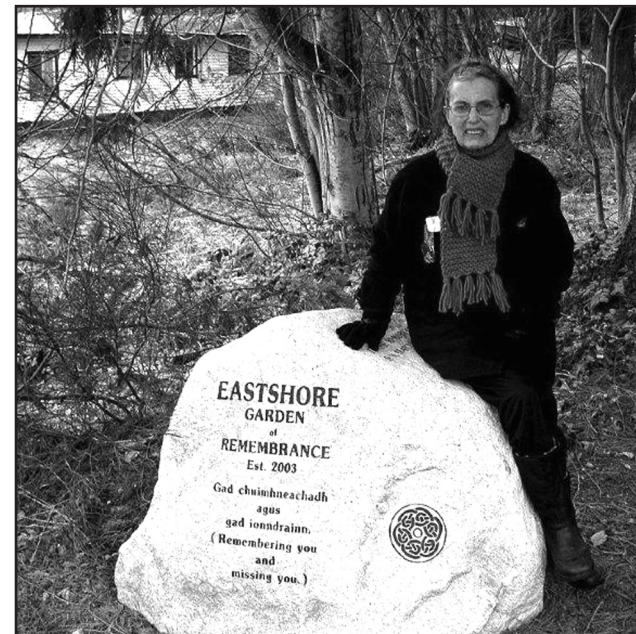
Four years ago, Fiona began another journey. Cancer became a constant and persistent companion. Fiona's determination, her faith, and her community brought her through those years. She accomplished tasks and achieved set goals, and during this past year, had the unexpected pleasure and delight of re-discovering her own family. Her sister, Mary, and each of her three brothers, Bernard, Ted, and John came to visit Fiona in Riondel and entertained her at their own homes in Ontario and California. After Fiona was admitted to palliative care, her family came again and spent the better part of three weeks in Nelson to be with her at the beginning of her final ordeal.

During Fiona's last weeks in palliative care at Nelson Hospital, her doctor requested 24 hour care and her friends in Crawford Bay and Riondel gave willingly of their time, their love and their friendship. Pastors and ministers -- some from a distance -- also came to be with her in prayer and to give her their

blessing. Her room was filled to overflowing with flowers, wonderful music, cards, pictures, and the companionship that comes with true friendship.

On Saturday, April 21, Riondel Church was filled to capacity by those friends and an abundance of flowers and glorious music. This true celebration of devotion and faith continued in the tranquil setting of Dutch Harbour. Here Fiona's friends and neighbours could meet with her brother Ted, chat with him and visit with each other. At the same time, the tea, coffee, and refreshments that crown a day like this, were presented in abundance. And this too was the finishing touch that Fiona approved of, organized often, and enjoyed so much at the completion of any significant celebration. If there can be tears of joy in heaven, then on this day they would flow freely.

In Riondel and at Riondel Church, Fiona found another safe haven, and the happiness that flows with the support of community: Laugh and cry Fiona. Your love and devotion will remain here on earth for a very long time -- along with several instruction lists, a few sticky notes, labels, paper angels and the delicate beauty of butterflies.



East Shore Community Library/ Reading Centre News

by David George

Around 50 people helped us celebrate the move from upstairs to downstairs Saturday April 21. Doris O'Dine, one of our original volunteers, cut the red ribbon held by Librarian Cathy Poch and volunteer Joan Valgardson. Doris then cut the special cake, which everyone enjoyed along with cookies, fruit, juice, coffee, and tea. Also helping us celebrate were Riondel Librarian Muriel Crowe, and Creston Head Librarian Ann Day. Five people from the Kingsgate/Yahk Reading Room also attended, and got ideas about how to improve their small facility.

Door prizes of Coles Books gift certificates were won by Dana Gallinger, Janet Schwieger, and Taryn Derbyshire.

Eastshore Community Library Society was founded both as a BC Society and an official charitable institution federally by Charlotte Blanke in 1977, opening in 1978. A plaque honouring her is near the checkout desk, along with plaques listing Friends of the Library over the following years. After 12 years in a very small space in the Crawford Bay Hall, the library moved to upstairs in the Castle, opening in January 1990. Now after 22 years, we are in a much larger space with room to grow.

Our charitable status means that we are able to give you an official receipt for donations which you may claim in your income tax filing. Ask our Librarian Cathy Poch or our Treasurer Brenda Panio for details about this.

We are open Tuesdays and Saturdays from 12 o'clock Noon until 3pm, and Thursday evenings from 7 to 9pm. Closed legal holidays. Phone is answered when we are open, at 250-777-1492. Come in and enjoy all the new space in your library!



Joan Valgardson and Cathy Poch assist Doris O'Dine in cutting the official ribbon at the Grand Opening.

Photo: Janet Schwieger.



Friends and volunteers: Bonnie Millard, Joan Valgardson, Susan Dill, Cathy Poch, Brenda Panio, Kathy Rave and Doris O'Dine.

Photo: Janet Schwieger.

Book Reviews

by Tom Lymbery

RAISING KAIN – the Adventurous Life of CONRAD KAIN, Canada's Greatest Mountaineer, by Keith G. Powell, Wild Horse Creek Press, 238 pages, \$19.95

Whether you are interested in mountain climbing or not, this is a very readable and valuable volume, and most of this story is in the East Kootenay. This is listed as a historical novel, but most of the content comes from the author's research, with the fiction carrying the story along.

From the impressive cover photo of Mount Robson, to the author's trip to Austria for photos and research, I found this an enthralling work. When they visited Austria, Keith and his wife found many similarities between Kain's original home in Nasswald in the Rax Mountains, about 55 miles from Vienna, Austria, and Wilmer near Invermere, B. C. where Kain made his home.

I have difficulty reading fiction, being critical of the errors in content, but found it hard to criticize in this, Keith Powell's second book, (the first being *Living in the Shadow of Fisher Peak*). Fortunately he has much to work from, as there are many photos and records of Conrad Kain, probably the most popular of the European mountain guides that came to our Rockies.

Keith Powell's company produces "The Better Books" - quite a step up for Keith - from phone books to 238 pages of history!

EATING DIRT – Deep Forests, Big Timber, and Life with the Tree Planting Tribe, by Charlotte Gill, publisher Greystone Books, 151 pages, hardcover, \$29.95

This book really digs into the seasonal life of a tree planter. Since so many have planted, from my wife Sharon, and her sisters Helen and Adele, will they want to read about those tough days? Their days were in the early years of planting, when it was supervised by BC Forest Service, not the contract and camp system.

Much of Charlotte Gill's story is of camps on the coast, transported by boat to the sites, and even living on a three decked boat, with cramped cabins, but at least a good cook. She does bring it to life, with a chapter of the problems they had when sent out to work on failed plantations, or areas that have been missed by previous workers.

Some logging projects leave little or no soil behind. Can a new forest be successful on this devastated land? Charlotte describes some of these frustrating sites - seedlings that may never have a chance. Having years of experience, building the muscles needed for planting, she claims that it is 'easy' - only for some people! This must be the first book entirely on planting.

I particularly liked her descriptions of Western Red Cedar - not an easy one to plant as it needs shade until it becomes large enough to accept full sunlight. Her writing continues into the way the native peoples harvested this most valuable wood. How did they cut down cedars big enough to make their enormous canoes?

There's much more to this book than I can describe here, from encounters with grizzly bears, to wild parties, to descriptions of the cedars, firs, and hemlock that pass through the tree planters hands.

The Fifth and Final edition of *DOROTHY'S STORMY LAKE* is here. It has an impressive cover showing the Power Line Tower that was built (and blown down) so close to Walkers landing. Review coming in the next *Mainstreet*.



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Next Deadline:
May 23, 2012

Riondel Community Library

by Muriel Crowe

Thank you to all who made our open house a success. It was wonderful to see some new faces there as well as our stalwart supporters. A special thank you goes out to those who donated prizes, those who donated edible goodies and especially to the authors who read from their own works. Prize donators were: Mike Ashcroft, Riondel Golf Club, Nancy Schmaus, Cindy Bonnell, Merridy Robb, Anthony Arnold, Riondel Market, Sheila Arnott and we all enjoyed a wonderful fruit platter donated by Bob's Bar and Grill. A special thank you is extended to Deberah Shears for welcoming everyone and to the historical society for being an active part of our evening. We are already planning our next event.

There continue to be new additions to our library and the space juggling act continues but we are looking at ways to expand display space internally. Currently one of our main concerns is making sure nothing is adversely affected by the leaking roof so don't be surprised to see plastic draped over shelves and buckets placed strategically. The latest addition to our library and perhaps the most important is a donation can for the roof fund. If the roof isn't replaced we may not have a place for a library to exist. Only you can decide how important this institution is in your life and we hope that it is important enough that you will donate.

Please drop in and borrow a few books, if you aren't a member we are happy to remedy that and we are very happy to show you around our collection and answer your questions.

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SERVICES DIRECTORY

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

AUTOMOTIVE/MARINE

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

BUSINESS SERVICES

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

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MARK JOHNSTON CONSTRUCTION LTD. Ph: 250-227-9583, email: markjohnstonconstruction@gmail.com
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TURLOCK ELECTRICAL CONTRACTING LTD. (See colour ad in this issue for more information.) 250-227-9688 or 250-551-4671

PERSONAL CARE/HEALTH

ACUPUNCTURE - Christine Peel R.Ac. Located at 16210 hwy 3A Unit 9, Crawford Bay Motel. For an appointment please call 250-505-8130.
ACUTONICS - vibrational healing with tuning forks, practitioner available. For appointments call Theresa Lee 225-3518/cell:505-4706
ALEXIS PHILLIPS, M.A., R.C.C. - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 250-509-0368.
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.

FINGER PRINTS AND HAND ANALYSIS - P. Danielle Tonossi IHA. Over 25 years practical experience as Healing Facilitator/Readings. Discover the inner purpose of your life and what it takes to live it more fully. 250-227-9478. Info: www.crystalgardenspirit.com

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

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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.

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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.

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STEEL WHEELS - We dig. Registered on-site wastewater practitioner. Dave Hough - 227-9646.

*Next Deadline:
May 23, 2012*

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

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CLASSIFIED SECTION

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

Hot Off The Press - Dorothy's Stormy Lake Part V \$21.95 Now available at the Gray Creek Store 250-227-9315.

BUSINESS SERVICES

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Rolls of burlap - 36" wide by 24 feet long at \$10.95. lots of uses for this handy material - Gray Creek Store 250-227-9315

Building Supplies You May Not Know We Have - Sill gaskets, insulation, waterproofing products and more - please ask our knowledgeable staff - Gray Creek Store 250-227-9315

PAINT UP - time for a fresh coat as the days get longer, Benjamin Moore Paint. Phone to be sure we have a tinting expert on before you come Gray Creek Store 250-227-9315
Extension cords in all sizes - from \$2.95 to \$119.95 - Gray Creek Store, 250.227.9315

At last a clean burning gas that you can leave in your chainsaw for years without deterioration. ASPEN 2 mixed also produces no smoke or hazardous emissions - Gray Creek Store, 250.227.9315

MISCELLANEOUS FOR SALE

Add A Little Spark To Life: New assortment of fireworks. Enjoy before the fire bans start! Shop early for best selection. Gray Creek Store 250-227-9315

Summer is on the way: suntan lotion, flip-flops, bug spray, new stock of Mexican hammocks - Gray Creek Store 250-227-9315

New books in stock

..Here's a couple of new finds - Our very own Fred Wah's "Diamond Grill" is here! Fred has been named Poet Laureate of Canada. Also, for all the tree planting tribe we have Award winning Charlotte Gill's "Eating Dirt". Gray Creek Store 250.227.9315

36" Reach Extender - easily picks up from cigarette butts to full beer bottles - be ready for spring yard and highway cleanups - Gray Creek Store 250.227.9315

Lakota Joint Care capsules: let Lakota defeat your rheumatism as the Lakota defeated Custer - Gray Creek Store. 250-227-9315

Ladies: She Wee - when you just have to go, while hiking or boating - at last you can pee standing up! Gray Creek Store, 250.227.9315

Stanfields: the only brand name you need for winter warmth from the traditional grey long johns to ladies wool that isn't itchy -- Gray Creek Store, 250.227.9315

Roadside Emergency Kits \$39.95: everything from jumper cables, tire sealant, to an emerg. blanket, first aid kit, and more - Gray Creek Store, 250.227.9315

Canadian Made Gumboots: these include insoles which are essential in a rubber boot - Gray Creek Store, 250.227.9315

The Gun Safe: locks up yours safely, and has a separate locking drawer for ammunition and your six gun - Gray Creek Store, 250.227.9315

Hydrographic chart of the Lake. boater's necessity, hard to find anywhere but Gray Creek Store, 250.227.9315

NOTICES

Nelson Parkade - offers easy downtown parking. Just one dollar per hour or four dollars per day. NExt door to the Hume Hotel on Vernon Street. We accept credit Cards. Call for weekly or monthly rates. 250.354.8834

OUTDOORS/REC

Live Animal Traps - Squirrels to Raccoons - \$27.35 to \$100.45 - Gray Creek Store 250-227-9315

Dog Life Jackets, a super large net to retrieve your dog! Marine supplies, kayak paddles, oars, marine oils. Gray Creek Store 250-227-9315

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 - 250 227 9315

ATV & Snowmobile Helmets: Comfortable, try one on. Dave couldn't find any in Spokane at our special price! Gray Creek Store (from \$36.95), 250.227.9315

YARD & GARDEN

Garden Hoses Gallore - we got a big shipment at great discounts - Gray Creek Store 250-227-9315

Corona Garden Tools - pruners, pole pruners, shovels as well - Gray Creek Store 250-227-9315

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 250-227-9315

Bulk Bone Meal - great long lasting organic fertilizer that the deer don't like - Gray Creek Store 250-227-9315

Sprinklers - butterfly to oscillating with sled or higher bases, and more - Gray Creek Store, 250-227-9315

To help you get that firewood early, we have a great selection of axes and mauls to get that job done! Even 6lb'ers for the ladies! - Gray Creek Store 250 227 9315

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 250-227-9315

Mantis Tillers: the lightweight wonder that can even handle raised beds. 4 cycle Honda, or two cycle engines - Gray Creek Store 250-227-9315

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 250-227-9315

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 250.227.9315

Garden tools and handles - great 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 250.227.9315

LAIRD SEEDS Just in! - Get em while the selection is good! - it may be too early to plant seeds but the prospect lifts you spirits - Gray Creek Store 250 227 9315

WANTED

Wanted/Opportunity: If you are a gardener and are interested in expanding your operation, let us know. We would like to work with you. For more information please contact Paris at garden@yasodhara.org or 227 9224.



BULLETIN BOARD

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

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

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

EAST SHORE COMMUNITY HEALTH CENTRE Call 227-9006

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

PHYSICIAN COVERAGE FOR April 2012

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

May 1 Dr. Grymonpre
May 2 Dr. Moulson
May 3 Dr. Lee

May 8 Dr. Grymonpre
May 9 Dr. Moulson
May 10 No Doctor

May 15 Dr. Grymonpre
May 16 Dr. Moulson
May 17 Dr. Lee

May 22 Dr. Grymonpre
May 23 Dr. Moulson
May 24 Dr. Grymonpre

May 29 Dr. Grymonpre
May 30 Dr. Moulson
May 31 Dr. Grymonpre

NELSON & AREA ELDER ABUSE PREVENTION RESOURCE CENTRE

Wednesdays from 12 noon - 2pm,
719 Vernon St. Nelson, BC
www.nelsonelderabuseprevention.org
Or phone 250-352-600

WEEKLY EVENTS AT BOSWELL HALL:

- Boswell Book Club: 2nd Thurs each month, 2pm. Contact Melody Farmer 250-223-8443
- Boswell First Responders: First Monday, 1pm. Contact Rod Stewart 250-223-8089
- Boswell Hikers: Wednesday hikes to begin soon! Contact Melody Farmer 250-223-8443
- Boswell Ladies Golf: Tues. 10am at Riondel Golf Course. Contact Jan 250-223-8667.
- Boswell Nifty Needlers: 3rd Tues. 1pm. Contact Diane Schaub 250-223-8273
- Boswell Vintners: Next meeting April 11, 7pm Contact Doreen Nault 250-227-9543
- Bridge Club: Mondays, 2-4pm. Contact Liz Michaud 250-223-8070
- Carpet Bowling begins again in October
- Line Dancing: Saturdays 10-11:30 (or if Hall is booked, Sundays 10-11:30) Contact Cheryl Place 250-223-8694
- Yoga with Lea: Thurs. 9:30 - 11am. \$12 / class Contact Marilyn Arms 250-223-8058

COMING EVENTS AT BOSWELL HALL

Boswell Annual Plant Sale and Treasures Table: May 12 - 10am. There will be a lunch counter and bake sale as well as many seedlings from which to choose. Any gently used treasures accepted at the Hall on Friday evening only.

Nifty Needlers Fabric Arts Show and Raffle - May 5th. Entry fee of \$2 includes tea and goodies. This year's feature is a Landscape quilt to be raffled at 3 pm and which was made by the members of the Boswell Nifty Needlers. Limited tickets are available for sale and going quickly. The

proceeds from the quilt raffle will be used to purchase new dining tables for the Hall.

- Barbequed Steak Dinner May 26th 6pm at Boswell Hall. Raffles, cash bar, tickets available at Destiny Bay Grocers from May 19 to 25th at 5pm - \$12 at the store, \$15 at the door.

HEARTFELT THANKS

On behalf of the Heart & Stroke Foundation Make Death Wait Campaign in February, a huge thank you to the "Best Shore" folks and businesses who donated generously to the canvassers.

Judy Bounds, Gray Creek

KOOTENAY LAKE LIONS CLUB

The Kootenay Lake Lions Club is selling raffle tickets for 2 golf packages at Kokanee Springs Golf Resort. These packages are for 12 rounds of golf, with cart and are on sale from April 18th until May 21st. The draw will be held May 22nd, at the 19th Hole (Bunker's Grill), Kokanee Springs Golf Resort, 1.00pm.

Contact: David George (250) 227-9550
or Jim Fortune (250) 227-9622, for more information.

ONE OF THE TEAM

To the students, teachers, administrative and custodial staff of the Crawford Bay School. I'm grateful for the opportunity to have worked in your school, thank you for making me feel like one of the team. I really appreciate all the positive feedback and constructive criticism and I believe my experience here has made me a better chef. I will really miss all of you and hope my family and I can remain in the community so that our friendships can continue to grow.

Farley Curzons, Gray Creek

PROUD OF OUR WORK

Thank you to the CBESS PAC Hot Lunch Committee /AKA Jennifer Irving). The best part of being the school chef was problem solving with you. It has been so refreshing to work with someone of your professionalism and brilliance. We can be proud of the work we have done here. Thank you for making a difference. This community is so unbelievably fortunate to have a resource like you. Thanks for being a friend.

Farley Curzons, Gray Creek

THRIVING THROUGH VOLUNTEERING

To the amazing volunteers of the Hot Lunch Program. Thank you for making a difference in our community. It is volunteer spirit like yours that will keep this community thriving. Kelly Reeves, Theresa Lee, Sandra Bernier, Lorrie Rhead, Francis & Jayanti Holman, Rebecca Fuzzen, Todd Halfnight and of course Jennifer Irving. My heartfelt gratitude to you all.

Farley Curzons, Gray Creek

KOOTENAY LAKE FERRY YEAR ROUND SCHEDULE

Mountain Standard Time - Winter Schedule in effect

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

CHURCH CALENDAR

RIONDEL COMMUNITY CHURCH MAY SCHEDULE

May 6: Canon Jim Hearne, 11 am
May 13: Bill Gooding, 1pm
May 20: Robin Celiz, 3pm
May 27: Bill Gooding, 1pm
Music - TBA

Special music every Sunday.

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 6: 1:30 - Rev Robin Ruder Celiz
June 3: 1:30 - Rev Robin Ruder Celiz

HARRISON MEM. COMM. CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!

May 20, 1pm: Rev Robin Ruder Celiz.
May 27, 11am: Worship service, Minister TBA
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

Pastor Bill Gooding

Come & join us Sundays at 10 am. Coffee fellowship after the service. 16190 Hwy 3A, Crawford Bay
250.227.9444

TEMPLE OF DIVINE LIGHT

Dedicated to all religions. Satsang each evening 8:00 pm.
Everyone welcome - Yasodhara Ashram 227-9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

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

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church,
8151 Busk Rd, Balfour
Sundays, 9:30 am - All welcome For info, call: 250.505.8021

Next Deadline:

May 23, 2012

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm.
Second and Fourth Tuesday of the Month
For more info, call Lion David at 250-227-9550
or Lion Jim at 250-227-9622.

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

PARENT ADVISORY COMMITTEE (PAC) Meetings held at 7 pm at the Crawford Bay School library (usually) the second Monday of the month. (or Tues if Pro-D) Call Ingrid to be put on the agenda - 250.227.9246
Next Meeting: May 14 CBESS Library

Next Deadline:

May 23, 2012

May 2012 Mainstreet 19

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Youth Hang Out, Rio Rec Centre, 4-6 pm Samba, 7-9, CBESS	2 16+ Volleyball, CB School, 6:30pm	3 All Levels Yoga w/ Lea, Boswell, 9:30 am	4 Gentle Yoga, w/ Lea Comm. Corner, 9am Power Yoga w/ Lea Comm. Corner, 5:30pm Youth Hang Out, Rio Rec Centre, 4-7 pm	5 Family Constellation Workshop, GC Hall, 9am
6 Hike For Hospice, 10am Bottle Depot, 10-2	7 All Levels Yoga w/ Lea, Comm Corner, 9am	8 Mobile Vet, CB Castle Youth Hang Out, Rio Rec Centre, 4-6 pm Samba, 7-9, CBESS Lions Mtng, 7 pm	9 16+ Volleyball, CB School, 6:30pm	10 All Levels Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am	11 Gentle Yoga, w/ Lea Comm. Corner, 9am Power Yoga w/ Lea Comm. Corner, 5:30pm Youth Hang Out, Rio Rec Centre, 4-7 pm	12 What's Going On? Biz Info Session, CBESS, 2pm
13 Mother's Day Dinner, Boccalino Microbz Seminar, GC Store Bottle Depot, 10-2	14 PAC Meeting - 7pm CBESS All Levels Yoga w/ Lea, Comm Corner, 9am After School Art, 3-5	15 Vet Clinic Youth Hang Out, Rio Rec Centre, 4-6 pm Samba, 7-9, CBESS	16 Scott Cook, The Hub 16+ Volleyball, CB School, 6:30pm	17 All Levels Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am	18 Gentle Yoga, w/ Lea Comm. Corner, 9am Power Yoga w/ Lea Comm. Corner, 5:30pm Youth Hang Out, Rio Rec Centre, 4-7 pm	19 Note! May 18, not 19! Randy From Creston, GC Hall, 8pm THIS EVENT IS ON FRIDAY
20 Bottle Depot, 10-2	21 All Levels Yoga w/ Lea, Comm Corner, 9am After School Art, 3-5	22 Youth Hang Out, Rio Rec Centre, 4-6 pm Lions Mtng, 7 pm Samba, 7-9, CBESS	23 16+ Volleyball, CB School, 6:30pm Mainstreet Deadline	24 All Levels Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am	25 Gentle Yoga, w/ Lea 9am Power Yoga w/ Lea 5:30pm Gallery Opening, 11 am, Gray Creek Youth Hang Out, Rio Rec Centre, 4-7 pm	26 Tipi Camp Silent Auction, 6:30-9 Tipi Camp Plant Sale, 3:30 Crawford Bay Hall Gallery Opening, 11 am, Gray Creek
27 Bottle Depot, 10-2	28 All Levels Yoga w/ Lea, Comm Corner, 9am After School Art, 3-5	29 Youth Hang Out, Rio Rec Centre, 4-6 pm Samba, 7-9, CBESS	30 16+ Volleyball, CB School, 6:30pm	31 All Levels Yoga w/ Lea, Boswell, 9:30 am TOPS, KLCC bsmnt, 8:30am		



HARROP - PROCTER FOREST PRODUCTS

Buy local Forest Stewardship Council Eco-Certified building products at competitive prices from the Harrop-Procter Community Forest.

- Wide variety of cedar lumber
- Large selection of fencing material
- Bull-nose cedar decking
- Cedar and Douglas fir timbers
- Douglas fir and larch flooring
- Cedar, pine and fir paneling
- Cedar and Douglas fir siding

We take special orders for other cedar & Douglas fir wood products

Buy local and support the only FSC Eco-Certified Community Forest in BC!

250.551.5452 sales@hpcommunityforest.org

Go to www.hpcommunityforest.org for further product info, and to view the documentary film about us.

Free delivery to the East Shore when pre-arranged.

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Transfer Station Hours

CRAWFORD BAY:

Until October
Sun, Tues & Thurs
9 am - 3 pm

BOSWELL:

Weds/Sat
12-4

Library Hours:

ES Reading Centre:
Tues & Sat: 12-3
Thurs: 7-9 pm

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

ES Health Centre 227-9006
COUNSELLORS

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

Community Nursing: 227-9019 Hospice: 227-9006 Mammography Screening: 354-6721
Baby Clinics: 428-3873 Physiotherapy: 227-9155 Massage Therapy: 227-6877

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